

2018-2019 AMERICORPS FARM TO SCHOOL PROGRAM IMPACT REPORT



Report by: Kara Ignasiak, MS, RDN, CD

The AC F2S Program is housed at the WI Dept. of Public Instruction.



THE AMERICORPS F2S PROGRAM BY THE NUMBERS

15

AmeriCorps Farm to School host sites.

4

new AmeriCorps Farm to School host sites added in the 2018-2019 service year.

32

Wisconsin school districts participated in farm to school programming.

23

AmeriCorps Farm to School members.

88

Wisconsin schools were served by AmeriCorps members.

20,750

hours served by AmeriCorps Farm to School members.



The data in this report was compiled by Kara Ignasiak, MS, RDN, CD. The survey analysis was conducted by the Wisconsin Evaluation Collaborative.



NUTRITION EDUCATION

5,212

students participated in a series of five, 30 minute nutrition lessons.

74%

of our nutrition education goal reached.

1,156

hours of nutrition education provided by AmeriCorps Farm to School Nutrition Educators.

1,849

nutrition lessons taught by AmeriCorps Farm to School Nutrition Educators.

6,277

students who received at least one nutrition lesson.

44

Wisconsin Model Academic Standards for Nutrition covered.



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LOCAL FOODS AND WISCONSIN FARMERS

34

local procurement education documents shared with school food service directors.

33

miles was the average distance between the schools and local foods purchased.

58

Wisconsin farmers gave educational presentations to students.

495

local food taste test activities were done with Wisconsin students.

135

Wisconsin farmers sold or donated local foods to schools.

26

local foods were served as part of a school meal.



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SCHOOL GARDENS

221

hours were spent with students in school gardens.

Lettuce

was the number one harvested and tasted garden produce item.

Herbs

were the second most harvested and tasted garden produce item.

40

school gardens grown with Wisconsin students.

9

new school gardens were built or added onto.

30

different food items grown, harvested, and tasted by students in school gardens.



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COMMUNITY EVENTS AND VOLUNTEERS

111

community events were planned or participated in to promote farm to school.

615

volunteers were engaged to support farm to school programming.

Events & Gardens

were the two most common volunteer activities.

64%

of volunteers were episodic, one time volunteers.

2,536

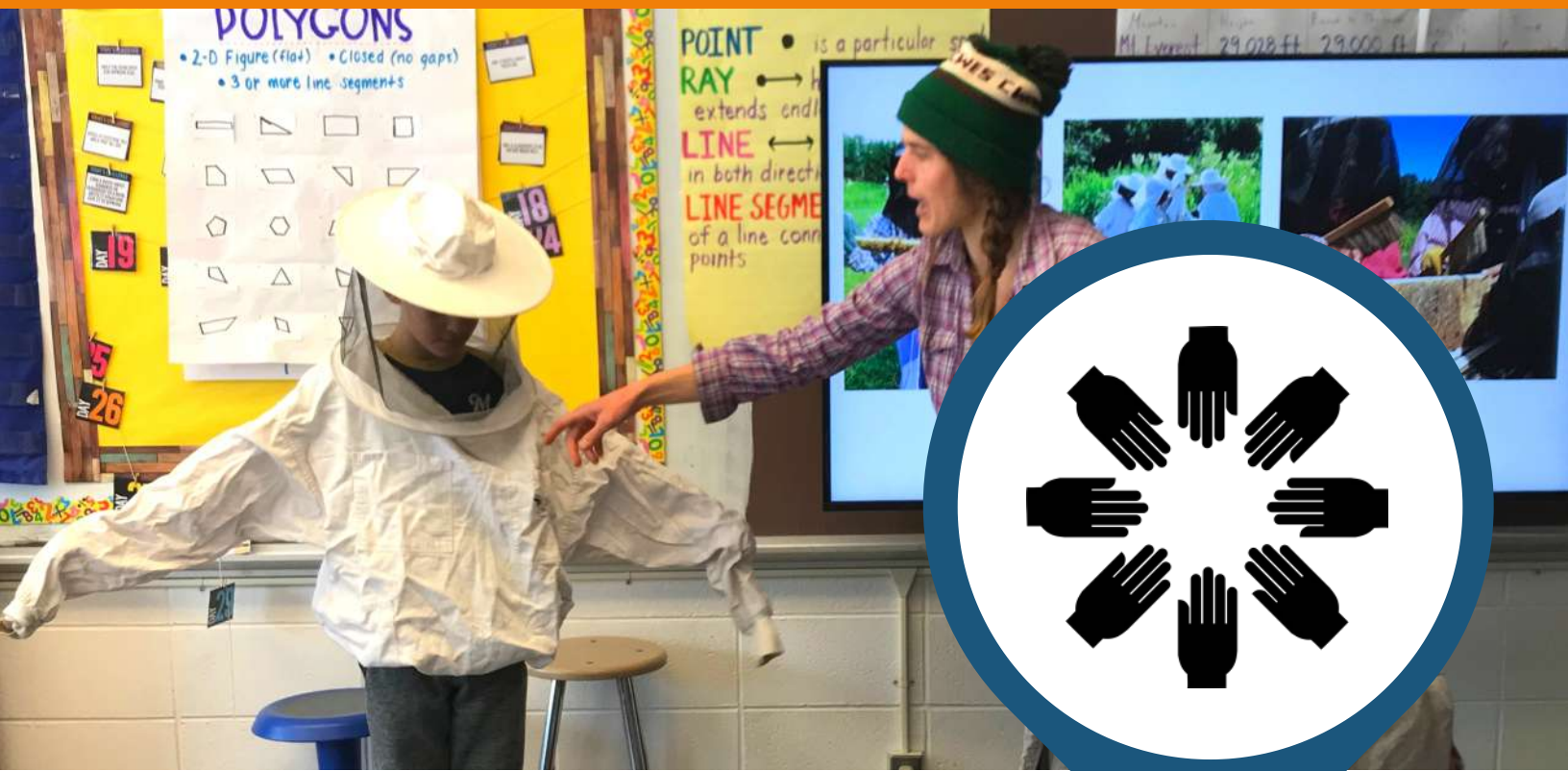
hours were served by volunteers.

