



**IOWA!**

# The Problem: A Broken School Food Environment

## ripe opportunity

**32 Million**  
CHILDREN EAT SCHOOL FOOD



**HALF**  
THE CALORIES MANY KIDS EAT ARE CONSUMED AT SCHOOL



## action needed

**3.4 Hours**  
OF NUTRITION EDUCATION ARE GIVEN TO A CHILD EACH YEAR



**2%**  
OF CHILDREN EAT ENOUGH FRUITS & VEGETABLES



## individual cost

**1 in 3**  
CHILDREN ARE OVERWEIGHT OR OBESE



**1 in 2**  
CHILDREN OF COLOR ON TRACK FOR DIABETES

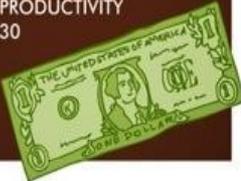


## societal cost

**\$550 Billion**  
ANNUAL OBESITY MEDICAL COSTS BY 2030



**\$500 Billion**  
ANNUAL COST IN LOST PRODUCTIVITY BY 2030



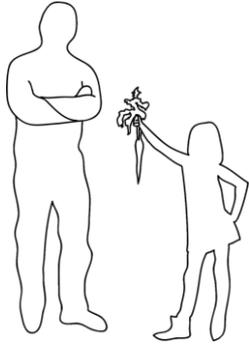
# The Solution



: a nationwide team of AmeriCorps leaders who connect kids to real food and help them grow up **healthy**.



# Our Vision



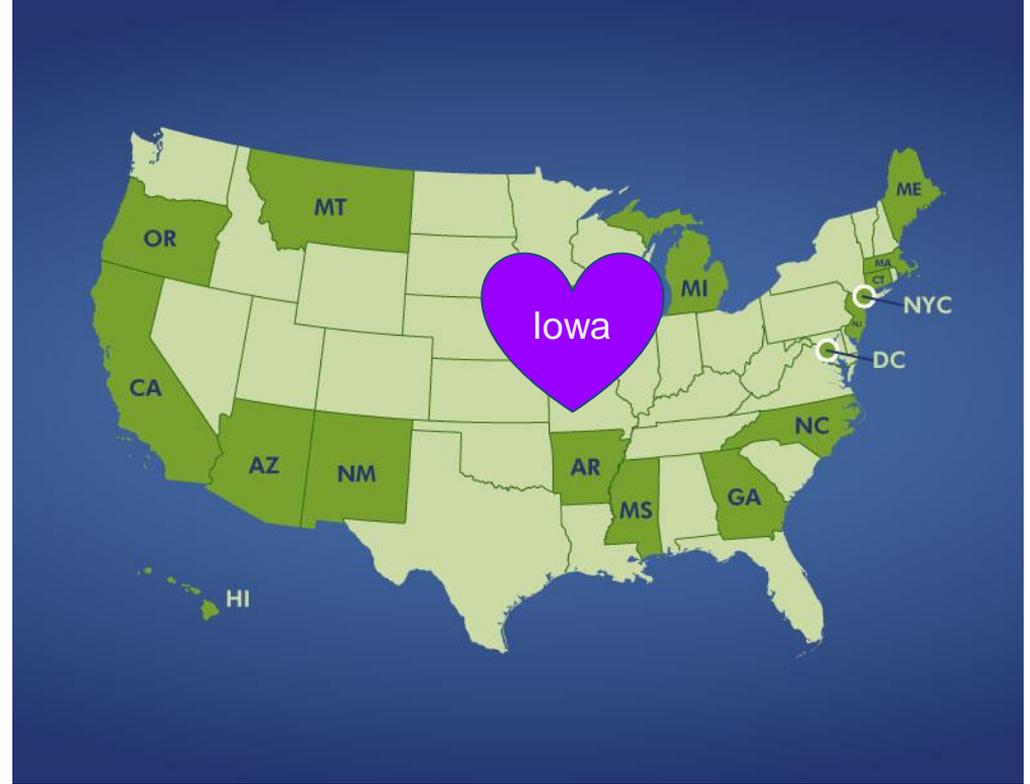
A nation of **well-nourished** children who,  
*regardless of class, race, or geography*, grow up  
knowing **what healthy food is**,  
*caring where it comes from*,  
and who have  
**access to** *very day.*



# Where We Serve- across the nation

This year...

