

What is Interfaith Learning Garden?

Interfaith Learning Garden teaches families how to grow their own food, encouraging healthy and cost effective means for providing for food security at home. Various methods of gardening are utilized to provide a broad cross-section of options for observation and inspiration. Slightly different than a community garden, this garden produce is grown primarily for use in cooking classes, as well as for distribution to food bank clients.

Learning opportunities in the garden are provided to the participants of the Interfaith Chinook Country Kitchen (cooking classes, Young Chefs, and Big Chef Little Chef), as well as school and community groups. Learning experiences can be self-guided with the aid of Learn & Grow Activity Totes, or by food bank staff.



*For more information about
Interfaith Learning Garden:*

Call 403-320-8779,
or email:
info@interfaithfoodbank.ca

interfaithfoodbank.ca



*Located on-site at
Interfaith Food Bank.*

**1103 3 Avenue North
Lethbridge, AB T1H 0H7**



*An Interfaith Food Bank Endeavour
Established 2013*



**INTERFAITH
FOOD BANK**
SOCIETY OF LETHBRIDGE



Interfaith Learning Garden

Nurturing skills & growing relationships.

Why a garden?

Promoting Food Security is a key component of our activities within the community as we work to encourage our client base to explore and expand their options for ensuring there is enough food on the table.

The Interfaith Chinook Country Kitchen program teaches healthy cooking on a limited budget, and includes a focus on participants developing a healthy relationship with food while maximizing food resources. Growing a garden and producing one's own food can greatly increase food security.

Building upon past success, and taking advantage of an existing capital campaign and a new facility, in 2013, Interfaith Learning Garden was established, thanks to much community support.

In the garden you will find various examples of garden types, including: Square-Foot Gardening, Found Objects Gardening, Raised-Bed Gardening, and Greenhouse Gardening. Cooking participants also have opportunity to utilize barbecues and forno ovens, combining garden produce with other ingredients to produce delectable dishes. Groups can observe all of these as part of an interactive educational experience.



How can you help?

Make a Donation. Whether time, biology or garden supplies, your donation is helpful!

Volunteer. Gardens require lots of work, so we need lots of help! Contact us to find out where your assistance might be useful.

Become a Sponsor. There are various opportunities for businesses, groups and individuals to sponsor the planting and maintenance of our Learning Garden, and the programming that goes along with it. Contact our office for more information.

Come for a visit.

With the development of *Learn & Grow Activity Totes*, we have made your field trip easy as pie! The Activity Totes include curriculum-connected lesson plans, materials, and tools necessary for educators and volunteers to lead interactive educational activities in the garden.*

The totes cover topics such as:

- Food Chains & Food Webs
- Healthy Eating Healthy Living
- Plants in our Daily Lives
- Pollution
- Recycled Gardening
- Soil
- Compost
- Water
- Insects

(*Activity Totes may also be borrowed for use at your meeting place, free of charge.)

Contact our office for more information.

Our hope is...

By learning to care for these living things, community members will learn to grow their own food, about the need for proper nourishment, and build relationships with others, thus enriching their lives on a physical, educational, and emotional level.

