

The "Vegetable Plates" project by the Jardin Voyageur association



Founded

1996

Main mission

Promote healthy, balanced eating through gardening and teaching children about food

[Their website](#)

Scope of action

France (Hauts-de-France Region)

Objectives

- Learn about and protect nature through gardening
- Educate taste by discovering garden produce and its benefits
- Teaching based on sensorial experience

"Vegetable Plates" project

WHAT ?

Creation of workshops for children from three to fifteen years old to promote a natural and varied diet. The "Vegetable Plates" workshops will also be designed for disabled children, adults and seniors using an intergenerational approach.

JarDidier, one of the workshop leaders, aims to transmit his know-how concerning vegetables and nutrition to the younger generation.



HOW ?

- By explaining vegetables to children and focusing on their history, harvesting and preparation, as well as on discovering new tastes.
- By having children discover new vegetable varieties, including leafy vegetables, root vegetables, fruit vegetables, the gourd family and heirloom plants. During the workshops, they will learn with all their senses.



WHY ?

To ensure that the younger generation knows how to choose and eat natural produce in a healthy, varied way.

Duration of support

4 years

