Survey Overview: ASAP’s Local Food and Farm to School Project/Learning Lab
School Family Survey

Date of Survey: May 2013, for 2012-2013 school year
Type of Survey: Paper surveys completed by families and returned to teachers
# Surveys Completed: 75

Survey Responses

1. Your child(ren)’s teacher(s) this year:

2. Which, if any, of the following activities did your child(ren) tell you about this semester? (check all that apply):

   - Food tasting at school: 90.5%
   - Working in the garden: 86.5%
   - Cooking activities: 79.7%
   - Food, farm, and garden-based lessons: 75.7%

   Total # responses: 71

3. What did your child learn through this project?
   - "That vegetables are really healthy for you." She also shared recipes that she made in her class
   - "you should at least try some foods even if they sound yucky"
   - (1) All plants need soil, water and sun to grow (2) The food was great. Can I help you cook tonight (3) Gardens have lots of vegetables and fruits - they make you grow
   - (1) All plants need sun and water and soil to grow. (2) The food was good and tasty. Some were not. (3) Veggies are good for everyone - they make you grow
   - Adding fruits and veggies to foods
   - My daughter learned more about eating local fruits and vegetables, and was excited to bring home recipes to re-create at home. We are getting a community garden plot this year and she has given input on what to grow.
   - Confirms our home teaching about diet choices and food origins. Thank you!
   - Different taste of food; she had fun learning how to cook
   - Different types of food; lessons about farming and food
● Excitement about growing plants
  ● Gardening is fun. Plants need water and sun. He likes to try new stuff now.
  ● Gardening, and learned about and eats new foods
  ● Gardening, cooking, and tasting food
  ● He learned about cooking food. He learned about how a seed's structure is, as well as all the parts of a plant
  ● He learned that "if you have a potato, you can just plant it in the ground."
  ● He learned that foods he didn't like before could taste good cooked a different way
  ● He learns to try different food and how to work in garden
  ● He likes to watch the plants grow
  ● He tells me he has eaten many foods or desserts
  ● My son learned about nutrition and the importance of eating healthy and working hard
  ● How and the process for getting a seed to a fruit or vegetable. How to make a smoothie. Pretty much talked about everything above (cooking was the least)
  ● How plants grow; healthy foods
  ● How the plants grew, and what was planted. How excited he was about learning about each animal.
  ● How things grow; how ingredients come together to form an edible dish; how to work hard to cultivate vegetables and what is needed to make things grow; how different things have different tastes; how to work together with classmates as a team to make things grow
  ● How to cook and about healthy food choices
  ● How to cook meals. Learned about vegetables like celery and cabbage. Got to taste everything that was cooked. Some things were "yummy;" some things she did not like.
  ● How to garden
  ● How to garden; what healthy foods taste like
  ● How to grow things and how different things taste
  ● How to make a lettuce wrap!
  ● How to make healthier choices. Try new foods.
  ● How to plant seeds
  ● Learned an appreciation of where his food comes from. Likes a wider variety of vegetables
  ● Learned how to make lettuce wraps
  ● Learned how veggies grow and that they must be watered
  ● Learned to eat a wider variety of foods and vegetables
  ● Learned what plants need to be able to live; learned about gardening, and was able to plant grass and a plant; to wash hands before cooking and washing vegetables; ate vegetables (ex, vegetable wrap) to taste vegetables together
  ● Locally grown produce; gardening; where our food comes from
  ● Make and eat new foods
  ● More experience with growing vegetables. Even asks more often to work in our home garden.
  ● My child was much more willing to try new foods
- Plenty. About good and bad food. Got interested in cooking and is much more open for trying new food.
- She learned about new fresh foods and food combinations. It opened her willingness and excitement to try new foods. She learned the importance of planting and growing our food. She has LOVED it! Thank you so much!
- She learned how to garden and that you can grow your own food to eat. She learned that they have to have plenty of water and sunshine.
- She learned how to grow vegetables, make snacks, tasted new foods (and actually liked some!) and all about animals.
- She learned she liked to cook and garden.
- She learned she loves to help gardening but does not like veggies. She also learned how to cook.
- She’s always excited about the foods that she has tried at school. She brings the recipes home and we cook with them at home.
- Tasting new foods
- That he likes food that he usually wouldn’t eat
- The importance of farms and where your food comes from; to taste new things; cooking is fun!
- The love of various fruits and vegetables and the enjoyment of watching things grow
- They made green smoothies in class. My son really liked them! He brought home the recipe so we could go get the stuff to make them at home.
- To eat healthier and where produce type foods come from. AWESOME!
- To eat healthy foods
- To try new foods, and how to take care of garden plants
- Trying foods is fun, vegetables and fruits are yummy, and it's fun to try different ones.
- Trying new foods; healthy ideas about eating; interested in gardening
- Ways to eat healthy
- We don't know of a project. We look at the moon at nighttime and see the shape and we know sometimes there is no moon at nighttime.
- We learned if you water a plant too much it will die
- We live on a farm and grow a large garden. This helped reinforce what he has learned at home and school
- You could grow radishes. You could grow lots of food to eat
4. **What differences have you noticed this year in how your child(ren) eats or thinks about food?**