36%

of volunteers were ongoing, repeat volunteers.



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FARM TO SCHOOL COMPONENTS

19

schools received five or more local procurement education documents.

18

schools engaged two or more farmers in educational presentations.

64

schools were supported by a farm to school task force.

54

schools received five or more local food taste tests.

38

schools spent an hour or more with students in a school garden.

38

schools received three or more farm to school components.

4

schools served four or more local foods for school meals.



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3RD-5TH GRADE STUDENT SURVEY RESULTS

3,272

students took the pre-survey.

12

host sites participated in the survey analysis.

7

food neophobia and experience questions were analyzed using the Bhapkar test.

2,364

students took the post-survey.

8

knowledge questions were analyzed.

1,310

students took both surveys and participated in nutrition lessons.



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The survey analysis was conducted by the Wisconsin Evaluation Collaborative.



FOOD NEOPHOBIA (FEAR OF TRYING SOMETHING NEW)

26%

of students improved their willingness to try a new fruit.

The student survey analysis showed a statistically significant improvement in willingness to try a new vegetable; however, there was no statistically significant change for willingness to try a new fruit. These results are the opposite of the 2017-2018 service year. This analysis does not include students who already reported the highest likelihood to try a new fruit or vegetable on both pre- and post-surveys (i.e. space to improve).

31%

of students improved their willingness to try a new vegetable.

Overall, the Crawford County UW-Extension host site students had the highest increase in likelihood to try both fruits and vegetables, 38% and 45% respectively. The Fort HealthCare students tied Crawford County UW-Extension students with their increase in likelihood to try fruits, 38%.

The Grow LaCrosse and Howard Suamico School District host sites had the lowest increase in students' likelihood to try a new vegetable, 19%. It is worth noting that the Howard Suamico School District did not join the program until halfway through the year, so their students only received 3-4 months of programming before they took the post-survey. The Grow LaCrosse host site also had the lowest increase in students with improved likelihood to try a new fruit, 15%.





STUDENT EXPERIENCES AND BEHAVIORS AROUND FRUITS AND VEGETABLES

30%*

of students improved their likelihood to choose a fruit or vegetable for snack.

24%

of students improved their likelihood to choose a fruit for lunch at school.

31%*

of students improved their likelihood to choose a vegetable for lunch at school.

27%

of students improved their likelihood to ask their parents/guardians for fruits at home.

32%

of students improved their likelihood to ask their parents/guardians for vegetables at home.

Of the five experience and behavior questions, only two questions resulted in a statistically significant increase in students who improved their likelihood to do something by at least one categorical response. These are noted with an asterisk. This analysis does not include students who already reported the highest likelihood to do something on both pre- and post-surveys (i.e. space to improve).

Overall, 25% of students who could improve in willingness to try new experiences with fruits and vegetables did so. More of these students improved in their likelihood to experience vegetables than fruit.



