



Evaluation Tools from The Station Food Company

FARM TO CAFETERIA CANADA (F2CC), with the input of over 140 individuals from diverse sectors across the country, developed the [Farm to School Evaluation Framework for Canada](#). This framework articulates priority outcomes and indicators that people want to see measured relating to 4 impact areas: Public Health, Education, Community Economic Development and the Environment.

To complement the Evaluation Framework, F2CC has asked community organizations to share tools that they use to evaluate their school-based food programs. This document shares some of the tools used by The Station Food Company in Nova Scotia. It accompanies [The Station's Sharing Evaluation Tools to Support Farm to School Programs](#) webinar, which was recorded in March 2022 and is publicly available.

The Station Food Company is located in Newport Station, Nova Scotia, with a mission to connect farms, food, and community and make an impact on the local food system.



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Evaluation Tools

The **Try It Tuesday Program** was a farm to school program where middle school students tried a different local healthy snack every Tuesday over the course of three weeks in February and March 2021. The objective of this program was (1) to encourage students to try something new and local, (2) to learn more about the food through taste tests and online quizzes, and (3) to gain a better understanding of local foods. This program was designed for students aged 11-13 (grades 6-8).

The snacks were prepared off site at The Station Food Hub, packaged individually, and delivered to the school. The program consisted of two parts: a snack and an online quiz. The Station also shared supporting materials including educator handouts and evaluation tools.



Educator Handouts

The following are examples of the handouts that were created in Canva and sent to the school. They outlined the program's learning objectives, the activities, and the questions and answers for the online quiz. These were developed for each snack that was sent to the school.



TRY IT TUESDAY!

SMOKY BEET HUMMUS KOHLRABI SLICES



LEARNING OBJECTIVES

- To try something new and local!
- Students will get to know about beetroot and kohlrabi through a taste test and completing a quiz.
- Students will gain a better understanding of the idea of local, what is local in NS, and how to incorporate local foods into daily meals.



ACTIVITIES

1. Distribute the snacks. Leave enough time to eat together.
2. Start discussion by asking:
 - Here is the ingredient list of the hummus! What is the missing ingredient here?
Beans, -----, olive oil, garlic, lemon juice, salt, paprika, cumin.
 - What is the name of the vegetable you used to dip the hummus today?
3. Go to the online quiz. The quiz can be done individually or in a group. Once all kids have completed the quiz, go through each question with them. Explain the knowledge behind.



EXTENSION ACTIVITY

Make one recipe at home with a local product. Share your recipe and experience with your classmates.

Reference

Bjarnadottir, A. (2019, March 8). Beetroot 101: Nutrition facts and health benefits. Healthy line. <https://www.healthline.com/nutrition/foods/beetroot>

Davidson, K. (2019, August 15). What Is kohlrabi? Nutrition, benefits, and uses. Healthy line. <https://www.healthline.com/nutrition/kohlrabi>

Ecology Action Centre (n.d.). Plants to plate activity guide: A food education program for kids. Ecology Action Centre. <https://ecologyaction.ca/plantstoplates>

TRY IT TUESDAY!



TRY IT TUESDAY!

SMOKY BEET HUMMUS KOHLRABI SLICES

QUESTIONS & ANSWERS

(True or False)

1. Beetroot is the tuber of the plant.

(F. Beet is the root of the plant.)



2. Since the 16th century, beet juice has been used as a natural red dye. It was even used as a hair dye!

(T. Remember to wear gloves when handling beets in your kitchen. The stain will take a few days to fade away!)

3. Kohlrabi, also known as German Turnip, belongs to the turnip family.

(F. Despite the physical similarity, kohlrabi is not a root vegetable. It is the same species as cabbage, broccoli, and cauliflower!)

4. Kohlrabi is the root of the plant.

(F. The edible portion of the Kohlrabi is the stem of the plant.)

5. Both beetroot and kohlrabi are produced in Nova Scotia. (T)

6. Foods that travel long distances are often harvested before they are fully ripe and lose nutritional value over time. (T)

7. The long distance transportation of food contributes to climate change and certain farming and fishing methods have negative environmental impacts. (T)

8. Purchasing local can foster relationships between farmers and consumers, maintain farming communities, and transfer agriculture knowledge to the next generation. (T)

9. Which of the following foods are NOT produced in Nova Scotia?

Banana, blueberry, cabbage, onion, melon, potato, carrot, orange, cauliflower, turnip

