



GROW IT FORWARD

I donated to Grow La Crosse in your name to provide the gift of hands-on learning to children.

To: _____ From: _____

Amount: _____

Note: _____

This gift helps connect children to healthy food and nature through school garden and farm experiences.

Grow La Crosse is a 501c3 non-profit based out of La Crosse, WI.
Learn more at GrowLaCrosse.org

Thank you from Grow La Crosse!

Since 2012, Grow La Crosse has hosted more than 850 garden education classes and hosted more than 5,200 children at camp. I think you'll agree- that's quite an accomplishment. And it's all thanks to contributions like this one.

Connecting children to healthy food in a fun, hands-on way establishes life-long habits. Recent studies show that children often do not consume the recommended amount of fruits and vegetables which is linked with obesity (Rolfes, Pinna, & Whitney, 2015). Yet, research shows that children double their consumption of fruits and vegetables in as few as six garden lessons. Children develop many eating habits by 2nd grade, so our leadership in the elementary schools and at farm camp is essential for a healthy future.

**We really appreciate this contribution.
Garden and farm camp programming would not be possible without donations like this one.**

Fill out, cut off and return with the check

We really appreciate this contribution.

Please fill out any of the following information to let us learn more about your donation.

Your name: _____ Phone Number: _____

Your address: _____ Email address: _____

Gifted to:

Their name: _____ Phone Number: _____

Their address: _____ Email address: _____

Please make check out to Grow La Crosse. Thank you!