**205 FoodCorps service members**  
**stationed in 17 states and D.C.**  
**who serve in over 500 schools.**



# FoodCorps Iowa- meet our new Host Site!



**ISU Extension and Outreach- Local Food hosts the state FoodCorps program from Des Moines and Ames.**



# FoodCorps Iowa



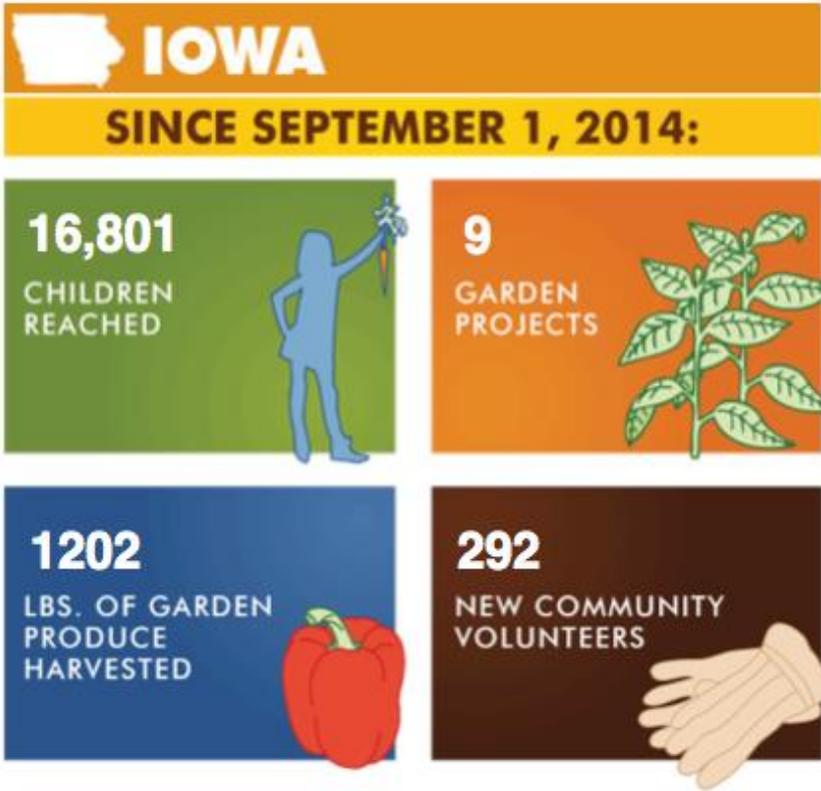
- **Des Moines Public Schools**
- **Davenport Community Schools**
- **Black Hawk County Extension**  
*Waterloo*
- **Northeast Iowa Food & Fitness Initiative**  
*Postville, Elkader, Oelwein*
- **Linn County Extension**  
*Cedar Rapids*
- **Wapello County Extension**  
*Ottumwa*



# FoodCorps Iowa- meet the team!



# Our Impact:



Elin's carrot harvest in Postville!

# Our Approach: implementing an **evidence-based model** focused on three pillars



## 1. Knowledge

Teach hands-on lessons about food and nutrition



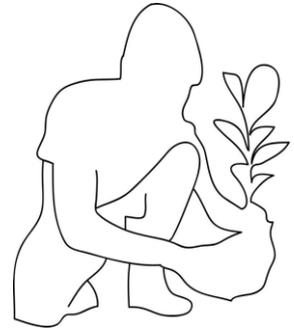
## 2. Engagement

Build and tend school gardens and teach cooking lessons so kids can taste the fresh food they've grown



## 3. Access

Change what's on children's lunch trays, giving them healthy food from local farms.



# Healthier Kids, Healthier Schools, Healthier Nation

## What is a “healthy school food environment”?

Our corps members help instill sustained improvements in school practices and cultures, like:



**A school wellness committee**—comprised of staff, students and families—that meets regularly to consider strategies for improving school food, nutrition education, and overall student health.



**Classroom field trips** to a local ranch that supplies ground beef for the school's lunches.



**A school garden** integrated into lesson plans that meet state learning standards while also providing seasonal greens for the cafeteria salad bar.