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OVERALL IMPROVEMENT IN LIKELIHOOD TO CHOOSE FRUITS AND VEGETABLES

53%

of students improved their likelihood to choose fruits and/or vegetables on at least 2 questions.

When comparing improvement across all seven neophobic and experience/behavior questions, we decided an improvement in at least one response category on at least two questions was considered a considerable student improvement in likelihood to choose/request fruits and vegetables. This analysis does not include students who already reported the highest likelihood to do something on both pre- and post-surveys (i.e. space to improve).

20%

of students improved their likelihood to choose fruits and/or vegetables on at least 4 questions.

When comparing results at the host site level, Crawford County UW-Extension, REAP Food Group, and Stevens Point YMCA students had the greatest increase in students choosing a fruit or vegetable for lunch at school, 33%. Crawford County-UW Extension students also had the greatest increase in improved likelihood to eat a fruit or vegetable for snack and likelihood to ask parent/guardians for fruits or vegetables at home, 38% and 37% respectively.



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NUTRITION KNOWLEDGE

69%

of knowledge questions answered correctly on the pre-survey.

Overall, there was a statistically significant increase in nutrition knowledge for students who received at least five, 30-minute nutrition lessons ($p < 0.0001$). At the host site level, all but 5 host sites showed a statistically significant increase in student nutrition knowledge. The Stevens Point YMCA host site saw that greatest increase in student scores, +16%, from pre- to post-survey.

77%

of knowledge questions answered correctly on the post-survey.

Among the sites that did not have a significant increase are the 16th St. Community Health Center, Bayfield School District, Fort HealthCare, Howard Suamico School District, and the Oregon School District. It is worth mentioning that Fort HealthCare had a very small sample size of students that received lessons and took the survey ($n=8$). Additionally, the Howard Suamico School District students had a very small window of time between the pre- and post- survey due to joining the AmeriCorps Farm to School Program halfway through the year.

7 of 12

host sites had a statistically significant increase of student nutrition knowledge.



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PARENT/GUARDIAN SURVEY RESULTS

209

parents/guardians took the survey.

50%

of parents/guardians were aware of their student participating in farm to school activities.

61%

of parents/guardians said they do their best to seek out local food items to feed their family.

10

host sites participated in the parent survey analysis.

45%

of parents/guardians said their student talks about farm to school at home.

15

questions were on the survey.



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AFTER PARTICIPATING IN FARM TO SCHOOL...

33%

of parents/guardians said their student eats more vegetables.

32%

of parents/guardians said they purchase more fruits and vegetables for their family.

18-20%

of parents/guardians said they eat more fruits or vegetables themselves.

37%

of parents/guardians said their student eats more fruits.

The most common reasons for why parents/guardians reported that they purchased more fruits and vegetables after their student participated in farm to school was because their student had a notable interest/openness and they were finding fruits and vegetables they liked at school. The most common reason why parents/guardians did not increase their fruit and vegetable purchases was that they already purchased a lot. This may be skewed due to our small sample. There is a chance that only parents/guardians who were already interested in healthy eating took the time to fill out our survey.

39%

of parents/guardians said their student asks them to purchase more fruits and vegetables.

Additionally, 69% of parents received two or less farm to school newsletters. Host sites across the state sent an average of eight newsletters home throughout the year. This shows a communication barrier that we will have to investigate.



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SCHOOL FOOD SERVICE DIRECTOR SURVEY RESULTS

12

school food service directors (FSDs) completed the survey.

25%

of FSDs increased their confidence in knowing how to find and purchase local items for their school meal program.

42%

of FSDs increased their willingness to purchase local items for their school meal program.

92%

of FSDs already used local foods on their menus.

50%

of FSDs serve produce from the school garden.

83%

of FSDs work with local farmers to purchase local foods.



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SUPPORTING SCHOOL FOOD SERVICE DIRECTORS

50%

of school food service directors (FSDs) participated in a farm to school task force.

16%

of FSDs spent 11-20 hours working with their AmeriCorps member.

17%

of FSDs spent 21+ hours working with their AmeriCorps member.

50%

of FSDs received local procurement education from their AmeriCorps member.

50%

of FSDs spent 1-10 hours working with their AmeriCorps member.

The Food Service Director Survey was sent out to 32 school food service directors in Wisconsin that are associated with the schools our AmeriCorps members serve. We received 12 responses back, which gave us a response rate of 37.5%. This was much lower than anticipated. There is a possibility that responses we received came from food service directors already heavily involved in farm to school. We were surprised that 92% stated that they already used local foods on their menus because our members only recorded a few local menu items served this year. This may be part of the reason why the majority of survey responses were neutral about any changes in confidence or willingness. This was our first year administering this survey, so we will have to investigate how to increase our response rate in the 2019-2020 service year.



