

Join the LiveWell Kids Program

and Help Teach Kids Healthy Habits

Beach Cities Health District's LiveWell Kids program is a fun and dynamic school health and well-being program developed specifically for elementary school students (TK-5)



<https://www.bchd.org/LiveWellKids>

Volunteer Opportunity

Garden and Nutrition Education

The LiveWell Kids program is a farm-to-table program focused on nutrition and gardening. These six interactive lessons concentrate on educating TK-5 students on the process and benefits of growing their own food and making healthy eating choices. All lessons are delivered in the fresh air of the school gardens by trained parent volunteers.

Volunteer responsibilities:

- Complete a virtual orientation.
- Attend 3 virtual trainings.
- Schedule and deliver six 30-45-minute lessons in the school gardens.
- Communicate regularly with the LiveWell Lead Volunteer at your school.

For more information about the LiveWell Kids program, contact Mishell Balzer at mishell.balzer@bchd.org

The LiveWell Kids Program operates with:

1-2 Lead Volunteers per school
2 Volunteers per classroom

Please inquire about volunteer opportunities with your PTA/PTO

