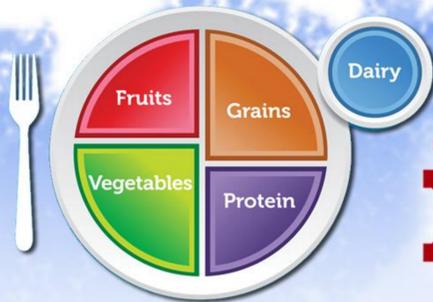


# Salad



# in a Wheelbarrow

If they grow it,



they'll eat it!

Establishing healthy eating habits by engaging children in garden - enhanced nutrition education.

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## Background

- Exposure to fruits and vegetables early in life helps to develop preferences for fruits and vegetables. Research indicates that when children grow their own produce, they tend to increase consumption of fruits and vegetables

## Design

- Based on a very colorful children's book written and illustrated by UCCE Stanislaus County Nutrition Educators.
- Nutrition Educators, teachers, site coordinators, and peer educators read SWB to the children.
- Series of twelve (12) lessons and activities from planting the garden—lettuce, radishes, carrots--to the final lesson--celebrating the harvest of a healthy salad.
- Nutrition education activities selected from approved curricula enriched the educational experience.

## Evaluation Tools

- Pre/Post "Eating Healthy from Farm to Fork" Student Survey
- Teacher Observation Tool

## Goals

- By December 2012, participating children would more often:
  - be able to identify healthy food choices.
  - bring fruits and/or vegetables as snacks.
  - choose fruits and/or vegetables during classroom parties or in the cafeterias.
  - be more willing to try new foods offered at school.
  - understand the relationship between health foods and a healthy body.



*"The hands on learning has been a great experience for our children. The children are happy and proud of their garden. They enjoyed every moment learning!" - San Joaquin County Teacher*

## Results

- SWB reached a total of 546 children at eight (8) locations in San Joaquin County—six schools, one public housing program and the Children's Museum of Stockton.
- Students harvested and taste tested their wheelbarrow salads.
- Salad Celebration Day included a mini-health fair focused on choices for healthy snacking.
- A sampling of students (n=133) was evaluated and results indicated positive increases in student's willingness:
  - to eat the lettuce and radishes at home and at school.
  - to ask their family to buy lettuce and radishes.
  - to eat lettuce and radishes as a snack.



## Outcomes

- Students more able to identify healthy food choices.
- Students more willing to try fruits and/or vegetables offered at school.
- Teachers now more often encouraged students to be physically active.
- Teachers themselves more often made healthier personal food choices.



## Challenges

- Wheelbarrows moved inside at the end of the day meant slower growth.
- Hot Summer weather caused some gardens in metal wheelbarrows to overheat.
- Overwatering by partners drowned some of the gardens.
- One site did not yield any produce due to the lack of sufficient nutrients in the soil used.
- Donated carrot seeds did not produce due to the age of the seeds.



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