

# ‘Āina Guardian

‘Āina Guardians are keiki who are curious in the kitchen, resourceful in their sustainable gardens, students of their kūpuna, guardians of the ‘āina and helpful in their communities.



You too can become an ‘Āina Guardian.  
Complete the packet to earn your  
‘Āina Guardian Certificate!



## Certificate of Completion

is presented to:

\_\_\_\_\_

for completion of the ‘Āina Guardian program.

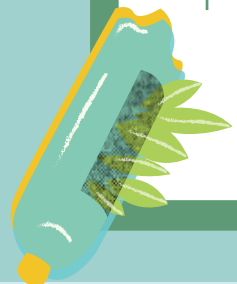
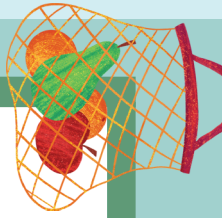
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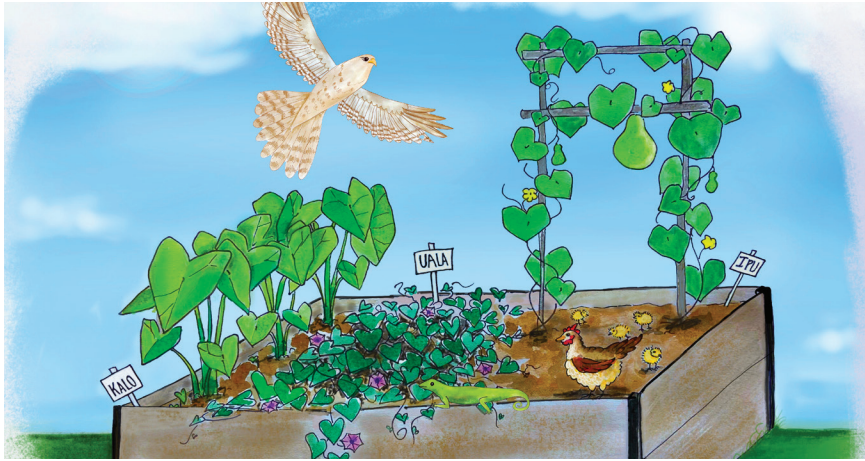
School Name

\_\_\_\_\_

Poet Gentry

*Poet Gentry*





The **EAT PONO** initiative is rooted in providing educational and engagement opportunities for our keiki to learn to make healthy choices for themselves and their planet and empower them to eat, farm and fish sustainably. We believe that every school and every child should have access to a garden and hands-on meaningful activities in order to develop a healthy, pono relationship to their food. Together we can make a difference in the lives of our keiki and thus the next generation of teenagers, who will become parents, teachers, business leaders and eventually kūpuna by planting the seeds of change today.

EAT PONO was inspired by Poet's choice to live a healthy lifestyle and fuel his mind, body and spirit with the best nutrition possible, eating healthy and sustainably every day with the food choices that we make. From a cookbook grew a movement. The 'Āina Guardian program is an extension of our mission to educate our youth about the importance of nutrition, and the choice to live a healthy lifestyle.

If you would like to join the movement, donate to the **Eat Pono Fund of the Hawai'i Community Foundation**  
[www.hawaiicommunityfoundation.org/eatponofund](http://www.hawaiicommunityfoundation.org/eatponofund)



**“My longterm hope for EAT PONO’s legacy is that it provides engaging, educational opportunities for our keiki to learn how to live and farm sustainably; and to be empowered to make healthy choices not only for themselves, but also for our planet.”**

~ Candes Gentry, Co-Author, EAT PONO

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For more information about how EAT PONO is supporting local non-profits in our community visit us at [www.eatpono.org](http://www.eatpono.org)

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## Post 'Āina Guardian Activity: Composting

Did you know that households on O‘ahu throw away about 425 pounds of food waste per year! 10% of all greenhouse gases come from the food scraps we throw in the trash. As an 'Āina Guardian, you can help keep food waste out of our landfills and help it become nutrient dense soil for your garden. Composting can be a daunting task. Starting small like putting your vegetable and fruit waste in your outdoor pots or garden bed to decompose can provide much needed nutrients to your plants. If you have the space, you can also create a compost pile.

To start your compost bin or pile, find a shady spot and lay down a layer of cardboard and/or dried leaves as bedding. Next, you'll layer your fruit and vegetable waste. Avoid putting foods with oil, meat or dairy in your compost. You'll want to have about 60% dried leaves or cardboard to 40% fruit and vegetable scraps. Make sure to keep the compost moist and covered.

