

# Welcome



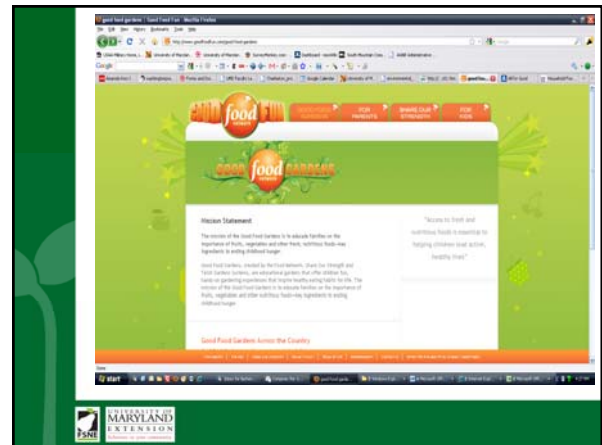
## Youth Gardening Programs:

Why are they important and so popular?



Lisa Lachenmayr ~ December 8, 2009

## What makes gardening so popular?



## Factors contributing to popularity

- ▶ "Green" movement
- ▶ Desire for local and in-season
- ▶ Economy
- ▶ Food safety
- ▶ Taste
- ▶ Nutrition
- ▶ Access

## Youth Gardening and UME

- ▶ Youth
  - 4H
- ▶ Nutrition
  - FCS
  - EFNEP
  - FSNE
- ▶ Gardening
  - Master Gardeners



## Youth Gardening in Maryland

- ▶ MAEF – Maryland Agricultural Education Foundation
- ▶ Farm to School
- ▶ School Wellness Policies
- ▶ Parks and People
- ▶ And many more.....

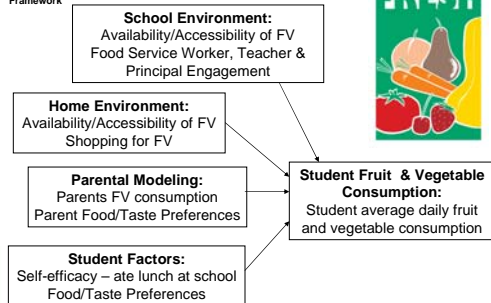


## Natural Link ~ Gardening and Nutrition

- ▶ Youth learn best when actively engaged
- ▶ Tasting is key to adoption of new foods
- ▶ Gardening involves “naturally” healthy foods
- ▶ Gardening typically involves food preparation



### FRESH Fruits & Veggies Raise Energy for School Health Framework



## Tasting Makes a Difference

- ▶ 49% of 4<sup>th</sup> graders **increased** or **maintained** fruits and vegetables intake after intervention
- ▶ 60% increased **taste preference** after intervention
- ▶ Compared with students whose taste preference stayed the same, students who increased taste preference were more than **3.5 times** as likely to increase or maintain a high intake of fruit and vegetables.
- ▶ Note: Prior to intervention, 92% of 4<sup>th</sup> graders did NOT eat the recommended amounts of fruits and vegetables



## What is recommended?

The infographic shows the MyPlate food pyramid with the following recommendations:

- Grains:** Start smart with breakfast. Look for whole-grain products. Switch to whole grains. Switch to whole-grain bread. Eat whole-grain cereal. The ingredients list for whole-grain bread should include whole wheat flour.
- Vegetables:** Color your plate with all kinds of plant-based veggie. Make it green and orange. Get daily greens with beans and lentils. Get daily greens with beans and lentils. Get daily greens with beans and lentils.
- Fruits:** Fruits are nature's candy. Choose an apple and make sure it's ripe. Choose an apple and make sure it's ripe. Choose an apple and make sure it's ripe.
- Milk:** Move to the milk group to get more calcium. Choose Public Health Strong. Choose Public Health Strong. Choose Public Health Strong.
- Meat & Beans:** Get more protein from beans, chicken, turkey, and fish. Get more protein from beans, chicken, turkey, and fish. Get more protein from beans, chicken, turkey, and fish.

Additional recommendations include: Eat a 500-calorie snack, you save the snacks before each food group. To find the amount that's right for you, see the MyPlate app. Eat 4-6 servings of grains every day. Eat 3-5 cups every day. Eat 2-3 cups every day. Eat 3 cups every day. Eat 3 cups every day. Eat 3 cups every day.



The screenshot shows the CDC website's 'How Many Fruits & Vegetables Do You Eat?' calculator. The page includes a title, a description of the tool, and a form for users to input their age, sex, and weight to receive personalized recommendations. The calculator is part of the 'Let's Move!' campaign.



## Gardening and Nutrition

- ▶ Review of 11 published gardening and nutrition studies
- ▶ Some evidence of increased consumption and increased preferences for fruits and vegetables
- ▶ Students need to taste in order to develop a preference and finally consume
- ▶ Gardening projects need to include tasting activities
- ▶ Farm to School needs to take tasting into account

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## Yuck to Eat

Exposure and Taste

Increase Taste Preference

Select and Eat (When Available)



## Youth Gardening Training

- ▶ Defining Your Program Document
- ▶ Fruit and Vegetable Seating
- ▶ Questions Document
  - FAQ
- ▶ Email reflector
- ▶ fsnep.org
  - Presentations and handouts
  - Growing Healthy Habits



## Special Thanks to.....

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