



PLANT THE SEED  
**REGENERATE**

A dynamic programme, based on the United Nations Sustainable Development Goals (SDGs), that enlightens young minds around climate change and food security. They get their hands dirty, learn how to grow a food garden and start their journey of living more sustainably.



**WHAT MAKES US DIFFERENT TO OTHER PROGRAMMES?**

- Practical and hands-on
- Engaging and interactive
- Learner centred approach
- Facilitators are young, passionate, entrepreneurial and active
- Future-orientated, topical themes and content



**WHO SHOULD DO THIS PROGRAMME?**



Grade 2-4 learners (basic)  
Grade 9-10 learners

Programme can be customised to suit other grades.



**WHY DID WE DESIGN THIS PROGRAMME?**



- **Learners** are uninformed about how food systems work and its impact on climate change and health.
- Learners don't know where their food comes from or how to grow their own food sustainably.
- There is a lack of understanding around the importance of food security, healthy soil and better food management, and its role in achieving the SDGs and combating climate change.
- Learners also have very few opportunities in school to apply critical thinking to sustainability.
- They seldom get to put theory into practice.
- **Schools** struggle to provide opportunities for learners to mitigate climate change as well as, organise and collaborate effectively.



**PROGRAMME OPTIONS**

**1-Day During School Programme**

Grade 9-10 (customisable for junior school, Grade 2-4)

**6 Experiential workshops**  
08:00 - 14:00

**3-Day After School Programme**

Grade 9-10

**9 Experiential workshops**  
1h45mins each day



**HOW WILL THIS PROGRAMME PLANT THE SEED?**

**Benefits for learners:**

Learners get the opportunity to practically engage with 'growing' fertile soil and be part of planting a sustainable food garden for their school. The programme provides agency within learners to become 'activated' in sustainability efforts, as they are equipped to better engage with issues of waste, food and water in their communities. They walk away with insight into the SDGs, and how these goals are driving the way future business will operate.

**Benefits for teachers:**

The platform enables teachers to practically engage their learners and expose them to positive role models, while fulfilling CAPS curriculum needs for various subjects.



**Benefits for your school:**

The programme assists schools in raising a generation of solutionaries. Schools are left with a fully functioning food garden, maintenance infrastructure and irrigation systems. Our workshops are run on school grounds by a team of facilitators who manage the entire day to ensure a smooth process - this saves the school on transport logistics and on the day coordination. Educational posters are also provided for the classroom.

**We are here to help you build a new generation of youth who are conscious, connected, and courageous.**