Note: You can use your green and blue waste bin for your dried leaves/cardboard layer.

**DID YOU KNOW?**  
 that 50% of the trash in the average garbage bag is compostable and that food waste takes up about 25% of our landfills



## STEP 10: Mālama Sustainable Living & Healthy Food Choices

# ‘Āina Guardians

Share with us either through your words and/or drawings how you mālama sustainable living and healthy food choices. How are you an ‘Āina Guardian in your home, school and community?



When you complete all the activities:

**Fill out the certificate and proudly share it with your friends and family.**

**Let's go!**

# ‘Āina Guardian

## The ‘Āina Guardian Pledge

### I PROMISE TO:

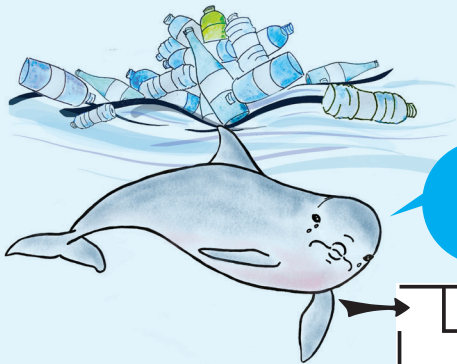
1. Carry a reusable water bottle
2. Recycle plastics that I use and avoid single use plastics
3. Throw my garbage in the trash and never litter
4. Plant a garden
5. Practice kindness in my community
6. Learn about culture and traditions from my kūpuna
7. Be curious and try new foods and upcycle excess food scraps
8. Say “no thanks” to sugary drinks
9. Get outside and play every day
10. Mālama sustainable living and healthy food choices

**Ready, Set, Guardian, Go!**

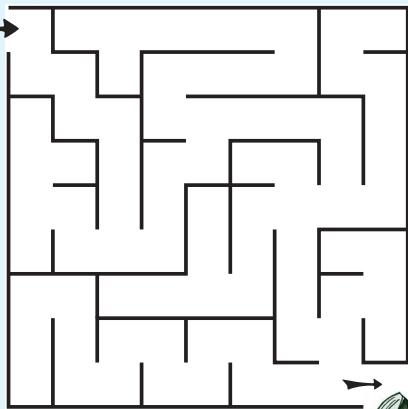


## STEP 1: Carry a Reusable Water Bottle

Step one is to stop using plastics and carry a reusable water bottle. By utilizing a reusable water bottle you alone can eliminate 365 water bottles a year from ending up in the landfill. Making this small change in your daily routine can create a huge difference for our planet! Imagine how many bottles you and your friends could save from the landfill if they started carrying reusable water bottles too. As an 'Āina Guardian you can make a positive impact everyday!



CAN YOU HELP ME FIND MY WATER BOTTLE?



365 bottles a year x5 friends

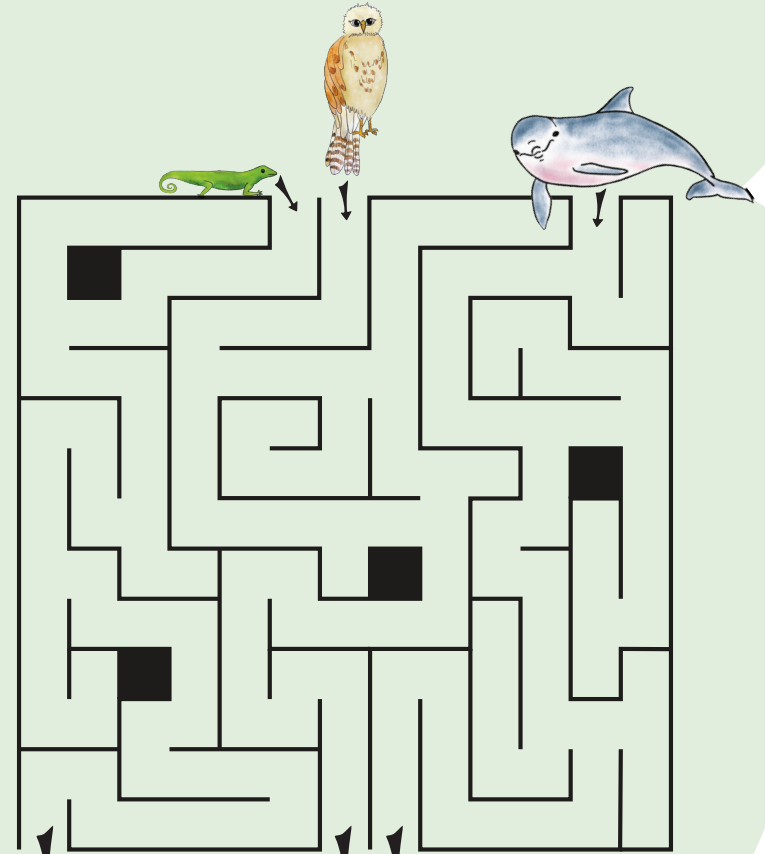
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water bottles a year saved from the landfill.