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SCHOOL FOOD SERVICE DIRECTOR INTERVIEW RESULTS

Motivation for Buying Local

- Better food quality
- Supporting local farmers
- Supporting the local economy
- Would buy more locally if prices were lower
- Would buy more locally if local items could be easily delivered

Barriers to Buying Local

- School gardens and some small farmers do not produce the volume of food schools need
- Not all farmers can deliver to the kitchens
- Lack of farms in their area
- Short growing season
- Storage for items is a challenge
- Lack of kitchen capacity to process large amounts of "whole foods"
- Hard to logistically connect to local farmers (ex. lack of time)
- Some farmers are dissuaded from working with schools due to the bureaucratic processes

Support Needed to Increase Local Purchases

- Help food service directors understand when items are in season
- Foster communication and connections between food service directors and farmers
- Connecting farmers who can deliver to food service directors
- Letting food service directors know what farmers have available and how much they have



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Members:
Amanda Nelson
and Danielle
Lussier

16TH ST. COMMUNITY HEALTH CENTER

325

students participated in a series of five, 30 minute nutrition lessons.

2

new school gardens were built or added onto.

6

community events were planned or participated in to promote farm to school.

2

schools received three or more farm to school components.

20

volunteers were engaged to support farm to school programming.

155

hours were served by volunteers.

32

local food taste test activities were done with Wisconsin students.



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16TH ST. COMMUNITY HEALTH CENTER SURVEY RESULTS

26%

of students improved their willingness to try a new fruit.

28%

of students improved their likelihood to choose a fruit or vegetable for snack.

65%

of knowledge questions answered correctly on the pre-survey.

35%

of students improved their willingness to try a new vegetable.

28%

of students improved their likelihood to ask their parent/guardian for a fruit or vegetable at home.

69%

of knowledge questions answered correctly on the post-survey.

31%

of students improved their likelihood to choose a fruit or vegetable for lunch at school.



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Member:
Adriane
Morabito

ARBOR VITAE- WOODRUFF ELEM. SCHOOL

98

students participated in a series of five, 30 minute nutrition lessons.

4

hours were spent with students in school gardens.

7

community events were planned or participated in to promote farm to school.

1

school received three or more farm to school components.

13

volunteers were engaged to support farm to school programming.

96

hours were served by volunteers.

7

local food taste test activities were done with Wisconsin students.



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ARBOR VITAE-WOODRUFF ELEM. SCHOOL SURVEY RESULTS

No surey results to report.



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Member:
Gene Whipple

BAYFIELD SCHOOL DISTRICT

113

students participated in a series of five, 30 minute nutrition lessons.

48

hours were spent with students in school gardens.

8

community events were planned or participated in to promote farm to school.

2

schools received three or more farm to school components.

22

volunteers were engaged to support farm to school programming.

117

hours were served by volunteers.

12

local food taste test activities were done with Wisconsin students.



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BAYFIELD SCHOOL DISTRICT SURVEY RESULTS

25%

of students improved their willingness to try a new fruit.

18%

of students improved their likelihood to choose a fruit or vegetable for snack.

80%

of knowledge questions answered correctly on the pre-survey.

27%

of students improved their willingness to try a new vegetable.

29%

of students improved their likelihood to ask their parent/guardian for a fruit or vegetable at home.

78%

of knowledge questions answered correctly on the post-survey.

22%

of students improved their likelihood to choose a fruit or vegetable for lunch at school.



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Member:
Dana Scheffen

CRAWFORD COUNTY UW-EXTENSION

858

students participated in a series of five, 30 minute nutrition lessons.

26.5

hours were spent with students in school gardens.

11

community events were planned or participated in to promote farm to school.

3

schools received three or more farm to school components.

83

volunteers were engaged to support farm to school programming.

227

hours were served by volunteers.

58

local food taste test activities were done with Wisconsin students.



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CRAWFORD CO. UW-EXTENSION SURVEY RESULTS

38%

of students improved their willingness to try a new fruit.

38%

of students improved their likelihood to choose a fruit or vegetable for snack.

65%

of knowledge questions answered correctly on the pre-survey.

45%

of students improved their willingness to try a new vegetable.

37%

of students improved their likelihood to ask their parent/guardian for a fruit or vegetable at home.