<table>
<thead>
<tr>
<th>Behavior</th>
<th>Percentage</th>
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</thead>
<tbody>
<tr>
<td>Wants to start or help with a garden</td>
<td>80.3%</td>
</tr>
<tr>
<td>Is more likely to try new vegetables</td>
<td>70.4%</td>
</tr>
<tr>
<td>Is more likely to try new fruits</td>
<td>69.0%</td>
</tr>
<tr>
<td>Wants to help cook more often</td>
<td>66.2%</td>
</tr>
<tr>
<td>Is more interested in where food is grown</td>
<td>52.1%</td>
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<td>Asks more often to eat fruits</td>
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<tr>
<td>Asks to visit a Farmers Market</td>
<td>28.2%</td>
</tr>
<tr>
<td>Asks more often to visit a farm or farmers</td>
<td>22.5%</td>
</tr>
<tr>
<td>Other (please explain)</td>
<td>7.0%</td>
</tr>
</tbody>
</table>

**Total # responses: 71**

**Comments:**
- We go to the Farmers Market every weekend anyway
- Wants to make food herself
- We eat a lot of fruit and veggies at home already, and we go to the Sylva Farmers Market every week
- We have done many of these things in the past, so they aren't "different" behaviors but some have increased, e.g., she has tried f&v in different ways than we may have them at home.
- Try new food in general and look on the labels for information on the food.
5. Has your child(ren) had an impact on how your family eats or thinks about food?

Total # responses: 73

Comments:
- We already have a garden and eat lots of fruits and veggies.
- Snow peas for dessert one night!
- We already eat lots of fresh fruits and veggies
- But we're excited she wants to eat our diet!
6. If "yes," please check all that apply. Our family:

- Wants to start or help with a garden: 80.3%
- Is more likely to try new vegetables: 70.4%
- Is more likely to try new fruits: 69.0%
- Wants to help cook more often: 66.2%
- Is more interested in where food is grown: 52.1%
- Asks more often to eat fruits: 52.1%
- Asks more often to eat vegetables: 39.4%
- Asks to visit a Farmer's Market: 28.2%
- Asks more often to visit a farm or farmers: 22.5%
- Other (please explain): 7.0%

Total # responses: 54

Other (please explain):
- Wants our family to eat things that are better for us
- We pretty well do everything above already, but this program has certainly helped to back us up on our choices
- Kale chips
- We actually do these things already. I am glad they are reinforced in school
- Have the children to help with gardening
- We try out the new recipes that she brings home every time.
- Discusses food production and food miles and carbon footprints
- My daughter has pushed her brother to try things she'll eat - like spinach in smoothies. We already eat a mainly plant-based diet. We have also just gotten a new opportunity to start a garden.
7. Please share any specific examples or stories of how this Farm to School project has affected your child(ren). Are there any stories or ideas your child(ren) have shared about this project this school year?