Answer: 1,825 water bottles

4

While we were playing we got lost. Can you please help us find our way back home again?



17



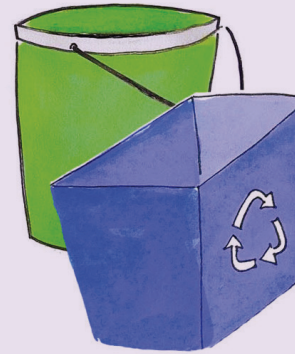
## STEP 9: Get Outside and Play: (Exercise) Everyday

Moving our bodies is a BIG part of keeping ourselves healthy. We can't take care of our 'āina or our communities if we are not taking care of ourselves. Playing outside with our friends, participating in a team sport, getting in the ocean, and playing outdoors everyday will help us stay healthy!

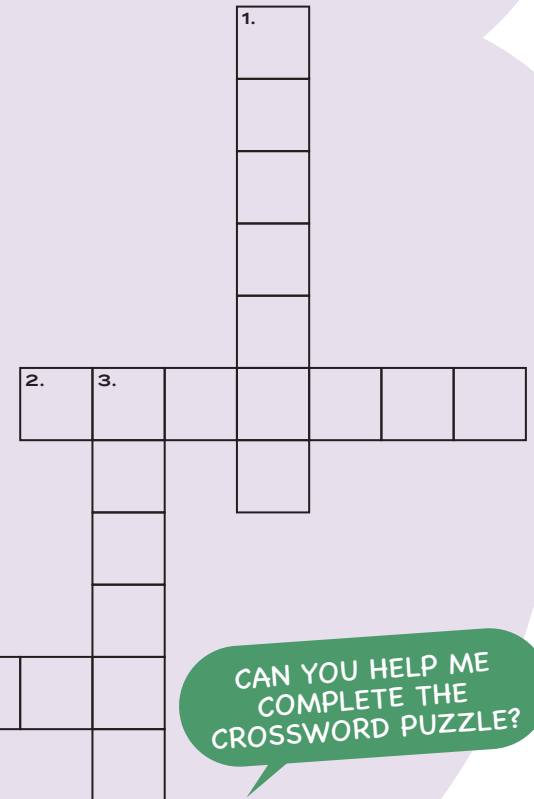


## STEP 2: Recycle Plastics That I Use and Avoid Single Use Plastics

The average American throws away over 5 pounds of trash a day! Think about what a big a impact we could make by recycling our trash and being mindful of how much waste we create!



**DID YOU KNOW?**  
It takes 10-20 years for a plastic bag to decompose and 450 years for a plastic container to decompose.



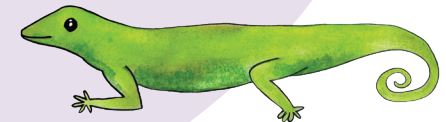
4.

### ACROSS

- 2. What goes in the blue bin?
- 4. What goes in the black bin?

### DOWN

- 1. How can we recycle our food scraps?
- 3. What do we create when we throw trash on the ground?



### STEP 3: Throw My Garbage in the Trash and Never Litter

75% of waste in America is recyclable. Unfortunately, we only recycle around 30% of it. By learning to properly sort your trash you can help your planet.

