



Eastern District Innovative Grant Program

Fiscal Year 2007/2008 Application Form

1. **Project Title: Micro-Gardens for Improved Child Nutrition**
2. **Funding Requested: \$ 3963**
3. **Project Lead/Grant Applicant: Karen Early, R.D. Brown County WNEP Program Coordinator, Cathy Huntowski, Brown County WNEP Nutrition Educator**
Project Collaborator(s):
 - a) **Kevin Kuene, Kuenes Authentic Greens**
 - b) **Bill Wright, Brown County Community Gardens Coordinator**
 - c) **Vijai Pandian, Brown County Horticulture Educator**
 - d) **Green Bay Public Schools and School Food Service**
 - e) **Boy's & Girls Clubs of Green Bay**
4. **Signature:** _____
Grant Applicant/Lead
5. **Project Description:**
 - a) **Situation Statement:** As obesity continues to rise in school-age children the need to address this issue by promoting healthier eating habits is critical. This project will provide an interactive means to introduce children to healthier eating by growing and tasting leafy greens and sprouts that they have raised themselves. It will also provide education about the importance of trying and eating a variety of vegetables that they may not be familiar with and encourage increased consumption of vegetables. Research supports the fact that eating more vegetables is a proven way to promote a healthy weight and healthier lifestyle. This project supports the WNEP State and Brown County plan of work and focuses on the State Outcome of Improving Dietary Quality as outlined in the Dietary Guidelines for Americans and the Food Guide Pyramid.
This project is designed to expose school-age children to nutrition and gardening by participating in growing and tasting a variety of leafy greens and sunflower and pea shoot sprouts grown in portable, hydroponic "micro-gardens". The Brown County WNEP staff will provide the children with lessons on eating a variety of vegetables, trying new vegetables and developing basic gardening skills. In addition, the children will have the opportunity to harvest and prepare the leafy greens and sprouts for eating on salads.
 - i) This project fosters teamwork and collaboration with other agencies, campuses or colleagues: the Community Garden Coordinator will provide information on planting and maintaining the micro-greens. Kevin Keune, a local farmer, will provide consultation and a protocol for growing sunflower and pea shoot sprouts in flats. The Horticulture Educator will provide expertise and consultation to ensure a successful horticulture experience for the children participating in the project. Green Bay Public Schools will provide in-kind donations of staff time and effort to match WNEP education funds. Participating school teachers will supply classroom space for the growing units and allow time for WNEP Educators to work with the children in their classroom providing nutrition education and assistance with plant care, harvesting

and eating the leafy greens and sprouts that will be grown. Green Bay School Food Service will provide an in-kind match of staff time and food supplies for WNEP funds. A rainbow of other salad ingredients to accompany the greens raised by the children will be provided. The Boys and Girls Clubs of Green Bay will host the “micro-garden” units in their clubhouse during the summer and WNEP Educators will provide similar experiences as described in the previous section with the schools.

- ii) Incorporates the use of other funders – the USDA Food and Nutrition Service through the Wisconsin Nutrition Education Program (WNEP) will provide salaries, operating funds and overhead expenses for the Nutrition Educators that will teach as part of this project. The Green Bay School Food Service will purchase, prepare and deliver the “salad bar” ingredients to accompany the greens and sprouts grown in the classrooms. The Boys and Girls Clubs will provide a similar donation of staff time and food to support the summer pilot project.
 - iii) Includes a new program direction that may be replicated – by using outside funds not available through the USDA FNS, WNEP Educators can provide a new approach to nutrition education through a hands-on gardening experience. If outside funds can be identified and obtained any WNEP project could duplicate this program.
 - iv) Focuses on reaching new audiences – the focus of this project will be children in at-risk schools and low-income neighborhoods. A large percentage of these children are from diverse ethnic and economic backgrounds; their families are Native American, Asian American, Black and Hispanic and refugees from other countries. These are new and underserved audiences for UW-Extension.
 - v) Exposes potential employees to UWEX – the classroom teachers, food service management and staff, Boys and Girls Club management and staff as well as parents of participating children will learn more about UW-Extension and may express an interest in learning more about future employment opportunities.
- b) Project Objectives: a) to provide children an opportunity to learn about raising vegetables and where their food comes from, b) to increase children’s knowledge about the importance and health benefits of including a sufficient quantity and variety of vegetables in their diets, c) to give them the opportunity to sample a variety of vegetables and, d) to expose them and their parents to the opportunity of using gardening, even on a small scale, as a way to eat more vegetables.
- Expected Outcomes: a) the children participating in the project will report a willingness to consume more vegetables as part of their daily diets, b) the families with children participating will report a willingness to grow or purchase and consume more vegetables and, c) the children will report an increase in knowledge about the importance of including more vegetables in their diet. This project’s results will be shared with colleagues through the WNEP reporting system, at District meetings and WNEP Coordinator Wislines and conferences.
- c) Project Timeline: The growing units will be constructed over the summer. The project will be piloted in the summer after the units are completed. The pilot will be conducted with the East Side Boys and Girls Club. Nutrition education, sowing, growing, tending and harvesting takes approximately 4-5 weeks and will be completed by the end of August 2008. A parent information letter will be sent home with information about the activities provided to the children and will also contain ideas for eating more vegetables at home for meals and snacks. The Green Bay Schools project will begin in the fall. Evaluations will be conducted and compiled after the first growing cycle and a final report will be submitted in December 2008. WNEP will continue to use these units as a teaching tool for the rest of the school year and into the future.
- d) Evaluation Plan: A pre- and post Dietary Quality evaluation tool used by WNEP will be used to determine changes in vegetable consumption and willingness to include more

vegetables in meals and as snacks. A program survey will be sent home to parents to gauge their willingness to include more vegetables in their family's diet.

6. Detailed budget breakdown:

4 micro-garden shelving units @ \$100 each	\$ 400
4 four-foot florescent light fixtures per unit @ \$15 each X 4 shelves	\$ 240
4 pond pumps for nutrient circulation @ \$40 each	\$ 160
Rubber tubing for nutrient circulation system – 200 ft @ \$1.50 per ft.	\$ 300
Nutrient solution emitters and hardware for 64 planting trays @ \$3 per tray	\$ 192
Light timers @ \$10 each for 4 units	\$ 40
Power strips and extension cord @ \$12 each for 4 units	\$ 48
64 Growing trays and covers @ \$4 each	\$ 256
Nutrient collection tubs @ \$90 per growing unit (4)	\$ 360
Nutrient collector and recycling trays @ \$25 each for 16 shelves	\$ 400
64 bags of vermiculite growing medium @ \$6 each	\$ 384
64 bags soil less plant starting mix @ \$2 each	\$ 128
Hydroponic nutrient solution mix @ \$200 per 5 gallon bucket (1)	\$ 200
Seeds for 6 varieties of greens, 40 ounces @ \$5 per ounce	\$ 200
Seeds for sprouting, 20 lb sunflower seeds @ \$5 per lb, 10 lb peas @ \$8 per lb	\$ 180
20 pairs of children's garden gloves @ \$2.50 per pair	\$ 50
Printed materials – 450 info packets and garden journals @ \$.50 each	\$ 225
Repair and consumable materials replacement	\$ 200
Total	\$3963

7. If you have received Resource Management funds for a similar/related project, in the past, include the following information:

- a. No District Resource management funds have been received for this or a similar or related project.
- b. This is a completely new project and not a continuation of any previous DRM funded project.