



Olivewood
Gardens
and Learning Center



2525 N Avenue | National City, CA 91950

A Review of our Program Scope and Impact for 2014-2015

Highlights

- Official Designation as Live Well San Diego Community Partner
- 2015 County of San Diego Public Health Champion, South Region
- 2631 children served, 2481 adults
- 4 New programs created
- The Kitchenistas Program experiences some significant “wins”

Children's Programs

- NSD partnership
 - 601 NSD students
 - 66 field trips
 - 2 schools: Olivewood and Lincoln Acres
- Fee based & grant funded field trips
 - 1129 children, 465 adults
 - 61 field trips from 33 schools/organizations





Community and Family programming

- Day of Play 204 children, 176 adults
- Happy Healthy Harvest 108 children, 70 adults
- Open Houses 35 children, 180 adults
- Halloween 480 children, 420 adults
- Salsita Partnership 99 children, 79 adults
- Family Dinners 18 children, 20 adults
- Family Fun Days 48 children, 35 adults

Adult Programs



- Cooking for Salud!
24 graduates
- Gardening 101 classes
39 participants
- Monthly Kitchenista Meetings
- Teacher Training Academies
50 participants
- Cultivating Conversation
25 attendees
- Valentine's Day Cooking Class
30 participants

National School District Partnership

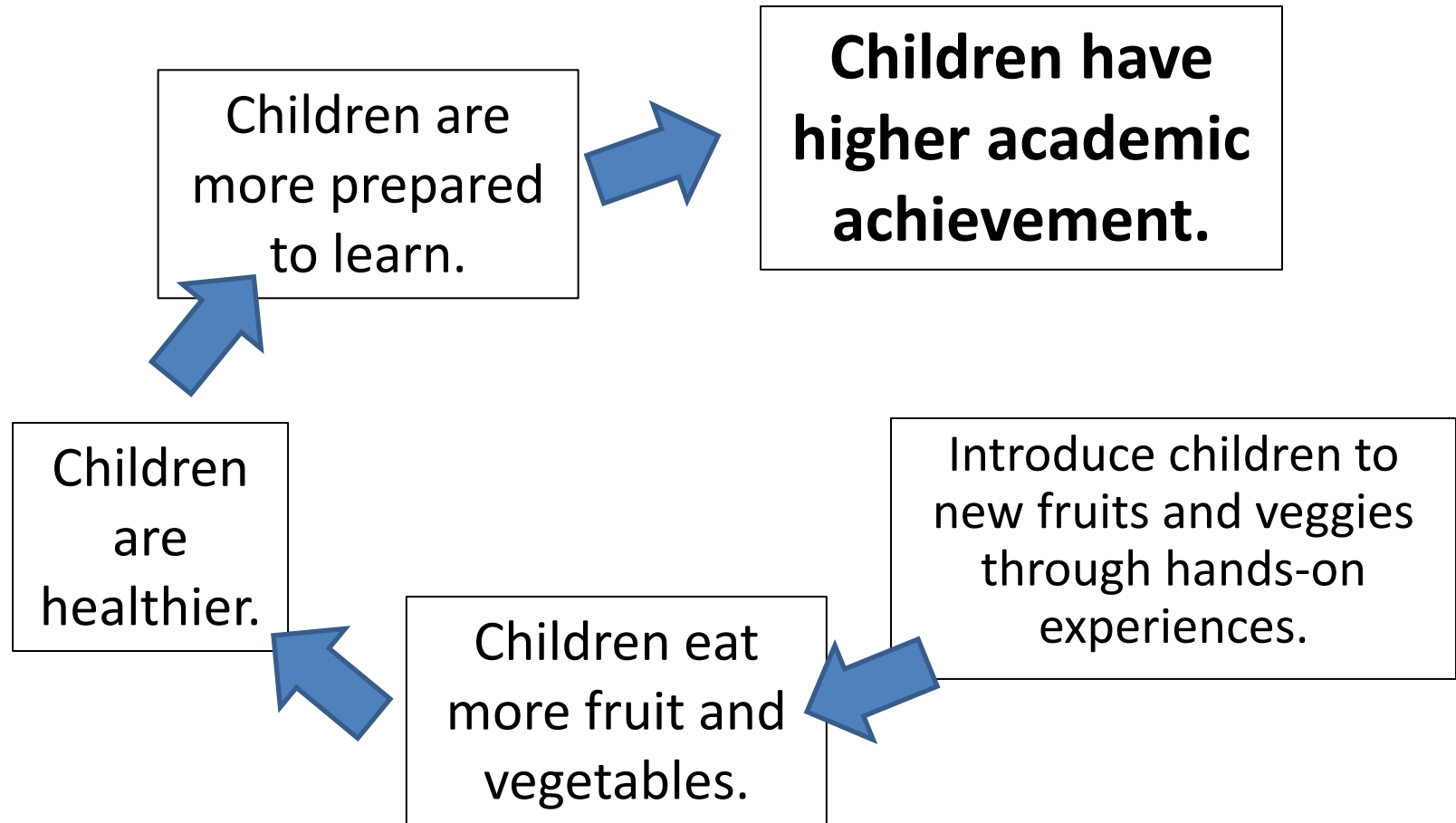
Hands-on, Context rich Gardening,
Science, and Kitchen Classes