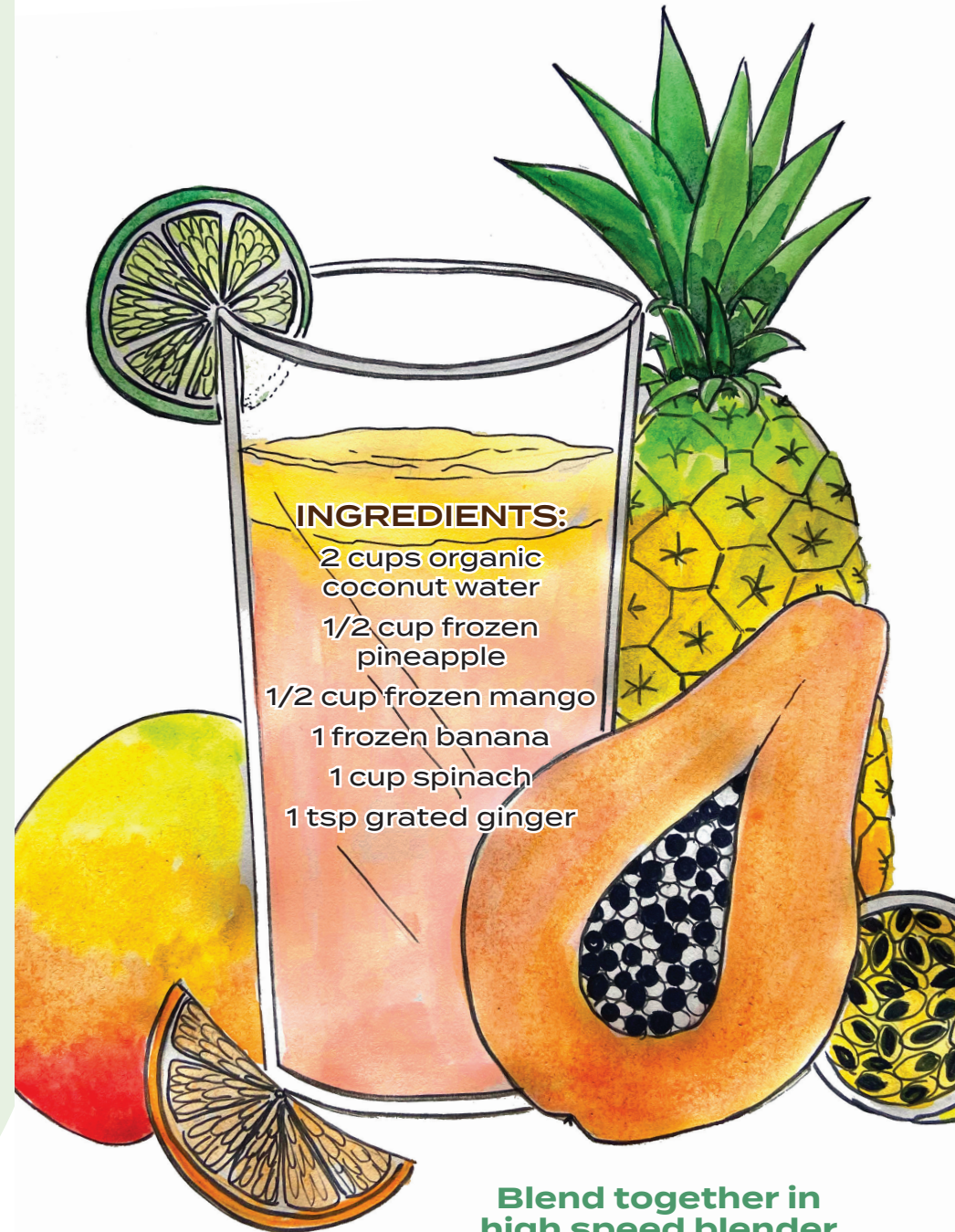


**FUN FACT:**  
Did you know that recycling plastic saves twice as much energy as it takes to burn plastic?

**ACTIVITY:**  
HELP SORT WASTE INTO RECYCLE, TRASH AND COMPOST BINS.



### EAT PONO Tropical Fruit Smoothie



**INGREDIENTS:**  
2 cups organic coconut water  
1/2 cup frozen pineapple  
1/2 cup frozen mango  
1 frozen banana  
1 cup spinach  
1 tsp grated ginger

Blend together in high speed blender and Enjoy!



## STEP 8: Say “No, Thanks” to Sugary Drinks

Isn't nature cool?

It gives us everything we need! After playing with your friends or a day at the beach, try coconut water as a refreshing treat to refuel your body. It's hip to be healthy!

