



# FARM TO SCHOOL YEAR 4

## Intervention Contacts

(Brad Judge and Shirley Bitters- 734-347-0812)

Fiscal Agent (5HF)

**Total amount granted from 5HF:  
\$35,000**

**Total expenses paid with 5HF funds\*:  
\$35,000**

\* If full amount of the grant was not necessary to provide the approved services, a check from the fiscal agent must be enclosed for any unused funds over \$100-Please make check payable to 5 Healthy Towns Foundation- Include a Final Expense Report

<b>Intervention start date:</b> 8/1/2016	<b>Intervention end date:</b> 7/31/17	<b>Date funding received:</b> 8/1/17	<b>Element:</b> EB
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# Intervention Information

## Brief Intervention Description

- I. Primary goal- Eating more fruits and vegetables through DCS Food and Nutrition offerings and garden to kitchen classes, educating students and staff about where food comes from and how to grow food, and engaging students, staff, and community about sustainability of program.
- II. Brief description of program- The Farm to School and School Garden Interventions are community wellness interventions focused on the Dexter Community School District (DCS). The intervention features more opportunity to consume healthier foods through monthly fresh, local additions to lunch offerings, trying new foods in a positive environment and fostering a greater appreciation for the work that goes into producing this food.
- III. Target population- Dexter Community School students in grades K-12 (ages 5-18) and the adults in the schools that impact students' food choices and environments (ages 19-65).

# Continuing Intervention

## Funding Intervention also funded in:

- Year 1: 29,000
- Year 2: 35,000
- Year 3: 35,000
- Year 4: 35,000
- Year 5: 35,000

- Has the intervention made any improvements/changes from past year(s)?

- Yes
- No

Yes, we have increased amount of local, fresh food served in cafeterias, expanded our garden space and classroom participation, and increased opportunities for student, staff and community engagement.

- If the amount requested has changed from the previous year please explain.

- Has not changed from previous year.

## Key Evaluation Data

Please record and include the key evaluation data collected for this intervention

Units of Engagement (no units of engagement for infrastructure)

- Creekside Kitchen Classroom Units of engagement- **2925 units of engagement**
- Creekside Afterschool Garden Club- **510 units of engagement**
- Creekside Lifetime Fitness classes- **1200 units of engagement**
- Dexter Food and Nutrition Harvest of the Month-**3300 units of engagement**
- Mill Creek Kitchen Classroom Healthy Eating Demo- **200 units of engagement**
- Dexter High School IB students CAS project (compost bins)- **40 units of engagement**
- DCS Garden Workdays, Fundraisers, Community Outreach- **300 units of engagement**
- Farmer in the Classroom Visits- **100 units of engagement**

Other measures may include, but are not limited to:

- Amount of fresh, local food served in DCS cafeterias- approx 5000 lbs
- Amount of school garden produce sold to DSC cafeterias- 85 lbs, \$85.00
- Amount of school garden produce harvested for DSC classrooms- 390 lbs
- Amount of money raised for Creekside Kitchen Classroom- \$3737.00
- Number of new gardens established in DSC schools- 3, Bates Rain Garden, Wylie Native Plants Garden, and Creekside Three Sisters' Garden
- All Michigan sourced lunch served in all 6 Dexter cafeterias- 1

## Key Evaluation Data

- 66% of DCS have gardens that serve as project based learning environments that support interventions goal of healthy eating.
- 5000 lbs of local food was served in DCS cafeterias. This is an increase of 16% from 2015-16.
- 390 lbs of garden produce was used in DSC classrooms. This is an increase of 300% mainly due to SMG garden relocation
- Quote from 5<sup>th</sup> grade student- “I’m so glad I took hot lunch today! This is the best hot lunch ever!”

## Goal 1: Eat More Fruits and Vegetables

Did the intervention meet specific goals listed on the intervention table?	Yes all goals were met except selling CSA shares. Instead garden produce was sold directly to DCS Food and Nutrition.
State what you tried to accomplish	All DCS students' have the opportunity to experience fresh, local fruit and vegetables served in the cafeterias or kitchen classrooms.
How did you measure progress towards the goal?	Number of fresh, local "Harvest of the Month" servings in DCS cafeterias, amount of fresh, local produce served in cafeterias, and amount of vegetables harvested from school gardens that went directly into kitchen classrooms.
Was the goal attainable?	Yes
Describe how the goal was relevant to the coalition and community wellness related needs	The goal supports the specific aim of healthy weight by improving eating habits including consumption of more fruits and vegetables.

## Goal 2: Educate students and community about where food comes from

<p>Did the intervention meet specific goals listed on the intervention table?</p>	<p>Some were met such as the development and execution of Wylie courtyard garden (still in progress) and an additional goal of integrating IB student CAS projects into Farm to School Program was created and executed.</p>
<p>State what you tried to accomplish</p>	<p>Education of students, staff and community about where food comes from and how to grow food.</p>
<p>How did you measure progress towards the goal?</p>	<p>Number of engagement hours for student, staff and community members.</p> <p>Number of new gardens installed on DSC grounds</p>
<p>Was the goal attainable?</p>	<p>Part of the goal was attainable. We were able to schedule 1 farmer in the classroom visit and supplemented the other 3 times from our intervention table with healthy cooking demos that incorporated local food or school garden produce. A 4<sup>th</sup> grade field trip was not part of the budget this year and Cornman Farms was not able to host field trip due to extenuating business circumstances.</p>
<p>Describe how the goal was relevant to the coalition and community wellness related needs</p>	<p>The goal supports the specific aim of Healthy Weight by educating students and staff about healthy eating habits, how to grow food and where food comes from.</p>

