

# SHAPEUP US



## GREENLIGHT GREENPAPER

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Solutioneers worked with ShapeUp US to create a comprehensive workbook for children and families to educate households on at-home gardening through in-book and in-home hands-on activities. This workbook is now available for families across the United States.



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Among their many programs aimed at nutrition and physical activity, ShapeUp US creates educational workbooks to help children live healthy lifestyles. Their curriculum was in need of a workbook focused specifically on at-home gardening practices. Gardening is an important part of sustainable living and the human-nature connection, so our goal was to teach children and their families how to grow their own food at home.

This challenge provided the opportunity to create content that would be hands-on, educational, entertaining, and applicable to both children and their parents.

The project resulted in a **16** page workbook, filled with **12** sources and **7** sections of content.

Our overall goal was to create a polished workbook that allowed ShapeUp US's vision and our passions to come to life. To make our vision a reality, our team followed these steps:

1. Researched the best methods and practices to educate kids and families on gardening
2. Divided the workbook into **7** sections:
  - Why Grow Your Own Food?
  - What Keeps Plants Alive?
  - Types of Gardens
  - Prepping for Plants
  - Getting Your Hands Dirty
  - What It Takes to Buy & Grow Your Own Food
  - Plants Around the World
3. Determined the content and design aspects that we wanted to include, from the activities to the instructional information
4. Gained feedback from our Project Partner
5. Strategized how to distribute the workbook and make it most accessible

#### **BENEFITS TO PROJECT PARTNER**

ShapeUp US's collection of educational materials is now expanded to include an outdoor component focused on gardening. Our Project Partner can now educate young children and their families how to plant gardens of their own, while encouraging healthy, sustainable eating. By including this in their collection of materials, they have solidified their curriculum and passion as an organization to share this knowledge with communities across the United States.

#### **BENEFITS TO SOLUTIONEERS**

This workbook provided us the opportunity to put our knowledge to work by compiling activities and informative content on sustainable gardening and human to nature connection. ShapeUp US has offered to further collaborate on future projects.

#### **BENEFITS TO THE COMMUNITY**

This workbook will positively affect communities across the nation as families learn to grow their own food in order to reduce their carbon footprint and live a more sustainable, healthy lifestyle. Globally, the workbook helps contribute to SDG 4, Quality Education, by providing accessible education opportunities that will teach children and their families about the how, what, when, where, and why for gardening. Overall, this workbook promotes healthier diets, a more sustainable planet, and a stronger connection between kids and nature.