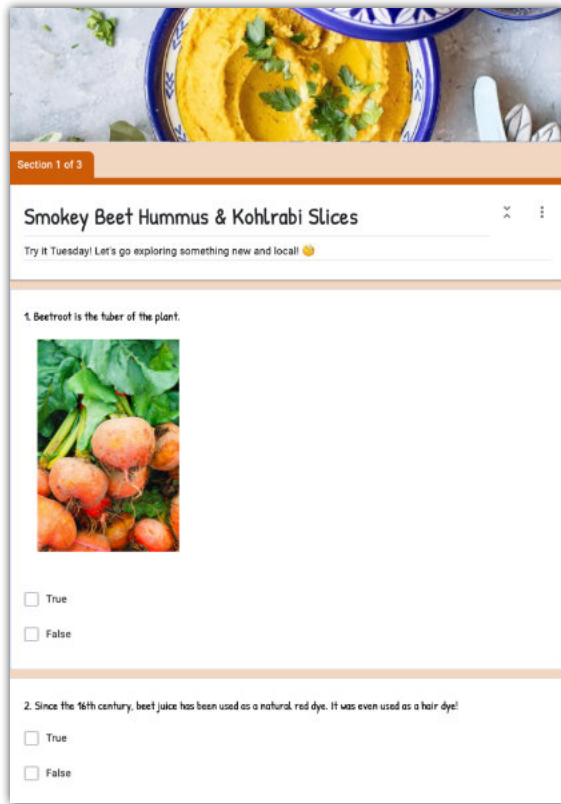


TRY IT TUESDAY!

Evaluation Tools from The Station Food Company

Online Quiz

Each quiz was created in Google Forms: A sample is below.




Section 1 of 3

Smokey Beet Hummus & Kohlrabi Slices

Try it Tuesday! Let's go exploring something new and local! 🍷

1. Beetroot is the tuber of the plant.



☐ True
☐ False

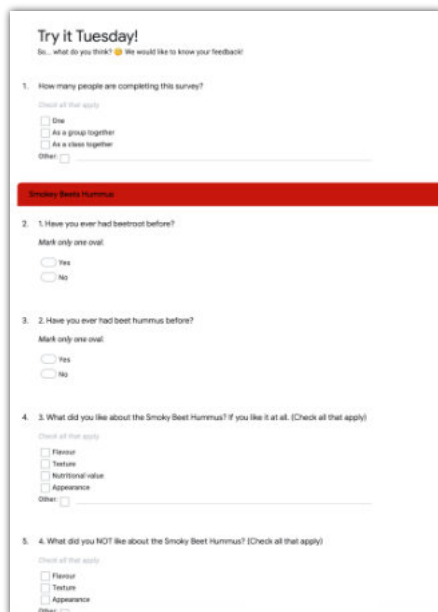
2. Since the 16th century, beet juice has been used as a natural red dye. It was even used as a hair dye!

☐ True
☐ False



Online Feedback Survey

To understand if the program objectives were met, a simple online feedback survey/questionnaire was developed using Google Forms and sent to the classroom to be completed by the students. The survey included a combination of likert scales, yes/no, and open ended questions. The class was also invited to fill out the survey as an entire classroom.



Try it Tuesday!
So... what do you think? 🍷 We would like to know your feedback!

1. How many people are completing this survey?

Check all that apply

☐ One
☐ As a group together
☐ As a class together
Other: _____

Smokey Beet Hummus

2. Have you ever had beetroot before?

Mark only one oval

☐ Yes
☐ No

3. Have you ever had beet hummus before?

Mark only one oval

☐ Yes
☐ No

4. What did you like about the Smokey Beet Hummus? if you like it at all. (Check all that apply)

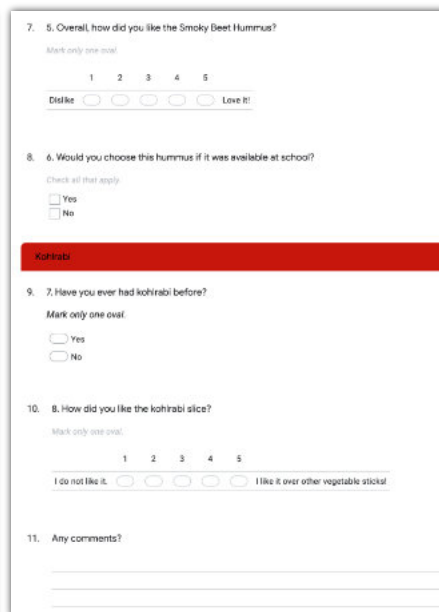
Check all that apply

☐ Flavour
☐ Texture
☐ Nutritional value
☐ Appearance
Other: _____

5. What did you NOT like about the Smokey Beet Hummus? (Check all that apply)

Check all that apply

☐ Flavour
☐ Texture
☐ Appearance
Other: _____



7. Overall, how did you like the Smokey Beet Hummus?

Mark only one oval

1 2 3 4 5
Dislike ☐ ☐ ☐ ☐ ☐ Love it!