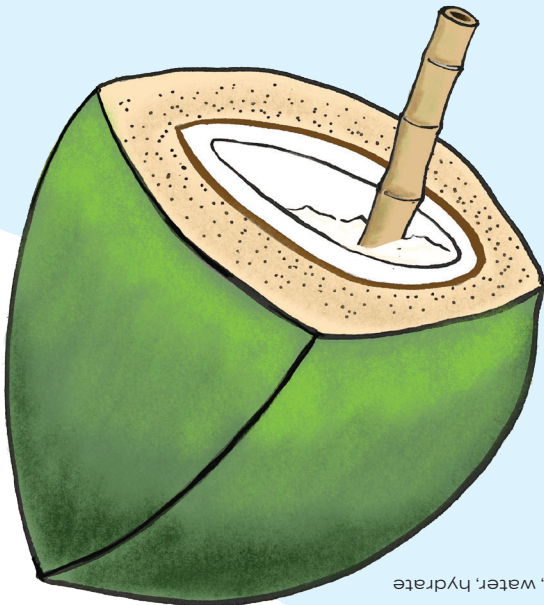
**ACTIVITY:**  
UNSCRAMBLE THE  
WORDS BELOW.

hiootmoes \_\_\_\_\_

ntcuooc \_\_\_\_\_

twear \_\_\_\_\_

dtyeahr \_\_\_\_\_



Key: smoothie, coconut, water, hydrate

## STEP 4: Plant a Garden

Next step in becoming an 'Āina Guardian is to plant a home garden. Starting a garden can sound like a BIG task but just remember, as with anything new, you can start small! You don't need a ton of space, even a windowsill will do. It's as easy as planting seeds in an old cardboard egg carton or in a garden bed with compost or soil. It's up to you how big you want your garden to be! Water daily and make sure your seedlings get the correct amount of sunshine. Have fun growing your own food!



CAN YOU FIND ALL MY  
FAVORITE FOODS IN THE  
WORD SEARCH?

M	M	T	N	U	M	G	N	A	T	P	Y	M	A
A	N	A	A	M	A	N	G	O	G	T	U	G	L
T	A	A	C	L	Y	C	H	E	E	T	A	N	P
B	A	N	A	N	A	Y	T	P	M	O	O	T	G
E	O	C	O	A	R	A	U	N	A	D	A	E	A
B	Y	L	G	T	N	E	P	A	A	A	L	G	A
T	E	A	P	H	L	E	T	T	U	C	E	E	N
G	M	L	A	C	M	A	A	P	T	O	A	N	L
T	O	M	A	T	O	A	P	T	T	V	N	E	E
A	T	G	M	U	A	A	A	N	A	A	A	A	M
M	A	O	Y	E	G	G	P	L	A	N	T	O	O
O	R	A	T	T	A	A	A	R	P	E	O	T	N
T	O	T	G	M	A	Y	C	A	C	P	A	N	
O	M	A	N	D	E	T	A	T	A	T	R	D	A

**FIND:**  
avocado  
banana  
eggplant  
lemon  
lettuce  
lychee  
mango  
papaya  
taro  
tomato  
tea



## STEP 5: Practice Kindness in My Community

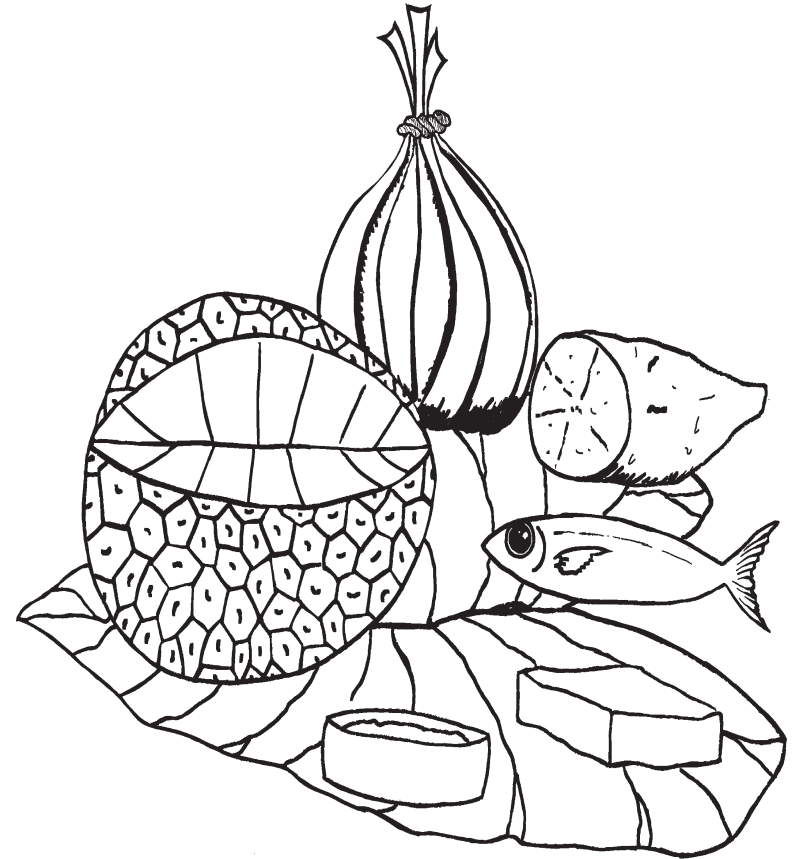
There are so many ways to practice kindness in your community! You can share food from your garden, bake banana bread for your neighbors, or volunteer for a cause you believe in like a beach cleanup or food drive. You'll be amazed how good it feels to lend a helping hand.



