



# WHOLE KIDS FOUNDATION

Supporting Schools • Inspiring Families • Nourishing Kids

# SEED STARTER



RECYCLED Art Project  
**LEVEL: EASY**

What You'll Need:



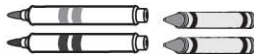
Cardboard Egg Carton



1-2 Seed Packets

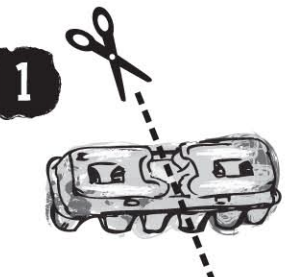


Scissors



Markers or Crayons

I already started digging a hole for my plants!



Cut egg carton in half.



Cut out **LABEL** and **INSTRUCTIONS**.



Fill out and decorate your **LABEL**. Think about what message you would tell the **EARTH**.



Open carton. Push the cardboard piece through the top of lid and trim it off with scissors.



Glue label to the inside lid of carton.

**Follow the instructions to start your seeds!**



**IF YOU ARE GIVING SEEDS AS A GIFT:** Place your seed packets and **INSTRUCTIONS** inside the carton.

Wrap some string under the bottom of carton and tie ends on top to form a bow.

Why Being "GREEN" is important to me:

**INSTRUCTIONS for YOUR SEED STARTER**

CUT THE TOP LID OFF CARTON. (SAVE YOUR LABEL!)

ADD A BIT OF SOIL TO EACH EGG CUP.

PLACE 2-3 SEEDS FROM YOUR PACKETS IN EACH OF THE CUPS.

WATER EVERY OTHER DAY. PLACE THE CARTON IN A SHALLOW PAN AND POUR WATER IN PAN. THE CARTON WILL SOAK UP THE WATER.

WHEN SEEDS HAVE SPROUTED WITH 2-3 LEAVES YOU CAN BURY THE WHOLE CARTON PLANTER OUTSIDE IN YOUR GARDEN IF IT'S NOT TOO COLD.

**HAPPY PLANTING!**

## Think About It!

- 1 We think every day is Earth Day. How do you think the health of our planet is connected to our food?
- 2 What have you eaten today that started as a seed?
- 3 How long do you think it will take your seeds to sprout? Write that date on your calendar and see if you were right!