8. Would you choose this hummus if it was available at school?

Check all that apply

☐ Yes
☐ No

Kohlrabi

9. Have you ever had kohlrabi before?

Mark only one oval

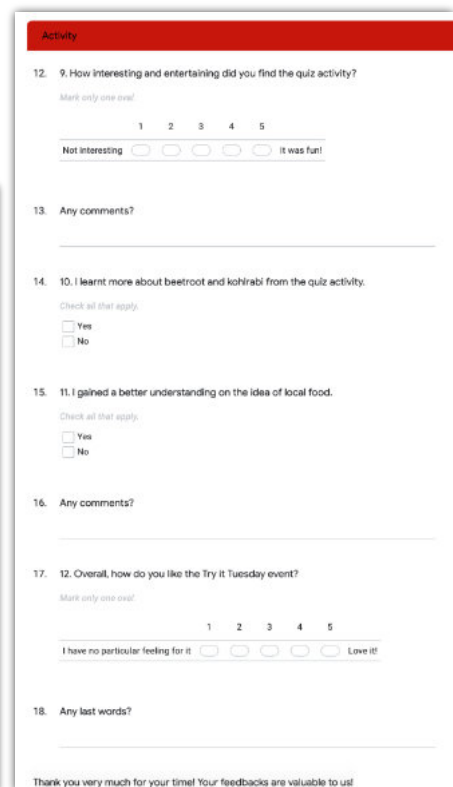
☐ Yes
☐ No

10. How did you like the kohlrabi slice?

Mark only one oval

1 2 3 4 5
I do not like it. ☐ ☐ ☐ ☐ ☐ I like it over other vegetable sticks!

11. Any comments?



Activity

12. 9. How interesting and entertaining did you find the quiz activity?

Mark only one oval

1 2 3 4 5
Not interesting ☐ ☐ ☐ ☐ ☐ It was fun!

13. Any comments?

14. 10. I learnt more about beetroot and kohlrabi from the quiz activity.

Check all that apply

☐ Yes
☐ No

15. 11. I gained a better understanding on the idea of local food.

Check all that apply

☐ Yes
☐ No

16. Any comments?

17. 12. Overall, how do you like the Try it Tuesday event?

Mark only one oval

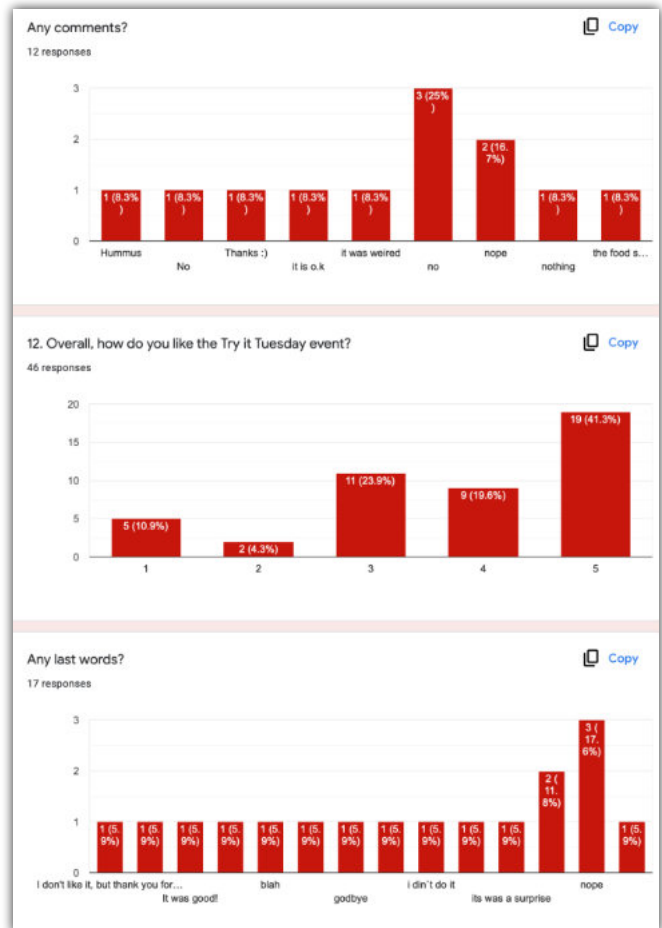
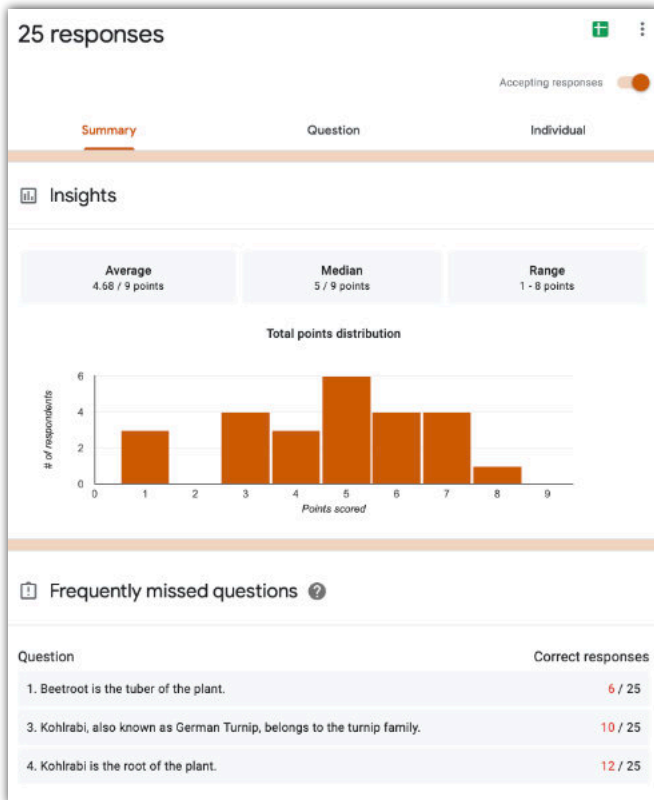
1 2 3 4 5
I have no particular feeling for it ☐ ☐ ☐ ☐ ☐ Love it!

