

**“Micro-Greens for Improved Child Nutrition”
2008 District Resource Management Grant
Final Report**

Project Description

The project was originally planned to take place between May 2008 and December 2008 using a hydroponics growing system. After research and consultation with a commercial grower we determined that the original method described in the grant for growing greens and sprouts in the classroom could be simplified and a new process needed to be piloted. This change set us back almost a year for classroom implementation due to school scheduling restrictions. Research and new plans for the project were developed September of 2008 through January 2009. Start-up supplies were purchased and the new method was tested in the office. Inter-active nutrition lessons with work stations were developed for a three week unit in 5th grade classrooms. The project turned into a two year project, however because the infrastructure is now in place, it will be an ongoing program.

The first micro-greens program was successfully piloted in three 5th grade classrooms at Lincoln Elementary School during February 2009. Due to its success the program was provided in four 5th grade class rooms at Danz Elementary School in April and May of 2009. The teachers administered knowledge and behavior quizzes after the program was completed. The results have been used to promote the program for the 2009 and 2010 school year. (See attached flyer). Six schools with 19 fifth grade classrooms have requested the program for the coming school year. We expect continued interest in this program. We will be working to match the program with school curriculum standards. This makes it easier for teachers to integrate the program into their teaching.

This successful program has provided a foot in the door to provide WNEP school-based programming. We plan to continue the process of developing and piloting a program and offering it the following year until units have been developed and matched with academic standards for all grade levels. All these units will have the common objective to increase fruit and vegetable consumption.

An expanded program now allows us to offer a broader scope of experience for the kids at the Boys and Girls Clubs. Not only an indoor micro greens/nutrition education program has been developed but this summer it has been expanded to include outdoor nutrition/container gardening projects at both East and Westside Clubs. This DRM grant will complement a grant obtained through an existing partnership with the Boy's and Girl's Club to make summer nutrition and garden programming possible. The Boy's and Girl's Club summer program will begin this June and continue for nine weeks.

An additional program supported by these funds is container gardening for children in a low income neighborhood downtown Green Bay. A working relationship has also developed through these funds with our Horticulture Educator so that during the fall festival at the Botanical Gardens, low income families will be invited to attend for no cost to learn about square foot gardening.

Project Objectives and Outcomes

A total of 161 kids have been reached to date at the two schools. After the three lessons, teachers administered two knowledge and behavior quizzes with the following results:

- 62% had eaten more of the fruits and vegetables offered in the school breakfast and lunch meals.
- 54% had eaten more or all of the fruits and vegetables offered at the school breakfast and lunch meals.
- 78% had eaten more fruits and vegetables at home.
- 78% enjoyed eating the sprouts they had grown.

An additional 50 kids are projected to participate in the Boys and Girls Club 10 week summer program. This fall a projected 430 5th graders in 6 additional schools will also participate in the program. The supplies and equipment purchased will allow this to be an ongoing program.

Children were provided the opportunity to learn about raising vegetables and where their food comes from by growing sunflower and pea shoots in a growing medium. The vegetables were harvested and combined with a variety of other veggies for a veggie salad party during lesson three. They were also each able to bring home a four cell packet of greens to share with their family. Growing instructions were included in their sprout journal which teachers used as a learning activity between our visits. Please see attachments for promotional flyer and sprouting journal.