



## SEEDS ARTS AND EDUCATION



WITH THE LAGUNA BEACH COMMUNITY FOUNDATION GRANT, SEEDS ARTS AND EDUCATION PROVIDED THE COMMUNITY WITH A FREE WORKSHOP SERIES CALLED "GROWING HEALTHY KIDS." THIS WORKSHOP SERIES WAS CREATED TO ADDRESS THE ISSUE OF PREVENTING CHILDHOOD OBESITY BY HELPING PARENTS EDUCATE THEIR CHILDREN ON THE LINK BETWEEN DIETARY HABITS AND HEALTH THROUGH PARENT-CHILD TEAM LEARNING. THE "GROWING HEALTHY KIDS" SERIES INCLUDED: THE BUILD MY OWN GARDEN WORKSHOP, MENU PLANNING WORKSHOP, AND SEASONAL COOKING WORKSHOP.

