

HOW EFFECTIVE ARE “FARM TO SCHOOL” PROGRAMS FOR IMPROVING STUDENTS’ DIETARY CHOICES?

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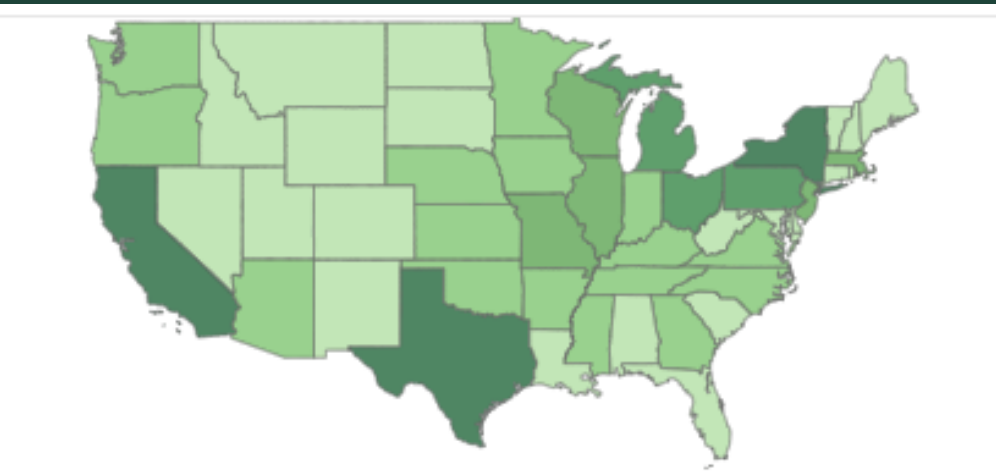
- Highlights
- F2S is an effective program
 - Schools observed an over 50% increase in healthy food consumption in students that were taught about healthy foods and how to grow them
 - Urban, Suburban, and Rural schools all benefit significantly from F2S programs regardless of student poverty status

Background

The Farm to School project teaches students about agriculture, how to grow and maintain a garden, and expands their knowledge of lesser-known foods. Growing food themselves led to an increase of vegetable consumption, thus setting them up for a healthier lifestyle for the future.

Model

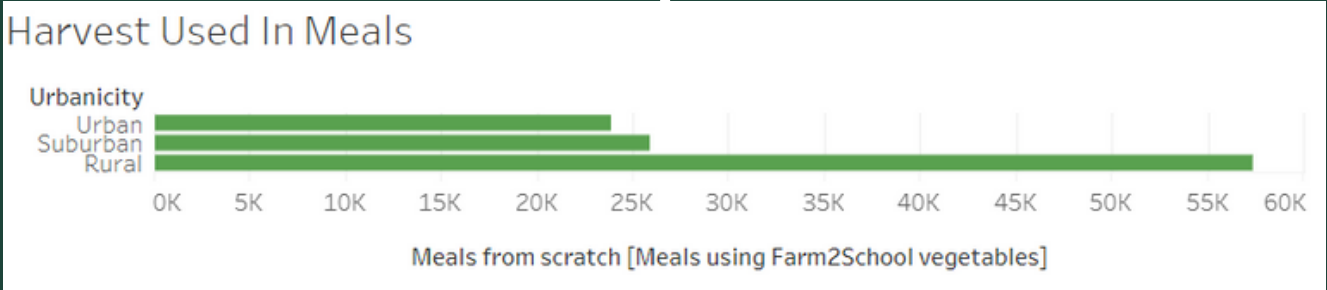
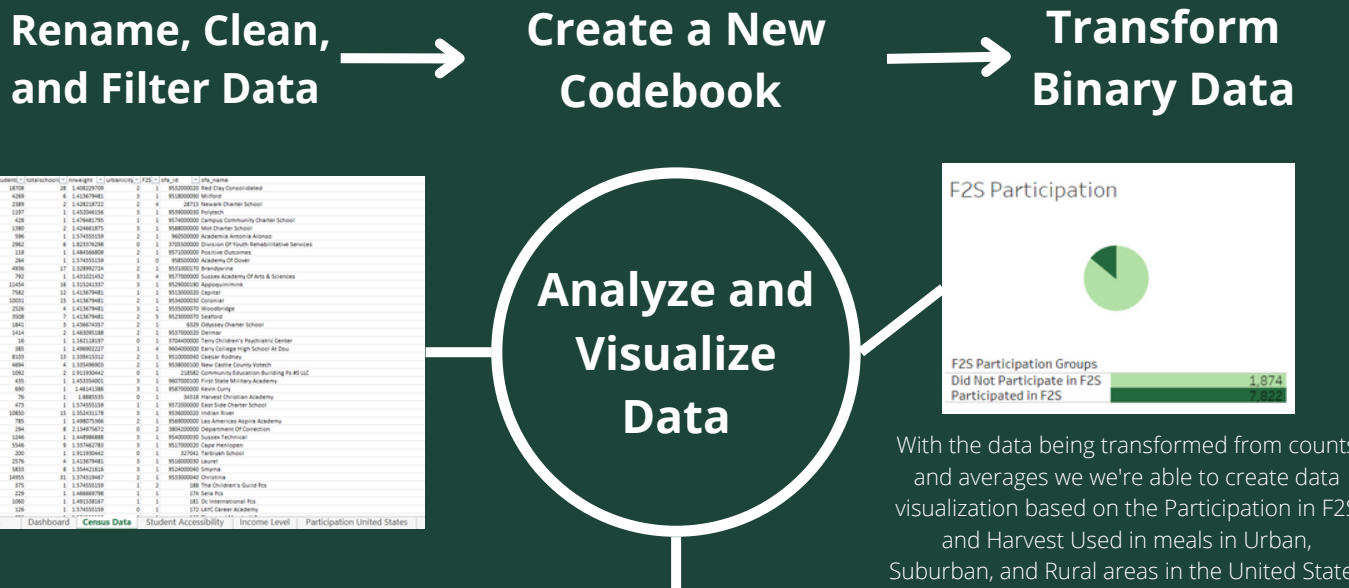
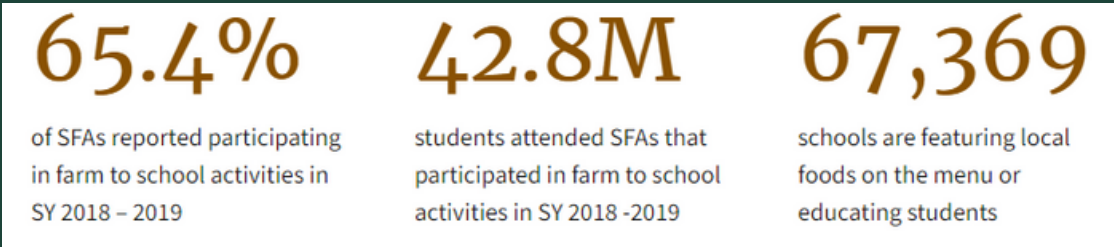
We decided to focus on the farm to school programs’ impact on students in comparable demographic groups across the United States.