## Goal 3: Engage students, staff and community to ensure the sustainability of the program

<p>Did the intervention meet specific goals listed on the intervention table?</p>	<p>Some goals were met such as building of Wylie garden with parent volunteers. Ongoing garden coordinator volunteer groups were established or identified at most Dexter Schools. Coordinators established a garden Tour The DCS Dexter Wellness Policy was not addressed as DCS administration was not able to form a wellness policy committee. Instead coordinators have been attending meetings with YCS and AAPS to gain information about their wellness policies and Farm to school programs.</p>
<p>State what you tried to accomplish</p>	<p>Engagement of students, staff and community to sustain programming.</p>
<p>How did you measure progress towards the goal?</p>	<p>Number of engagement hours for student, staff and community members.</p> <p>Number of new gardens installed on DSC grounds</p>
<p>Was the goal attainable?</p>	<p>Part of the goal was attainable. We were able to begin the building of the Wylie garden and establish a new garden at Bates Elementary with staff and volunteer support. A new garden tour was implemented in the fall to educate students, parents, and community members about our gardens and programming. Wellness Policy goal was not attainable.</p>
<p>Describe how the goal was relevant to the coalition and community wellness related needs</p>	<p>The goal supports the specific aim of Healthy Weight by engaging students, staff, community members in the sustainability of the Farm to School Program.</p>



## Accomplishments

- 500 lbs of produce was grown in SMG and Creekside Kitchen Garden, of that 94 lbs of produce from Sullivan Memorial Garden was sold to Dexter Food and Nutrition
- Vegetables included: tomatoes, peppers, watermelon, winter squash, cabbage, Brussels sprouts, and herbs
- Vegetables were sold during October National Farm to School Month
- Used DCS social media outlets to promote event

#DCSGROWN



## Accomplishments



All 6 Dexter cafeterias served an entire lunch that was sourced from local, Michigan products.

- Overall, 5000 lbs of locally sourced produce was served in Dexter cafeterias during the 2016-2017 school year.
- 30% or 1400 lbs of total weight sourced was vegetables
- 70% or 3600 lbs of total weight sourced was apples from Dexter orchards, Lesser Farms and Frosty Apple

## Accomplishments

- Gardens at Wylie and Bates were established including a Rain Garden and Michigan Native Species Garden
- 4 of 6 DCS have multiple gardens with project based learning opportunities that focus on healthy eating and well-being



## Accomplishments

- Three sister's garden was built and planted at Creekside Intermediate School for an extension of an integrative project based learning unit on Colonialism and Early America
- This garden will be used to teach students relationships between social studies, science, and healthy eating initiatives.



## Accomplishments

- IB students were engaged in CAS Project that directly related to Farm to School Program by creating and building compost bins for SMG
- Made connection with DHS IB teacher who is committed to continuing the relationship with the Farm to School Program



# Setbacks

**If yes, please describe setbacks and how they were addressed below:**

Setbacks or issues identified	How they were addressed
Lack of support to establish Wellness Policy at DCS	Joined a committee of YCS and AAPS that works on school wellness policies and how they impact Farm to School Program
Lack of continued support from volunteers and community members	Started a Facebook Page, send information through district and Wellness Centers. Established and hosted a DCS gardens' tour and sampling.
How will you improve or avoid these issues in the future?	
<ul style="list-style-type: none"> <li>Try to improve communication and presence by partnering with We Love Dexter and continuing professional development to increase coordinator awareness.</li> </ul>	

# Collaborations

Did your intervention involve collaboration with any other organizations

- Yes- Cultivate Michigan, The Edible School Yard- Berkley, YCS, AAPS, Dexter Garden Club, Lowes Home Improvement, Cornman Farms, Tantre Farm, Mindo, MSU Extension, and other 5H garden programs.

Please comment on the value of the collaboration

It has been very helpful to attend meetings with other school districts and organizations working on Farm to School Programs. The information and sharing is extremely important to the growth and sustainability of our program.

# Collaborations

Will the collaboration continue if the intervention continues?

- **Yes, the collaborations are ongoing and very valuable.**

Are there additional collaborators you could work with in the future?

- **Washtenaw County Master Gardener Program**



# Sustainability

- Does your intervention have a sustainability plan?
  - ☐ No
- What steps are being taken to ensure sustainability of the intervention beyond 5HF funding?
- Currently we have a small handful of volunteer garden coordinators at Bates, Creekside and Wylie that engage in maintenance of gardens. Beyond that, the majority of the work that the coordinators do cannot be accomplished by garden volunteers solely. As coordinators we work closely with Dexter students, teachers, administrators, and Food and Nutrition to accomplish the goals outlined in this report. We have established a repertoire within DCS as a professional and integrated part of the education and learning experiences at several Dexter Community Schools.

# Media

- [www.edibleschoolyard.org](http://www.edibleschoolyard.org)
- [www.dexterschools.org](http://www.dexterschools.org)
- [www.welovedexter.com/ready-dexter-green-day-may-20/](http://www.welovedexter.com/ready-dexter-green-day-may-20/)