18. Any last words?

Thank you very much for your time! Your feedbacks are valuable to us!

Evaluation Tools from The Station Food Company

Quiz and feedback results for each week of the program were collected and tabulated via Google Forms. Quantitative data was collected and summarized each week.



“ Overall, the Try it Tuesday event on March 9th achieved its goal to provide students something new and local to try. 83% of students expressed that they never had beets hummus before, while 89.1% of students never had kohlrabi before.”

“ In general, 60.9% of students noted that they enjoyed the overall experience of the Try it Tuesday event.”



Evaluation Tools from The Station Food Company

Final summary of responses

A summary response table was developed. It is very easy to compare week to week and to see quantitative data, average quiz scores, snack acceptance, and overall impressions of the program. There was also a lot of feedback captured from the open ended questions that could be themed and shared.

Responses

	Sweet Potato Hummus		Sweet Potato Tortilla		Refreshing Sunlight Smoothie		Smoky Beets Hummus + Kohlrabi Slices		Total
Number Purchased	161		161		190		175		526
Number participated in the quiz	73		73		66		24		163
Number of responses from the survey	47		47		75		47		169
Quiz									
Average Quiz Score	5.45/14				4.29/9		4.75/9		
Highest Quiz Score	12/14				8/9		8/9		
Snack									
	#		#		#		#		
Did you like it? Rated 4 or 5 (Like)	12	26.1%	28	62.2%	5	6.8%	10	21.3%	
Did you like it? Rated 1 or 2 (Dislike)	27	58.7%	9	20%	60	81.1%	24	51.1%	
Would you choose it? (Yes)	14	29.8%	31	67.4%	13	17.3%	15	31.9%	
Would you choose it? (No)	33	70.2%	15	32.6%	62	82.7%	32	68.1%	

	Sweet Potato Hummus + Tortilla		Refreshing Sunlight Smoothie		Smoky Beets Hummus + Kohlrabi Slices		
How interesting was the quiz? Rated 3 - 5 (Interesting)	33	73.4%	48	64%	27	60%	
I learnt more about the major ingredient in the snack from the quiz.	20	46.5%	36	48.6%	30	66.7%	



Evaluation Tools from The Station Food Company

A Stakeholders Report was created in CANVA and shared with community partners.

Try it Tuesday!
526 individually packaged snacks were delivered to the West Hants Middle School. Students from Grade 6, 7, and 8 participated in over three weeks in February and March 2021. Ingredients were sourced from local farms and were in season. All snacks meet the maximum nutrition criteria for the Food and Nutrition Policy for Nova Scotia Public Schools. Here are the three healthy snacks featured this month:

Sweet Potato Hummus & Tortilla

Crunchy baked chips made of upcycled local sweet potato, paired with sweet potato hummus for a healthy snack!