- (1) Our daughter has come home and written recipes for some of the food that she has been cooking. The way we cooked it at home was never quite as good as at school, but "almost!" (2) She showed me the "proper" way to plant sunflower seeds.
- My son really enjoyed cooking and trying different vegetables
- Apple tortillas in class with his teacher; he got to cut up his apple. I love the recipes!
- My son likes to try what he learns at school with the family. For the most part we all enjoy the recipes and field trips.
- He has learned two recipes this year that we MUST make at least weekly. He loves the apple-carrot salad - it is his favorite dessert ever! He also loves to make smoothies now. He and his brother love them for breakfast!
- My son told us that he got to eat onions and peppers. He liked them. They got to stink up the room.
- Comes home excited about trying new foods and talked a lot about the smoothie and how it had kale in it!
- He enjoyed tasting different foods
- Excited about seeing plants growing and asks about what fruit or veggie it is
- He enjoyed the hands on cooking lessons
- He has come home interested in getting more farm animals for our family
- He hasn't really said
- He is more likely to try a fruit or veggie or new dish with an open mind.
- He really enjoyed the visit to Shared Blessing Farm, particularly visiting with the animals. In general, Garden Club was looked forward to every week.
- He tells me what foods are healthy choices and which are not
- He wants to help more with the garden
- He would ask to try new things when we are at the grocery store and cook them at home
- How seeds turn into plants
- I always loved learning about when she was cooking. She would be so excited about being able to chop veggies.
- I gave my daughter choices at the store for a drink - apple juice, Gatorade, or "Fruit Shoot." She picked the latter. When she was drinking it she read the dietary label and said "Holy Cow! 36g of sugar! I should have read this BEFORE I bought it!"
- I had the opportunity to be there on one of the cooking days and she loved that. She has talked about different types of the same vegetables (e.g., radish varieties) and can compare her garden experience here to those she had in preschool. She also is interested in higher-level tasks in the kitchen (e.g., cutting).
- My daughter will eat fruit (bananas, apples, grapes, strawberries) instead of "junk" food(!) for snacks. She likes to tell us that these things make her body healthy. She also is growing her own "garden" now
• My son wants to grow vegetables and spices in the pot outside
• More interested in eating more vegetables...when she wouldn't touch them
• More interested in eating vegetables. When she wouldn't touch them.
• My child enjoyed making the vegetable wrap for his sisters. He really enjoyed creating this
• My child shared the recipes she tried. She told me the ones she liked and the ones she didn't
• My child talks about different kinds of fruits and different types of food.
• My son told us of when they made a vegetable wrap, listing many different vegetables, and ate it in class. He also brought home his plant and grass which were planted at the house and have been watching it grow daily.
• Our child likes to garden and cook more at home
• Our child wants to eat a can of peas and four ears of corn with each meal, and stop by Ace Hardware to get new foods to plant in the garden
• Seeing how it starts out and the end result. The differences in the appearance of food and the taste
• Shared recipes with the family
• She does help in the garden more often and asks to help make dinner as well. We also discuss - at EVERY meal - where our food comes from, who grew it and where.
• She enjoys trying things she has not eaten before - at least sometimes.
• She gets very excited about new recipes
• She has talked about how things grow and need water and sunlight; she has taken great pride in growing the ingredients to make a healthy dish; she has taken or shown a lot of enjoyment in working in her own "garden" and growing plants in a garden
• She likes the smoothies the best. "They were good," she said.
• She made dinner for us all- Wrap with veggie and Ranch. It was good. We all loved it and best, she did it herself and cleaned after that. It was great to see her work and like her results.
• She said she remembers eating apple with yogurt
• She talks about how to plant vegetables and fruits at school, and when they visit farms
• She wants to make her own salsa and fresh food combinations. She knows that fresher is better and loves to help in our garden.
• Talks about how things grow
• They are excited to learn how things are grown
• They enjoyed trying new recipes
• This is the best program by far. He is always talking about what he tried new at school. And loves the stickers
• Was very excited to share about when he helped Mrs. Madill pull weeds and spread mulch in the garden at school
• We are now growing a garden in our backyard
• We love to see my son collecting stickers for trying greens, and have been very happy to have his help in the kitchen
8. **Any comments or suggestions?**

- Fabulous program! Maximum impact! Would love to see it more in the middle school.
- Great lessons and student experiences
- Great program! Keep up the good work
- I think they should have some livestock to help take care of, show to plant a garden
- I think this is a wonderful idea. One day we might have to go back to planting our own food and this gives the children a start. I think this should be taught in all grades.
- I think this is a wonderful idea. One day we might have to go back to planting our own food and this gives the children a start. I think it should be taught in all grades.
- I'm glad that my son is learning about and trying more fruits and vegetables. He's eating more vegetables than before.
- I'm happy how you teach your class. My son really can read great
- Keep doing it!
- Keep up the great work
- Keep working with the kids on gardening
- Love this program!
- More hands on and visits to farms or have a day when they get to spend the day working and helping the farmer.
- More, more, more! We love Farm to School!
- My child has been involved with ASAP since Kindergarten and has REALLY enjoyed the experience. THANK YOU!
- Only that this is an excellent idea!
- Our child is wanting to try new foods and veggies has been great, but needs to learn about portion control.
- He has enjoyed being a part of the project this year
- Please continue this program. It is wonderful! Thank you!
- Please continue this program. Thank you for providing recipes
- Please continue to progress with this program. We would LOVE to see this on a larger scale with all grades involved!!!
- Please keep this program going!
- Thank you for all you do!
- Thank you for all you have done to implement this project
- Thank you so much for the opportunity to participate in Farm to School!
- Thank you! Our family LOVES ASAP
- Thanks for all of your hard work with this project! It has been wonderful!!
• This program is good for children
• This program is very important and I hope it continues.
• This program is wonderful
• We are very pleased with this program and feel it is of great benefit to the students. Thanks for the great work!
• Would love to see the program continue. Great for exposure to fruits and veggies in different ways.
• You're doing great