Number of Schools Participating by State

Data

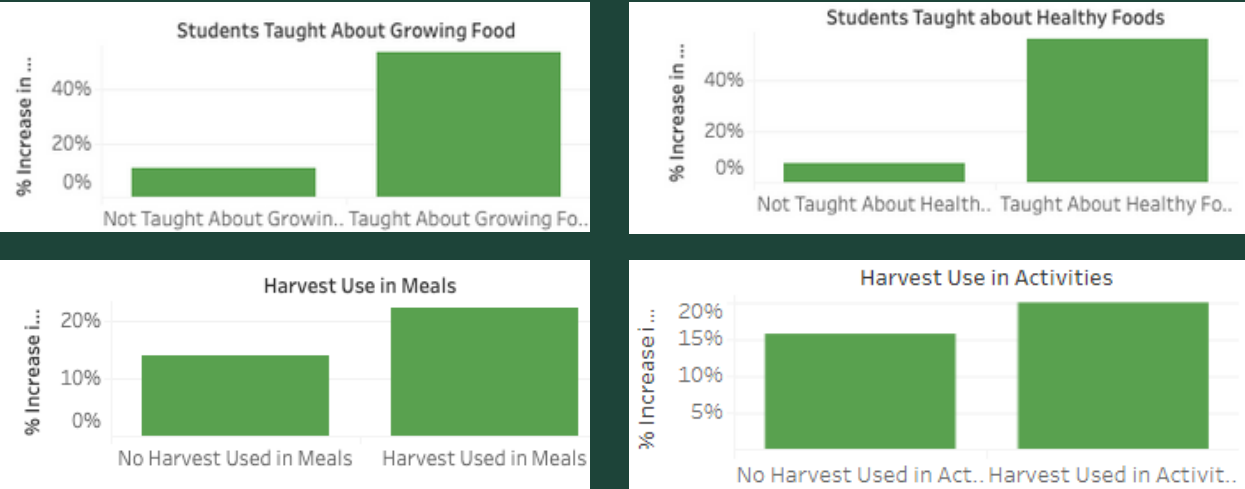
This data comes from a USDA survey of schools across the United States. This is a qualitative data set using survey answers, we had to interpret binary data to suit our need with counts and averages.



Results

Farm to School does have a significant impact on healthy food consumption. Teaching students about healthy and local foods and how to grow them had the most significant impact on healthy food consumption among students. Using the Harvest in meals and activities had a less profound but still notable effect on consumption.

% Increase in healthful food consumption.



These findings had no significant variance between Urban, Suburban, and Rural Schools.