Children's Program Goals

- 1. Improve academic achievement** by providing standards based education in a garden context
- 2. Increase consumption of healthier foods** by developing familiarity with new fruits and vegetables
- 3. Instill a love of nature** and understanding of natural processes by providing early positive experiences in a garden and farm setting.
- 4. Build self sufficiency** by introducing children to essential cooking skills and food safety

Our Theory of Change



NSD Field Trip Program Evaluation

- Parent Survey
- Teacher Survey
- Student Pre and Post Survey/Test
 - Content Knowledge Test – 8 multiple choice
 - Attitude Survey - 8 yes/no questions
 - F/V Recognition and Preference Survey -
10 fruit and vegetables



"I really enjoy it when my students go home after these fieldtrips and ask their families to cook whatever it was they ate that day. That shows them that eating healthy really does taste good!"

NSD Parent Survey

“Since your child has come to OWG...”

.... Is your family eating more fruit or vegetables at home?

Yes – 96%

.... Have you purchased fruit or vegetables based on a request from your child?

Yes- 91%

.... Does your child talk about his or her experiences at OWG?

Yes – 94%

.... Would you say he or she has become a more adventurous eater?

Yes – 98%

.... Have your child offered to help prepare food the kitchen?

Yes – 94%

.... Have they asked to grow a plant or garden at home?

Yes – 70%



"Students are more open to trying new foods, they are more aware of healthy eating, are more aware about helping our environment, and can connect with what they learn at OWG with what we are learning in the classroom."

Fruit and Vegetable Recognition/Preference



- 3rd grade: Most children had tried 50% of the 10 vegetables on the list.
- New veggies presented: Kale, Chard, Beets, Cauliflower, Summer squash, Winter squash
- By end of 5th grade:
 - 50% increase in children identifying “Dinosaur Kale”
 - 33% increase in children liking “Dinosaur Kale”

Attitudes and Preferences Survey



-Students maintain a love for fruit.

- Students maintain a love for nature and wanting to learn about nature.

- Increases in students attitudes:

“I like vegetables”

14% increase, from 69% to 83%

“I am an adventurous eater & like to try new foods.”

11% increase, from 78% to 89%



"My students connect their learning from OWG to literature & science in the classroom...I have tied many historical lessons with experiences in OWG."

8 Question Content Knowledge Test

- Topics covered:
 - Ecosystems and organism niches
 - Plant parts, Plant life cycle, Cellular respiration
 - Natural Resources and Conservation
 - Nutrition
- Modest to significant increases in discrete knowledge
 - “Beans are a great source of _____ in a human’s diet.”
26% increase in students selecting correct answer
 - “Which of these is a **renewable** resource?”
43% increase in students selecting correct answer



“It's a great opportunity for hands on instruction. Since we are a STEAM school, Olivewood Gardens supports a lot of our science curriculum.”

Conclusions and Next steps, Children's Program Evaluation

- ***Develop Pre- and Post-Field Trip activities to encourage critical thinking skills and reflection***
- ***Create a “control group” for the Student Pre/Post Test***
- ***Develop and implement longitudinal study for graduates of Children's Program***
- ***Continue and strengthen partnerships***
 - Neighborhood House Association
 - Warren Walker School
 - San Ysidro Health Center
 - Serenity Grace Foundation

More Great Things Happening at Olivewood Gardens



Gardening Classes for the Community



2014-2015 Topics:

- Introduction to Composting
- Your Winter Garden
- Spring into Gardening
- *Practical Permaculture for Residential Settings*
by Ari Tenenbaum,
Revolution Landscaping



Community Engagement

- Cooking for Salud!
- Resident Leadership Academy
- Kitchenista Projects



Teacher Training Academies

Creating and Sustaining Your School Garden

...for teams working to create or enhance a school garden program.



Garden Enhanced Nutrition Education

...for educators wanting to promote the consumption of fruit and vegetables through garden experiences.

Volunteer and Internship Program

- Interns: 2 high school, 21 college, 3 additional
- Volunteers: 358 volunteers, donating 6313 volunteer hours, saving **\$169,630**



Products gained from interns –
“Mommy and Me” program outline, recipes, lesson plans

Earned by interns –
greater clarity in professional goals, greater confidence

Community and Family Programs



Day of
Play

Salsita Field Trips,
Food Farm Family Fun



HALLOWEEN!



Our Impact

- At the family level, kids and parents are cooking together and eating more fruits and vegetables
 - Cooking for Salud!
 - NSD parents, teachers, students
 - Family Dinner program
- At the regional and city level, we are building stronger and healthier communities
 - Resident advocates for health
 - Schools county-wide empowered to garden with kids
 - Baja Raiz de Fondo Program



What's in store for 2015-2016?

- Promoting garden-based education throughout the region
- Increase reach into National City
 - CX3 partnership in Old Town Neighborhood
 - More local volunteers and program participants
- Richer program evaluation
 - 6 Month Project Impact Training
- A new team with new strengths!

