



# Tucking In



A Grow Your Own Initiative by Sport West Coast  
and HEHA (Healthy Eating - Healthy Action)





# Tucking In

What is it?



- Reinstating gardens in West Coast schools and early childhood centres (ECC)
- Promoting gardening as providing personal, familial and community benefits
- A potential solution to deprivation issues and the costs of 'quality' fruit & vegetables



# West Coast South Island



- West Coast occupies 8.5% of NZ total land mass
- Population of 31,326
- 49% of West Coasters over 15 years have an annual income of \$20,000 or less
- 36% have no formal qualifications
- 61% are classified as overweight or obese



# Origins



- Demand for reduction in price of fruit and vegetables on the West Coast
- NZ Gardener editor Lynda Hallinan – inspiration
- WIIFM ‘what’s in it for me’ – physical activity is not enough
- Overcoming deprivation issues – children without breakfast



# Overarching Aims



Foster:

- family relationships
- school/community relationships
- environmental awareness
- nutritional awareness
- curriculum-based learning
- cross generational



# Joint Objectives



Increase the number of West Coasters:

- Engaging in 30 minutes a day 'Push Play'
- Consuming 5 + a day servings of fruit & vegetables

*How do we improve access to vegetables  
and promote incidental physical  
activity for West Coasters?*



# The "Construct" of Tucking In



- Recreation
- Physical activity
- Nutrition
- Education
- Cultural
- Social
- Economic-sustainability, community outcomes around markets, and savings



# Implementation



- a) Community education workshops
- Gardening practices taught & questions answered
  - Waste minimisation & composting session
  - Healthy cooking demonstrations
  - Seedlings, spud & a bucket, beans to take home & grow
  - Establish & plant gardens at the school



# Implementation



- b) Gardens in West Coast schools & ECEs
  - Kit set gardens provided to all schools & ECEs

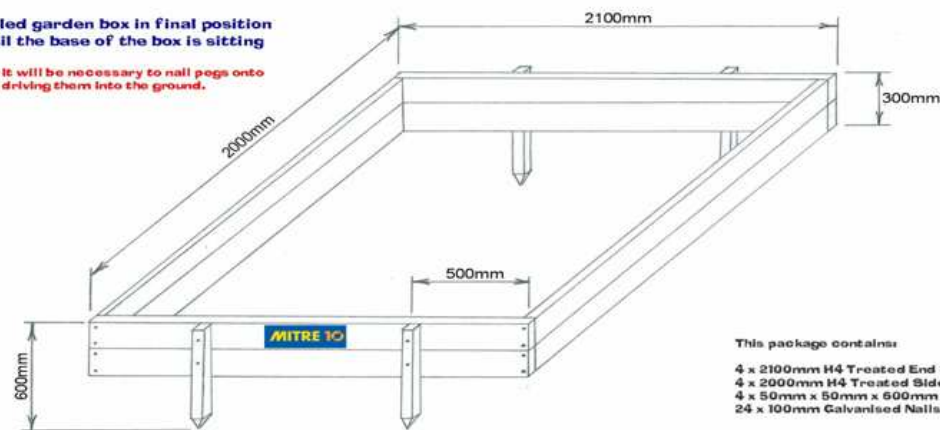
## Living Garden Kitset

Only \$99.95

### Assembly Instructions:

1. Select reasonably flat area of ground for garden.
2. Slot 2100mm end pieces together and nail pegs into position as shown on sketch.
3. Slot sides together and nail each end section to the sides using a total of 4 nails per end.
4. Place assembled garden box in final position and tap pegs until the base of the box is sitting on the ground.

**Note:** In hard ground it will be necessary to nail pegs onto surround after first driving them into the ground.



### This package contains:

- 4 x 2100mm H4 Treated End Sections
- 4 x 2000mm H4 Treated Side Sections
- 4 x 50mm x 50mm x 600mm H4 Treated Pegs
- 24 x 100mm Galvanised Nails



# Implementation



## c) Nutrition Fund

- \$45,000 p.a for 55 schools & ECE for healthy eating environments in schools
- Extension of Tucking In through Nutrition Fund applications throughout the West Coast
- Additional gardens, hot houses, gardening resources & equipment



# Collaboration



- “Partnership in action”
- A new dimension to “seed” funding
- Extremely low cost to high benefit outcome
- Mutual goals & benefits to a range of organisations



# Collaboration



- Mitre 10 – Free kit set garden to schools
- Active West Coast – Free kit set to ECE services
- The Cancer Society – Funding & sunscreen
- Work and Income – Networks & promotion
- Tasman Tyres – Tyres for planting
- Yates and Cool Kids Grow – Beans & Resources
- NZ Gardener – National coverage
- Feeding our Futures – Joint PR & merchandise
- Local Government – Compost bins & resources
- Tai Poutini Polytechnic – Horticulturalist & seedlings
- West Coast schools and ECE services

Collaboration -  
Cool Kids Grow

collaboration

New

Zealand

Gardener

collaboration - **Feeding  
our Futures**





# Thrills and stories feedback



- The act of walking out to your garden, and eating it - your food, you grew it, and sending hungry children out to it
- Hungry children eating it anyway as part of an outside adventure
- Everything on the plate at dinner was what you made
- The act of giving away surplus; and swapping tools and tips/recipes, community interaction-over the fence



## Fruits of success



- Mitre 10 – demand surpassed supply for kit sets
- Crops well established at all schools & most ECEs and no evidence of vandalism, theft or weka's!
- Community links & garden clubs
- Links to the Nutrition Fund – extension to include hot houses, more gardens, resources
- Community Health Innovation Award
- Basis for continued engagement with schools
- Demand for the Tucking In model in other regions



## Where to from here?



- A Tucking In Coordinator to gain community buy-in
- Enhancement through the Nutrition Fund
- Provision of the Tucking In model to other regions throughout New Zealand
- Evaluation of the project