74%

of knowledge questions answered correctly on the post-survey.

33%

of students improved their likelihood to choose a fruit or vegetable for lunch at school.



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Members:
Jorie Brenner
and Taylor Hall

FORT HEALTHCARE

119

students participated in a series of five, 30 minute nutrition lessons.

17

hours were spent with students in school gardens.

14

community events were planned or participated in to promote farm to school.

3

schools received three or more farm to school components.

49

volunteers were engaged to support farm to school programming.

526

hours were served by volunteers.

14

local food taste test activities were done with Wisconsin students.



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FORT HEALTHCARE SURVEY RESULTS

38%

of students improved their willingness to try a new fruit.

25%

of students improved their likelihood to choose a fruit or vegetable for snack.

63%

of knowledge questions answered correctly on the pre-survey.

25%

of students improved their willingness to try a new vegetable.

19%

of students improved their likelihood to ask their parent/guardian for a fruit or vegetable at home.

66%

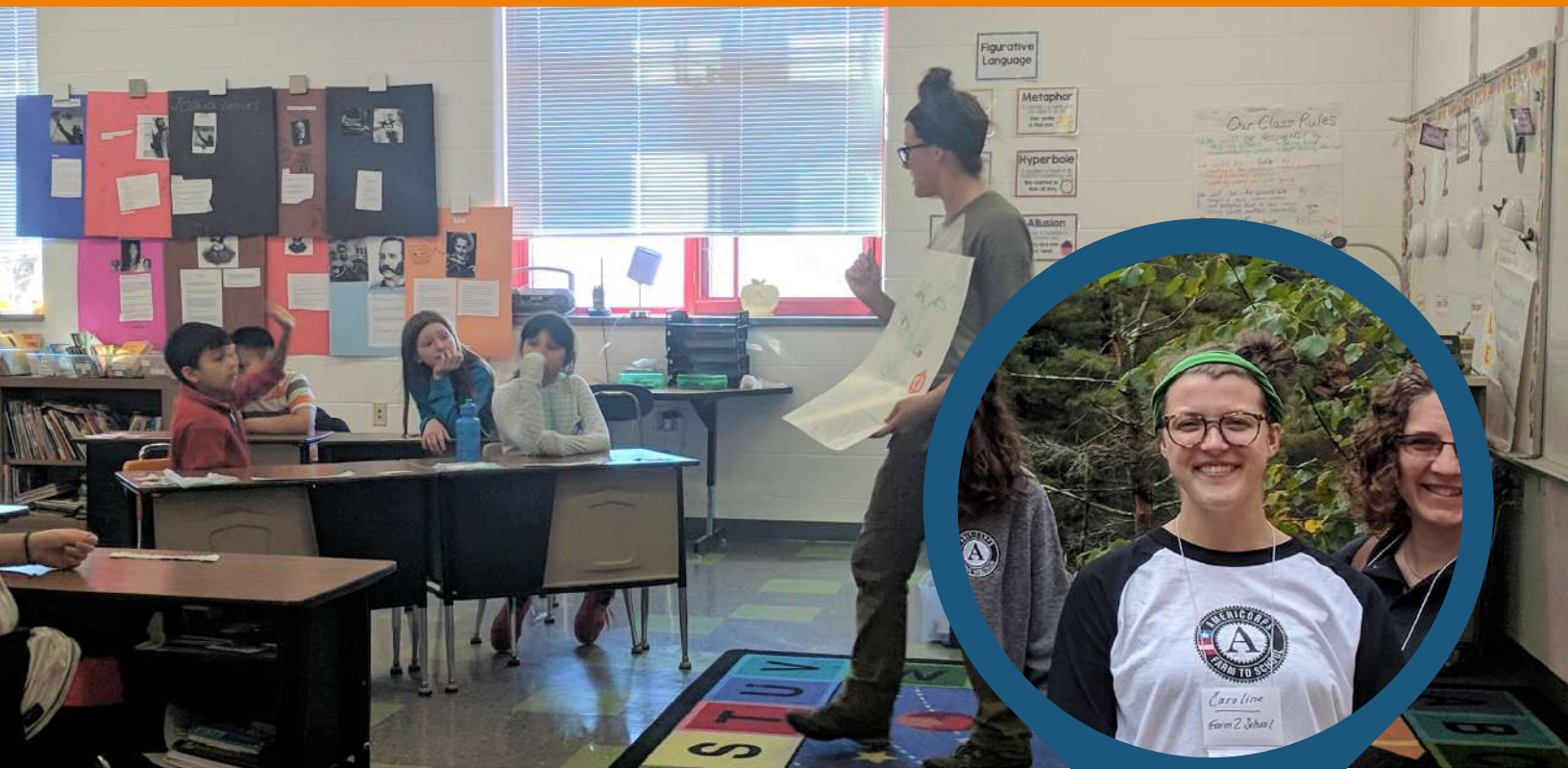
of knowledge questions answered correctly on the post-survey.

