

# Natural Learning Initiative NEWSLETTER

December 2022

NC STATE



Creating environments for healthy human development  
and a healthy biosphere for generations to come.

Check out the NLI Website!



## Wishing You a Peaceful and Productive Year Ahead!

View NLI's end-of-year greeting card [here](#)

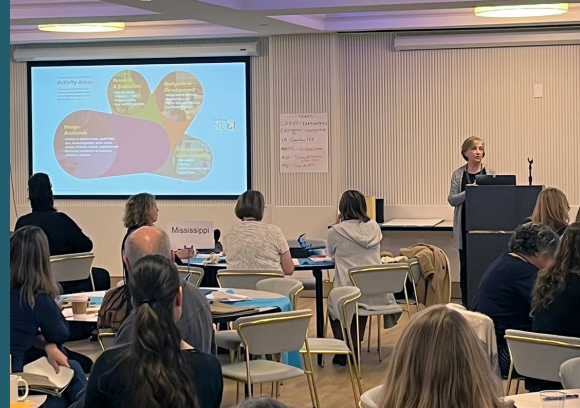


### Hands-on Childcare Garden Intervention

Nilda Cosco and research colleagues at Cornell University, NC State, and Texas Tech University, describe in a recent article the impact of hands-on fruit and vegetable (FV) gardening on healthy eating behavior of preschool children attending childcare centers serving disadvantaged communities. The findings are.... [learn more](#)

### Where are the Bacon Seeds?

This preschooler quote introduced Dr. Nilda Cosco's closing keynote to the Association of State Public Health Nutritionists (ASPHN). Subtitled, "Outcomes of the Randomized Control Trial on Childcare Outdoor Learning Environments as Active Food Systems (COLEAFS)," Cosco's address introduced "environment & behavior" hands-on gardening.... [learn more](#)



### Winter Play and Learning Outdoors

As winter temperatures drop, time off from usual childcare/school and work routines can increase opportunities to enjoy outdoor play and learning activities, with different clothing requirements. The end-of-year holiday is a special time for being outside together as family and friends... [learn more](#)

Thank you for continuing to support our mission!

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