**School fundraisers** featuring healthy foods grown and prepared by students.

# Knowledge: Pick a Better Snack and Beyond



Molly Schintler, serving in Oelwein with NE IA FFI

# Engagement: In Gardens



Grace Rathert, at Lowell in Waterloo

Amy Joens, serving in Des Moines, explores worms!

# Engagement: With Farms and Farmers

Take kids to the farm, or bring the farm to school!



# Engagement: In the Kitchen



# Access: Local in the Classroom



# Access: Local in the Cafeteria



Amy taste-tests potatoes from the school garden.



Cassie Panther, Elkader, serves up kale chips and garden salsa in the cafe



# Why do this?

Children who are immersed in a healthy food environment will **learn better**, **live longer**, and liberate their generation from the painful and costly epidemic of diet-related disease.



# Why school gardens?

**Improved academic  
performance**

**Increased consumption of  
vegetables and fruits by  
students and their parents**

**Improved student behavior**



# Why school gardens?

(besides this!)

Improved academic performance

2013 report, *Review of Educational Research:*

*Garden-based learning* →

1. *Direct academic outcomes for science, language arts, and math*
2. *Improvements in social development, their sense of self-esteem, and ability to work in groups*

2010 report, *Journal of Environmental Education*

*School Gardens* →

1. *Academic outcomes in science, math, and social studies*
2. *Increased critical thinking skills*



Spring green harvest at Family Garden Club, Des Moines

# Why school gardens?

(besides

this!)

**Increased consumption of vegetables and fruits by students & their parents // health outcomes**

**2015 research article, *School Health***

*“School Garden Enhance Academic Performance and Dietary Outcomes for Children”*

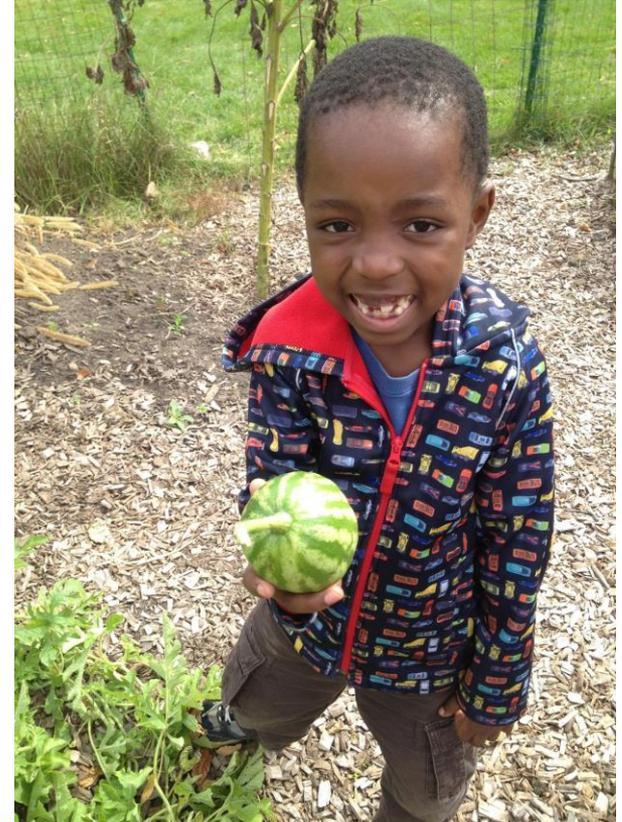
**2012 study, *Journal of the Academy of Nutrition and Dietetics***