7%

of students improved their likelihood to choose a fruit or vegetable for lunch at school.



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Member:
Caroline Kerr

GROW LACROSSE

310

students participated in a series of five, 30 minute nutrition lessons.

10.5

hours were spent with students in school gardens.

5

community events were planned or participated in to promote farm to school.

0

schools received three or more farm to school components.

80

volunteers were engaged to support farm to school programming.

234

hours were served by volunteers.

12

local food taste test activities were done with Wisconsin students.



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GROW LACROSSE SURVEY RESULTS

15%

of students improved their willingness to try a new fruit.

22%

of students improved their likelihood to choose a fruit or vegetable for snack.

76%

of knowledge questions answered correctly on the pre-survey.

19%

of students improved their willingness to try a new vegetable.

21%

of students improved their likelihood to ask their parent/guardian for a fruit or vegetable at home.

80%

of knowledge questions answered correctly on the post-survey.

19%

of students improved their likelihood to choose a fruit or vegetable for lunch at school.



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HOWARD SUAMICO SCHOOL DISTRICT

Members:
Sam Inman and
Morgan Thums

262

students participated in a series of five, 30 minute nutrition lessons.

3

hours were spent with students in school gardens.

5

community events were planned or participated in to promote farm to school.

4

schools received three or more farm to school components.

5

volunteers were engaged to support farm to school programming.

56

hours were served by volunteers.

16

local food taste test activities were done with Wisconsin students.



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HOWARD SUAMICO SCHOOL DISTRICT SURVEY RESULTS

29%

of students improved their willingness to try a new fruit.

21%

of students improved their likelihood to choose a fruit or vegetable for snack.

72%

of knowledge questions answered correctly on the pre-survey.

19%

of students improved their willingness to try a new vegetable.

18%

of students improved their likelihood to ask their parent/guardian for a fruit or vegetable at home.

72%

of knowledge questions answered correctly on the post-survey.

21%

of students improved their likelihood to choose a fruit or vegetable for lunch at school.



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JUNEAU COUNTY HEALTH DEPARTMENT

Member:
Charitee
Seebecker

434

students participated in a series of five, 30 minute nutrition lessons.

2

hours were spent with students in school gardens.

6

community events were planned or participated in to promote farm to school.

7

schools received three or more farm to school components.

38

volunteers were engaged to support farm to school programming.

196

hours were served by volunteers.

40

local food taste test activities were done with Wisconsin students.



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JUNEAU COUNTY HEALTH DEPARTMENT SURVEY RESULTS

23%

of students improved their willingness to try a new fruit.

35%

of students improved their likelihood to choose a fruit or vegetable for snack.

71%

of knowledge questions answered correctly on the pre-survey.

34%

of students improved their willingness to try a new vegetable.

30%

of students improved their likelihood to ask their parent/guardian for a fruit or vegetable at home.

82%

of knowledge questions answered correctly on the post-survey.

26%

of students improved their likelihood to choose a fruit or vegetable for lunch at school.



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Member:
Jenna Sward

OREGON SCHOOL DISTRICT

453

students participated in a series of five, 30 minute nutrition lessons.

61

hours were spent with students in school gardens.

7

community events were planned or participated in to promote farm to school.

3

schools received three or more farm to school components.

84

volunteers were engaged to support farm to school programming.

322

hours were served by volunteers.

39

local food taste test activities were done with Wisconsin students.



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OREGON SCHOOL DISTRICT SURVEY RESULTS

21%

of students improved their willingness to try a new fruit.

26%

of students improved their likelihood to choose a fruit or vegetable for snack.

68%

of knowledge questions answered correctly on the pre-survey.

29%

of students improved their willingness to try a new vegetable.

34%

of students improved their likelihood to ask their parent/guardian for a fruit or vegetable at home.

72%

of knowledge questions answered correctly on the post-survey.

30%

of students improved their likelihood to choose a fruit or vegetable for lunch at school.



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Members:
Patty Muether,
Leah Cooke, Tessa
Cushman, and
Bronte Adamson

REAP FOOD GROUP

1,014

students participated in a series of five, 30 minute nutrition lessons.