DO YOU KNOW  
HOW TO SAY  
"BANANA" IN  
HAWAIIAN?

Answer: mai'a

## Have fun coloring in your favorite locally sourced lū'au foods



Can you name four canoe plants or foods made from canoe plants in the drawing?

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_ 4. \_\_\_\_\_

Answers: 1. ulu (breadfruit) 2. haupia from niu (coconut)  
3. uala (sweet potato) 4. kalo (taro) leaf

## STEP 7: Be Curious, Try New Foods, and Upcycle Excess Food Scraps

There are so many delicious foods to choose from that are not only good for us, but also good for our environment! By swapping out our farm raised meats and fish with wild caught invasive species such as to'au, ta'ape, pua'a and venison we can help protect our 'āina.

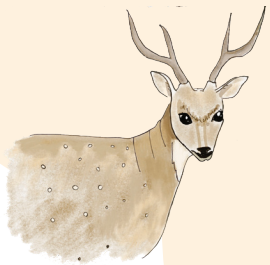
Did you know that wild pigs and deer cause erosion, which kills coral reefs and pollutes our oceans. By eating invasive species we are helping our environment regenerate itself.



**TO'AU**

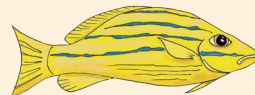


**TA'APE**



**PUA'A**

**VENISON**

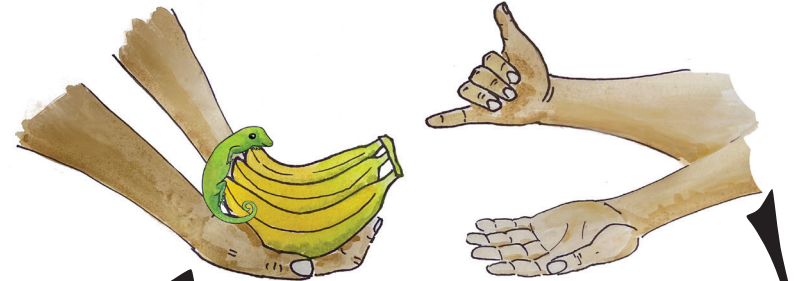


DRAW A LINE BETWEEN THE INVASIVE SPECIES NAME AND PICTURE.

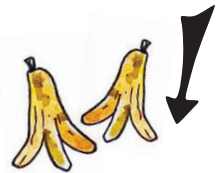
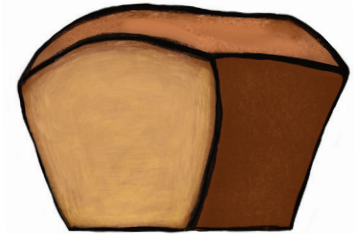


## Eat Pono Banana Bread Full Cycle Activity

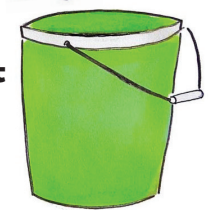
**2. Share** bananas with friends and family.



**3. Bake** banana bread with Eat Pono recipe.



**4. Compost** the banana peels.



**1. Pick** local mai'a (banana).



**5. Use soil** to nourish mai'a (banana) tree.



