

Name of activity / method / program

FRUIT TREES 4 LIFE

Category

Grow your own food
Food literacy project
Healthy eating

Tags

#plantingtrees #fruit
#community #project
#climatechange

What is it? (short description)

It's a joint project of an NGO and a school focusing on fruit trees. There are two components: 1. To plant fruit trees near the students' school (for them to take care of the trees and watch them grow) 2. To prepare and eat fruit meals at all the project meetings, to let the students taste and educate them on the importance of eating fruits and vegetables. Thus, the project can have a double impact on the students' lives: The gain in trees improves their local environment, and they are getting used to healthy eating patterns which promotes their health.

It's suited for... (age/region/context)

Students 6-18 years (both elementary and high school)

Regions/communities where tree planting is allowed/supported by government programmes

In practice it could look like this: (pictures, sequence)



Students from Churchill Boys High School (Zimbabwe) planting trees; fruit meal during practical training

That's what you need: (material/funds/preparation)

- A place where you can plant trees (preferably near the school)
- Cooperation partner / local NGO with knowledge of tree planting
- Regular project meetings for planting / to look after the trees
- School staff willing to participate and to be responsible for regular visits to the trees
- Funds for fruit trees seedlings, fruit lunches and if necessary, transportation

That's why you should do it (main purposes/benefits)

- ☆ Your students learn about the biology of indigenous fruit trees and acquire practical skills in planting
- ☆ You raise awareness for healthy nutrition and the importance of eating fruit and vegetables
- ☆ You foster environmental consciousness and help fight climate change

You should also consider (links to resources, ideas for adaptation)

- ▷ Trees the kids planted can be named after them; to enforce emotional attachment and ownership
- ▷ Building partnerships between tree-planting projects on different continents: exchange and cooperate!
- ▷ The website [Food & Trees for Africa](#) – holds lots of information & educational resources