

**FARM TO SCHOOL: CANADA DIGS IN!** 

## Public Health Impacts

provinces

K-12 schools

Grants of up to \$10,000

farm to school salad bar programs...

...where students ate local and healthy food, participated in hands-on food literacy activities, and connected with local food providers, growers, chefs, knowledge keepers, public health professionals and many other community partners.

## Between 2016-2020:



100% of schools prepared and served more healthy, sustainable, local food

96% of schools reported the grant increased the amount of healthy food that they provided to students





94% of schools reported the grant increased student consumption of healthy food

of schools reported students' awareness of healthy eating increased





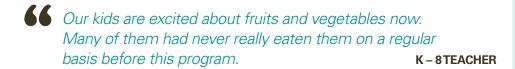
85% of schools reported students were more excited about healthy eating

of students across grand wanting to eat more healthy food of students across grades 4-12 reported





41 % of students reported that farm to school activities at their school improved their health



Since the program started, we have watched the kids slowly try new things and kids encouraging their friends to try new things. I have seen a huge switch in what the kids didn't like at the beginning and they now coming back for seconds. It is more common now for the kids to pick the healthy food and pass on the processed food. **ELEMENTARY SCHOOL HOT LUNCH COORDINATOR** 

**66** The salad bar is visually appealing and teachers note some students are opting for the salad bar rather than going to the store for pop and chips. Students are better focusing in class after lunch and look forward to the salad bar. **K - 12 TEACHER** 

**66** We have seen some amazing changes in the knowledge of food choices of our students. The impact both immediate and for years to come will ripple through our community and continue to positively impact food choices for our students.

**ELEMENTARY SCHOOLTEACHER** 



## Student 24-hour **Food Recall Study** Findings at a glance:



## 500+ students

aged 8-12 were interviewed at 5 elementary schools in BC and Ontario



Salad bar participants ate 6.87 daily servings of vegetables and fruits



non-salad bar participants ate 5.12 daily servings of vegetables and fruits



Salad bar participants ate 16% less sodium and

18% less sugar than non-salad bar participants

Farm to School: Canada Digs In! is a pan-Canadian multi-sectoral chronic disease prevention initiative

























