

# Wellington



## North Coast Business Expo 2018

April 26 3:00 PM - 5:00 PM  
Avon Lake Towne Center  
500 Community Dr. - Avon, OH

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## Grow Your Own Produce! Free Planters, Kits to Be Donated to Seniors and Families THRIVE! Southern Lorain County and Lorain County Office on Aging-Southern Satellite Office

Margaret Swendseid



THRIVE! Southern Lorain County

April 24, 2018 -- Even if you don't have a green thumb, you'll have a chance to grow your own produce this summer through a new "Growing Nutrition" program for southern Lorain County residents.

The program is co-sponsored by [THRIVE! Southern Lorain County \(Website | Profile\)](#) and the [Lorain County Office on Aging \(Website | Profile\)](#)-Southern Satellite Office, based in Wellington.

Designed for senior citizens who are nutritionally at risk and families with children, Growing Nutrition is limited to 25 participants. Each participant will receive a free garden starter kit. Starter kit include a raised, handmade wooden planter, soil, a variety of seeds, tomato cages, pepper starters, tomato cages and trowels.

People are urged to apply for the planter kits as soon as possible (see information and application below).

### "Children More Likely to Try Something They've Planted"

Growing Nutrition is the brainchild of Sarah Poling, outreach coordinator of LCOOA-Southern Satellite Office. "I have a true passion for agriculture that I love to share. Not everyone is able to produce on a large scale or cultivate soil at the ground level. The planter program enables individuals and families to cultivate and consume fresh, healthy vegetables.

"When you grow produce yourself or as a family, there is a sense of pride about it. Children are more likely to try something that they have planted, nurtured and harvested," says Sarah.

The sentiments are echoed by Carol Burke, coordinator of THRIVE!: "One of THRIVE!'s key goals

our residents improve their health and prevent disease by consuming more fresh fruit and vegetables. Growing Nutrition is a great way to get people to understand the growing process and appreciate the value of fresh, healthy foods."

#### **It Takes a Village ...**

LCOOA-SSO and Well-Help Food Pantry enlisted the help of local businesses to provide materials and labor for the growing kits. Here are contributors to the Growing Nutrition program:

- Volunteers from the Wellington Future Farmers of America will build the raised planters
- Carter Lumber will provide wood for the planters
- Tractor Supply will provide tomato cages, trowels, zip ties and wire
- Farm and Home will provide seed packets (peas, lettuce and others), soil and garden stakes
- Hook's Greenhouse will provide tomato and pepper starters

The actual cost of each planter kit is \$132, but the kits are free to participants. THRIVE! is funding the Growing Nutrition program costs.

Community members, who are gardeners themselves, will visit participants once during the growing season to offer garden-growing advice.

LCOOA-SSO and Well-Help will distribute the planter and kits to accepted applicants in early May (more information to come).

Note: The application for the Growing Nutrition program follows this release.

#### *About Lorain County Office on Aging*

*Our vision is to improve the health, well-being and independence of Lorain County residents by supporting vulnerable aging individuals and other adults with special needs. Our website: <http://lcoa.org>*

#### *About THRIVE! Southern Lorain County*

*THRIVE! Southern Lorain County ([www.thriveslc.org](http://www.thriveslc.org)) is committed to increasing access to affordable opportunities to live healthier through improved nutrition, increased physical activity and improved behavioral health - all to reduce the risks of heart disease, diabetes and obesity in the region. Our organization proudly serves the communities of Brighton Township, Camden Township, Huntingdon Township, Kipton Village, Pittsfield Township, Rochester Township, Rochester Village, Wellington Township and Wellington Village. THRIVE! is generously supported by a grant from United Way Greater Lorain County. Like us on [Facebook](#) .*

**THRIVE! Southern Lorain County Growing Nutrition Program Application**

Growing Nutrition is a program to provide means to provide fresh produce at your home. The target audience for this project are Children and Families which qualify for free/reduced lunches and 60 years of age and over in Southern Lorain County. This project will consist of providing individuals with means to grow produce at their home. This project will provide them with a raised garden planter, of a wooden structure 40" x 29"; soil; trowel; 3-4 plants; seeds; wire, for beans/peas to grow up; tomato cages for tomatoes; zip ties to tie plants to wire/cages; stakes, to hold up wire and cages. The project would start in May of 2018 and run through the growing season, August. This program will be something that they will sign up for showing their interest and hopeful dedication to growing fresh produce. Distribution will take place through Well-Help and the Southern Satellite Office, Lorain County Office on Aging. At the time of contact information will be gathered, a production log given, and possible recipes or suggestions for use of the produce grown. The production log will be submitted at the close of August to assess the success: vegetables produce. Throughout the growing season one contact will be made by to see how the growing/production is going and see if there is a need for assistance with pest or disease management. The program is limited to 25 participants. Applicants must be from THRIVE!-serviced townships: Adams Township, Camden Township, Huntington Township, Kipton Village, Pittsfield Township, Rochester Township, Rochester Village, Wellington Township and Wellington Village.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Names and ages of people in household: \_\_\_\_\_

\_\_\_\_\_

How did you hear about the Program: \_\_\_\_\_

\_\_\_\_\_

Please return this form to [spoling@lcoa.org](mailto:spoling@lcoa.org) or to 508 Dickson Street, Wellington, Ohio 44090. If you have any questions, please call Sarah Poling at 440-647-0777

THRIVE! Southern Lorain County's Mission: To build upon local culture to provide affordable opportunities for all to live healthier through improved nutrition, increased physical activity, and informed behavioral health.