13

hours were spent with students in school gardens.

16

community events were planned or participated in to promote farm to school.

7

schools received three or more farm to school components.

27

volunteers were engaged to support farm to school programming.

131

hours were served by volunteers.

92

local food taste test activities were done with Wisconsin students.



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REAP FOOD GROUP SURVEY RESULTS

22%

of students improved their willingness to try a new fruit.

30%

of students improved their likelihood to choose a fruit or vegetable for snack.

67%

of knowledge questions answered correctly on the pre-survey.

32%

of students improved their willingness to try a new vegetable.

35%

of students improved their likelihood to ask their parent/guardian for a fruit or vegetable at home.

79%

of knowledge questions answered correctly on the post-survey.

33%

of students improved their likelihood to choose a fruit or vegetable for lunch at school.



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SHEBOYGAN AREA SCHOOL DISTRICT

Members:
Aandi Kropelin
and Jess Childs

428

students participated in a series of five, 30 minute nutrition lessons.

2

hours were spent with students in school gardens.

6

community events were planned or participated in to promote farm to school.

2

schools received three or more farm to school components.

14

volunteers were engaged to support farm to school programming.

77

hours were served by volunteers.

23

local food taste test activities were done with Wisconsin students.



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SHEBOYGAN AREA SCHOOL DISTRICT SURVEY RESULTS

28%

of students improved their willingness to try a new fruit.

31%

of students improved their likelihood to choose a fruit or vegetable for snack.

67%

of knowledge questions answered correctly on the pre-survey.

27%

of students improved their willingness to try a new vegetable.

28%

of students improved their likelihood to ask their parent/guardian for a fruit or vegetable at home.

75%

of knowledge questions answered correctly on the post-survey.

25%

of students improved their likelihood to choose a fruit or vegetable for lunch at school.



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Members:
Alyssa Morris and
Amberle Schwartz

STEVENS POINT YMCA

598

students participated in a series of five, 30 minute nutrition lessons.

2

hours of educational farmer presentations were given to students.

12

community events were planned or participated in to promote farm to school.

2

schools received three or more farm to school components.

113

volunteers were engaged to support farm to school programming.

429

hours were served by volunteers.

73

local food taste test activities were done with Wisconsin students.



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The survey analysis was conducted by the Wisconsin Evaluation Collaborative.



STEVENS POINT YMCA SURVEY RESULTS

20%

of students improved their willingness to try a new fruit.

27%

of students improved their likelihood to choose a fruit or vegetable for snack.

71%

of knowledge questions answered correctly on the pre-survey.

30%

of students improved their willingness to try a new vegetable.

24%

of students improved their likelihood to ask their parent/guardian for a fruit or vegetable at home.

