

HEALTHY SPROUTS AWARD WINNERS Evaluation Summary – 2007



The National Gardening Association surveys award recipients to capture quantitative data on the impact of this program. The following is a summary of results from winners of the 2007 Healthy Sprouts award cycle.

- Award package:** Five \$500 and 15 \$200 gift certificates to Gardener's Supply Company; curriculum package from NGA
- Number of applicants:** 263
- Number of recipients:** 20
- Number of evaluation respondents:** 17*

Following is a summary of the highlights from those responses.

Number of participants in Healthy Sprouts award-winning programs:

Age 2-5 (preschool-K).....	458
Ages 6-8 (grades 1-3).....	733
Ages 9-11 (grades 4-6).....	591
Ages 12-13 (grades 7-8).....	192
Ages 14-18 (grades 9-12).....	142
Adults (18+)	92
Total participants	2,208

Demographic information

Anglo American	50%
African American	26%
Latino	15%
Asian	4%
Other	4%
Native American	1%

Male.....	53%
Female.....	47%

Eligible for free or reduced lunch program	48%
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Months of the year respondents conducted gardening programs:

Average.....	7 months/year
Range	4–12 months/year

Hours per week a participant was involved in gardening activities:

Average	4 hours/week
Range.....	1–10 hours/week

Program continuation:

Respondents indicating they plan to continue their program next year	94%
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Type of audience participating in these programs:

In-school	47%
After-school.....	47%
Special needs	35%
Summer program/camp	24%
Community gardeners	18%
Preschool/Head Start.....	18%
Intergenerational	12%
Gifted & Talented.....	12%
Youth club	12%
Other	6%

Program leaders noted participant improvements in these characteristics:

Environmental attitudes	100%
Social skills	100%
Nutritional attitude.....	94%
Self-confidence	94%
Community spirit.....	94%
Leadership skills.....	88%
Attitude toward school	88%
Volunteerism	82%
Motor skills	76%
Scholastic achievement.....	71%

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Some of our garden's produce will be donated to a local food bank. It will be delivered by the children, who will spend a day at the center assisting in meal preparation, serving, and cleaning up. The kids will also display some of the harvest at a 'healthy snack table' at the county health fair, where they will distribute information about the importance of eating fruits and vegetables, world hunger, and the importance of preserving land for gardening.

— Jennifer Rice, Ravenna Parks and Recreation, OH



*Winners failing to submit an evaluation are ineligible to apply for future grants. One winner requested an extension because the program is still in progress.

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Reported evidence documenting the effectiveness of these programs:

Positive feedback from participants.....	94%
Positive feedback from family members	82%
Positive feedback from administrators.....	76%
Positive community feedback ...	65%
Funding and donations	59%
Decreased disciplinary actions ...	59%
Improved attendance rates	53%
Positive survey results	47%
Awards and recognition	29%
Improved test scores.....	6%

Subjects taught through these programs:

Health and nutrition.....	100%
Science	88%
Math.....	71%
Community service	65%
Arts.....	59%
Physical education	41%
English	41%
Intra/interpersonal relationships	35%
Cultural studies/issues.....	29%
Social studies	29%
Interdisciplinary	18%
History	18%
Other	18%

Compliance with State and National Education Standards:

Programs connected to State and National Education Standards.....	71%
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Importance of linking program to the standards:

Mandatory	6%
Very important.....	25%
Important.....	31%
Somewhat important.....	6%

Not important.....	13%
N/A	19%

Percentage of time spent on instructional techniques (note: this is the average of all the responses for each technique):

Adult-led investigation/hands-on activities	33%
Student-led investigation/hands-on activities.....	24%
Lecture	16%
Collaborative project work	15%
Independent Learning.....	11%

Source of curriculum used by gardening programs:

Combined materials from numerous sources	59%
Original material.....	59%
Cooperative Extension (e.g., 4-H or JMG).....	35%
Nonprofit organization (e.g., NGA or Life Lab).....	29%
School district	24%
State education department.....	6%
For-profit corporation	6%

Approximate amount of money spent on these programs:

Less than \$250.....	12%
\$251 to \$500	29%
\$501 to \$1,000	0%
\$1,001 to \$1,500	12%
\$1,501 to \$2,000	6%
\$2,001 to \$2,500	6%
More than \$2,500.....	35%

Approximate value of in-kind donations to gardening programs:

Less than \$250.....	6%
\$251 to \$500	29%
\$501 to \$1,000	24%
\$1,001 to \$1,500	12%
\$1,501 to \$2,000	0%
\$2,001 to \$2,500	0%
More than \$2,500.....	29%



Our program had a big impact on these kids. Many had never gardened or been encouraged to get dirty before — they simply hadn't experienced the outdoors in this way. It was clear that not only did these kids have fun, they also learned a lot. By the end they were telling me what could and could not go into the compost bin, which carrots were ready to be picked and which were not, and the names of various insects in the garden.

— Lauren Burman, Barrington Elementary School, TX

Percentage of funding these programs received from other sources (note: this is the average of all the responses for each source):

Grants	56%
Donations	16%
School or School District Funds	9%
Parent or Volunteer Organizations	6%
Other	4%
Fundraising	4%
Instructor's pocket.....	3%

Type of organizations responding:

Public school.....	47%
Nonprofit agency	35%
Private school.....	6%
Charter school	6%
Alternative school	6%

Location of winners responding:

Urban	59%
Suburban	23%
Rural	18%

Publicity received by programs:

Newsletter articles	35
Newspaper articles	27
Web site features	23
TV features.....	6
Radio features	5

Community interaction and additional impacts noted by respondents:

One of the most important components of our program is to offer open space and learning opportunities to a population that hasn't experienced either. Kids, parents, and teachers say things like, "I'd be at home watching TV if it weren't for OBUGS"; "I know that wherever I am I want to have a garden"; or, "Students are never absent on

OBUGS days because they don't want to miss out." Our program is 8 years old and continues to grow each year. This award let us add a water conservation component, which has been an enormous addition to our programs. Thank you!
— Christina Cherif, OBUGS, CA



We recorded a significant increase in children's willingness to taste vegetables and their preference for eating them. Plus, families reported positive dietary changes at the household level.

— Karrie Kalich, Early Sprouts, Keene State College, NH



While a student was working in the garden, he stopped and said to me, "Gardening is hard work, but I like it! I could do this at home!"

— Julie Carter, Woodfill Elementary School, KY



The Farm-to-Table Program makes a powerful impact on our students. I watched them clean their plates of student-grown salad during a class party and leave potato chips behind, which to me is a measure of success. When I asked the students what the best part of the class was, 50% said "eating food they'd grown." Many children also learn better through hands-on education and visits to local family farms.

— Trista Scheuerlein, Rappahannock County Public Schools, VA

Our gardening program was a great success for all involved. The youth enjoyed every moment they spent in the garden, as did their family members and our staff. I believe this program has created a community within a community. The students are already looking forward to starting the program again in September. This program has increased students' awareness of community service and community giving; they have also gained self-confidence, motivation, and team leadership skills that will last a lifetime.

— Melissa Wyatt, Foundation for Second Chances, CA