*School gardens + cooking lessons*

**2012 study, *Journal of Nutrition Education and Behavior***

*School-based kitchen garden program →*

*more veggies, less junk food- home impact, too!*



Late summer melon 'harvest' at Hillis, Des Moines

# Why school gardens? (besides this!)

## Improved student behavior

2005 study, HortTechnology Journal

*Garden Program → Interpersonal & cooperative skills*

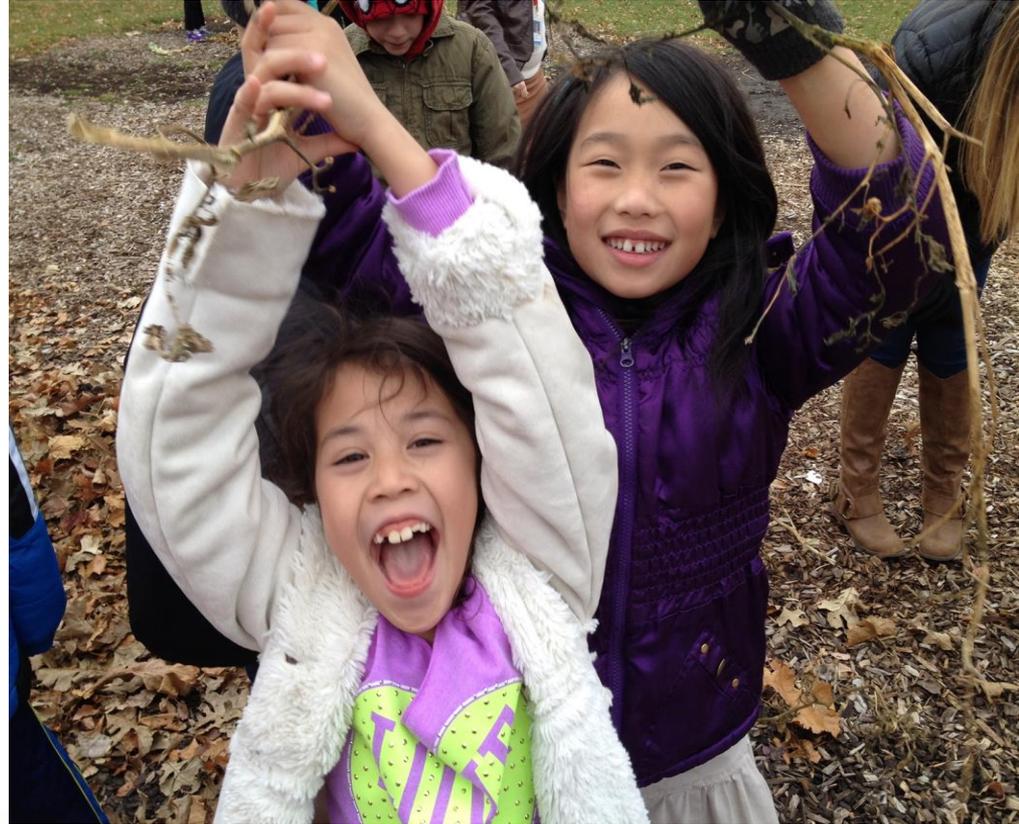
2004 study, Human-Environment Research

Laboratory at the University of Illinois

*Engagement in nature → Reduced symptoms of ADD*

2002 study, Nature Nurtures: Investigating the Potential of School Grounds

*Increased teacher's enthusiasm for work!*



“Putting the Garden to Bed” at Hillis, Des Moines

# The research shows...SCHOOL GARDENS WORK!



# My food for thought...

Farm to School is a *growing* movement

Emphasize *staying power* in all wellness initiatives

Try things!

Find other supporters and local resources

[Iowa Farm to School Toolkit](#)- located on IDPH Website



# What's happening now? Farm to School Month!

Join us at noon on Thursday, October 22, 2015!

## MIDWEST GREAT APPLE CRUNCH

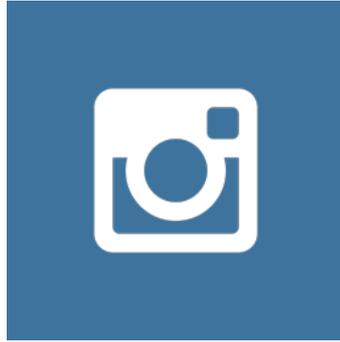


Grace and Laura are ready- they already picked 1100 apples!

# Thank you!



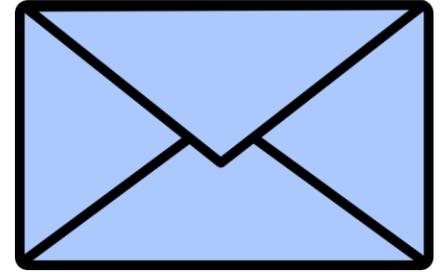
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