87%

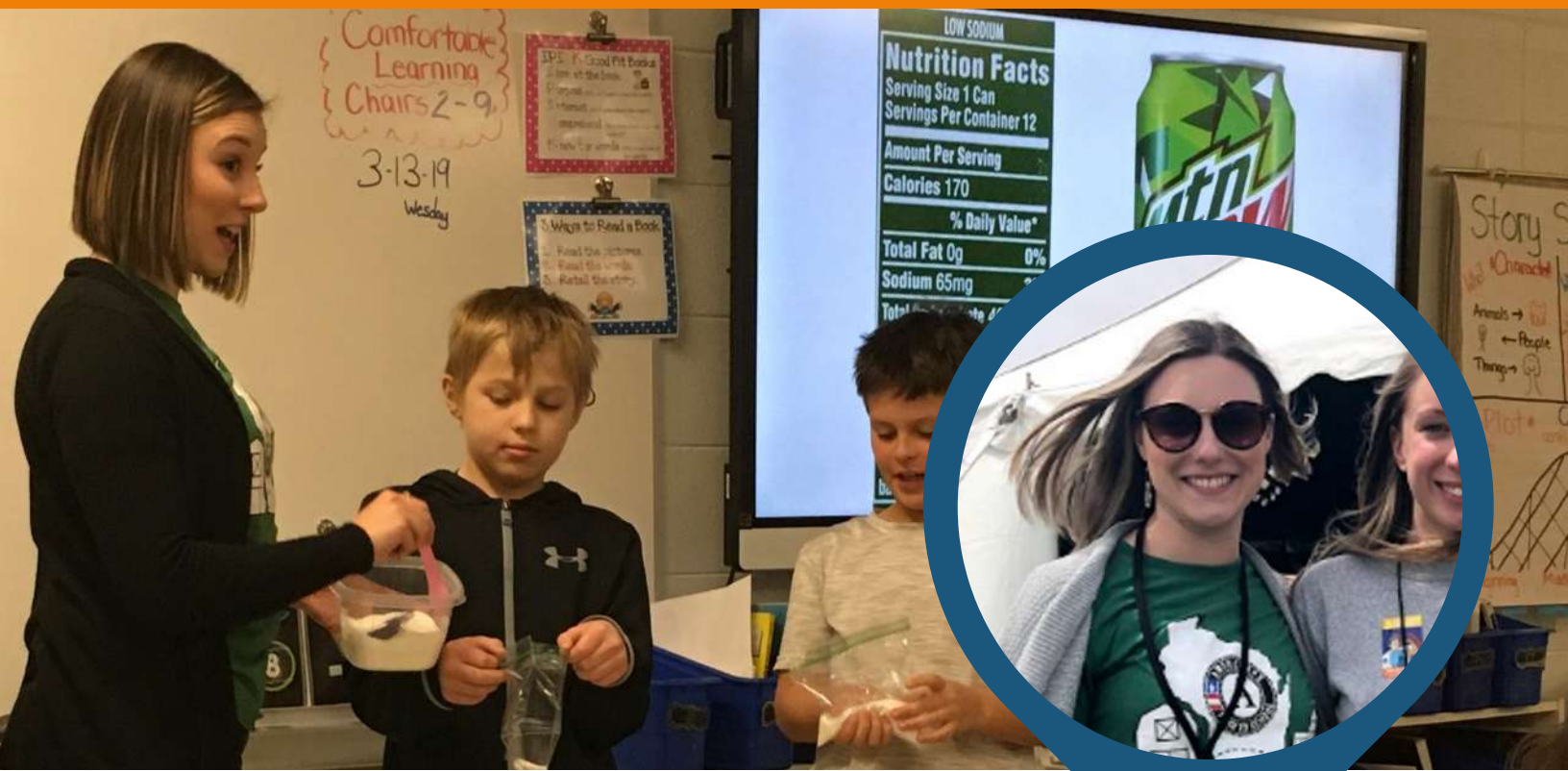
of knowledge questions answered correctly on the post-survey.

33%

of students improved their likelihood to choose a fruit or vegetable for lunch at school.



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Member:
Rachel Kubacki

TOMORROW RIVER SCHOOL DISTRICT

300

students participated in a series of five, 30 minute nutrition lessons.

10

hours were spent with students in school gardens.

3

community events were planned or participated in to promote farm to school.

2

schools received three or more farm to school components.

24

volunteers were engaged to support farm to school programming.

38

hours were served by volunteers.

8

local foods served as part of a school meal.



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TOMORROW RIVER SCHOOL DISTRICT SURVEY RESULTS

22%

of students improved their willingness to try a new fruit.

27%

of students improved their likelihood to choose a fruit or vegetable for snack.

73%

of knowledge questions answered correctly on the pre-survey.

28%

of students improved their willingness to try a new vegetable.

28%

of students improved their likelihood to ask their parent/guardian for a fruit or vegetable at home.

80%

of knowledge questions answered correctly on the post-survey.

24%

of students improved their likelihood to choose a fruit or vegetable for lunch at school.



The data in this report was compiled by Kara Ignasiak, MS, RDN, CD. The survey analysis was conducted by the Wisconsin Evaluation Collaborative.



Member:
Jamie Zak

WASHBURN SCHOOL DISTRICT

35

students participated in a series of five, 30 minute nutrition lessons.

19

hours were spent with students in school gardens.

1

community event was planned or participated in to promote farm to school.

0

schools received three or more farm to school components.

18

volunteers were engaged to support farm to school programming.

36

hours were served by volunteers.

3

local food taste test activities were done with Wisconsin students.



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WASHBURN SCHOOL DISTRICT SURVEY RESULTS

No surey results to report.



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The survey analysis was conducted by the Wisconsin Evaluation Collaborative.



Member:
Alex Richeson

WAUPACA COUNTY UW-EXTENSION

127

students participated in a series of five, 30 minute nutrition lessons.

1

Wisconsin farmer gave an educational presentation to students.

4

community events were planned or participated in to promote farm to school.

0

schools received three or more farm to school components.

47

volunteers were engaged to support farm to school programming.

67

hours were served by volunteers.

72

local food taste test activities were done with Wisconsin students.



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WAUPACA COUNTY UW- EXTENSION SURVEY RESULTS

No surey results to report.



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The survey analysis was conducted by the Wisconsin Evaluation Collaborative.