

**Seed to Supper Course Kit Overview**

This is a list of items to include in your Seed to Supper course kit.

1. **Pre-course instructor discussion guide:** This set of discussion questions will guide instructor teams to get to know each other and plan for their class.
2. **Laminated course signs**: Hang up these signs before class each week to direct participants to the room where your class is held.
3. **Sign-in sheet:** Participants must sign in each week so that you can track participant attendance and determine who will receive a course certificate in Week 6.
4. **Participant release form:** Distribute this form to participants in week 1 (or in week 2 if there are new students). Please walk participants through this form and have them return it to you. Make sure that all forms are initialed and signed. Keep in folder in file box to return to OFB.
5. **Participant pre-course survey:** Please have participants complete at the beginning of the first class.
6. **Course outline:** To be distributed with course book in Week 1
7. **Container gardening handout:** To be distributed with course book in Week 1
8. **Blank planting plan:** To be distributed in Week 1 or Week 3
9. **Blank planting map**: To be distributed in Week 1
10. **Bingo activity:** This activity can be used as a class icebreaker in Week 1
11. **Nameplates:** Distribute nameplates in Week 1. Ask participants to write their names on the outside, and at the end of each class invite them to write their feedback on the inside. Collect all nameplates at end of each class, review participant comments, and respond to them before distributing nameplates again at the next class.
12. **Certificates of completion:** Fill out certificates, sign and distribute during week 6 to all participants who attended 4 out of 6 classes.
13. **Participant post-course survey**: Please have participants complete at the end of the last class.
14. **Participant contact sharing list:** Use this form for participants to share contact info with one another
15. **Instructor feedback form**: Have instructors complete within 2 weeks of completing their course.
16. **A-Z Food Storage Guide:** Distribute a copy or two to pass around to the class in Week 6.
17. **SNAP Garden poster:** Copies can be printed and distributed to participants.
18. **The Veggie Calendar and the Companion Planting Guides from Portland Nursery**

**Resources to be given to participants:**

This is a suggested list of gardening resources that can be given to your participants. Each Satellite Partner will have a different resources available to distribute. This is a list of resources that Oregon Food Bank distributes in the Seed to Supper metro program.

* **Course books:** Distribute course books to participants during Week 1. Course books should only be distributed to registered participants in the course. Please save any extras in the course bin to return to OFB.
* **Garden journals:** Distribute garden journals to participants during Week 1.
* **Row cover:** Distribute row cover to participants during Week 3 (Protecting young plants) or Week 5 (Pest management)
* **Seeds:** Distribute to participants throughout the course or in Week 6
* **Plant starts:** Distribute to participants throughout the course or in Week 6 (When available)
* **Hand trowels:** Distribute to participants along with their course certificate in Week 6

**Resources for teaching purposes only -- not to be distributed -- please return to course bin at end of course:**

* **Clipboard:** Use to pass around sign-in sheet and contact sharing sheet
* **Sample seed catalogs:** Sample seed catalogs during Week 1 (Garden Planning)
* **Soil samples:** Samples of loamy garden soil, sandy soil, clay soil and compost during Week 2 (Soil)
* **Sample of row cover:** Use to demonstrate different types of row cover in Week 3 (Protecting young plants) and Week 5 (Pest management)
* **Spray bottles: Use spray bottle**
* **Garden gloves:** Distribute to participants when working in the garden. These gloves are to stay in the kit to be washed at OFB.
* **Soil thermometer:** Use in Week 3 when discussing the impact of soil temperatures on germination
* **Measuring tape:** Use to measure out garden beds when garden planning
* **Scratch paper and pens:** Please distribute to students to take notes during class
* **Teaching supplies:** Masking tape, markers, sticky notes, and flipchart paper
* **Sample garden planning sheet and map:** To be distributed in Week 1 during garden planning session
* **Garden Planning Activity:** To be used in Week 1 and other weeks as needed
* **Good Bug / Bad Bug Activity:** To be used in Week 5 or other weeks as needed
* **Footprint rings:** Use in Week 1 when (15) 3”, (15) 6”, (15) 12”, (5) 36”

**Additional materials that you may wish to bring to class:**

* Extra seed catalogs, garden library books, tools, sample garden pests or weeds, and other demo materials
* Handouts for any garden classes, gardening resources, community garden information or relevant events that are happening in your area