Local farms/producers: Elmridge Farm

Refreshing Sunlight Smoothie

Contains only three ingredients: fresh tomatoes, apple cider, and carrots. Find out how refreshing a veggie smoothie can be!

Local farms/producers: Noggins Corner Farm, Elmridge Farm, Den Haan Greenhouses

Smoky Beets Hummus & Kohlrabi Slices

Baked beetroots and beans hummus with just the right amount of spices to eat with local kohlrabi!

Local farms/producers: Elmridge Farm, Noggins Corner Farm

For the second run of the Try it Tuesday project, we incorporated food literacy activities to go with the snacks!

Learning Objectives

- Provide an opportunity for students to try something new and local!
- Students will become familiar with the major ingredient of the snacks from plates to plants through a taste test and completing an online quiz.
- Students will be encouraged to think about the idea of local and whole foods, what consist of what they eat, and how to incorporate local and less processed foods in their daily meals.

163 and 169 responses were collected from the quiz and the feedback survey respectively. Although the number of responses were much less than the number collected from the first run of the event. Some responses were completed by a group of students or by a whole class together.

Overall, the majority of the students (an average of 81.3%) enjoyed the Try it Tuesday event. The project achieved the objective to provide students something new and local to try as more than 80% of students never tried the type of snacks provided before. More than half of the students agreed that they learnt more about the major ingredient in the snack and gained better understanding on the idea of local and whole foods from the quiz activity.

Sweet potato tortilla was the most popular item with 67% of students agreed that they would choose this snack if it were available at school; while the tomato smoothie was the least favourite (6.8% approval). It was interesting to find that how the idea of tomato put students off of the smoothie.

Some encouraging comments from students:

- "If we were to try it again we should try something else local."
- "It was more fun than eating the snack."
- "I like that we get to try food"
- "Thank you for letting us try it"
- "Thanks for Try it Tuesday!!"

For more information visit www.thestationfoodhub.ca or email rebecca@thestationfoodhub.ca

Online Quiz & Survey Examples

Art Gallery

The food literacy piece was provided to the teachers in the form of a poster and an online quiz, which were designed specific to the featured snack. Each poster gives teachers clear learning objectives, detailed instructions for the activity, and an extension activity option.

The materials used in the quizzes were all evidence-based and were put together by our dietitians, nutrition volunteers, and The Station Food Hub team. Plants to Plates Activity Guide - A Food Education Program for Kids, by the Ecology Action Centre, was referenced.

Posters for Teachers

For more detailed results and specific comments from students, check:

- **Grade 6**
<https://drive.google.com/file/d/1X0DyFy7MA07GhRSCMjv15h16wvXupmsharing>
- **Grade 7**
https://docs.google.com/document/d/1uHy_01HdGALu6k6K0ZYZHwVdL0K2WuR7DnGdVed7upmsharing
- **Grade 8**
https://docs.google.com/document/d/1uHy_01HdGALu6k6K0ZYZHwVdL0K2WuR7DnGdVed7upmsharing

Refreshing Sunlight Smoothie

Nutrition Facts
Valeur nutritive
Per 1 container (27 g) / per 1/3 recipient (27 g)
Serving on Recipe Edit Page (27 g)

Amount	% Daily Values*
Calories 30	
Fat / Lipides 0.1 g	0%
Saturated / saturés 0.1 g	0%
Trans / trans 0.1 g	0%
Carbohydrate / Glucides 7 g	4%
Fibre / Fibres 1 g	4%
Sugars / Sucres 5 g	6%
Protein / Protéines 0.3 g	0%
Cholesterol / Cholestérol 0 mg	0%
Sodium / Sodium 10 mg	0%
Potassium 150 mg	2%
Calcium 10 mg	1%
Iron / Fer 0.3 mg	2%

*% Daily Values are based on a diet of other people's secrets.

Ingredients: Noggins apple juice, Tomato, Carrot
Ingredients: Jus de pomme de Noggins, Tomate, Carotte

The station food company
1889 Waverly Rd, Windsor, NS B9N 2T0

Sweet Potato Hummus

Nutrition Facts
Valeur nutritive
Per 1 container (100 g) / Enter French Serving on Recipe Edit Page (100 g)

Amount	% Daily Values*
Calories 150	
Fat / Lipides 2.5 g	4%
Saturated / saturés 0.3 g	2%
Trans / trans 0 g	0%
Cholesterol / Cholestérol 0 mg	0%
Sodium / Sodium 95 mg	4%
Carbohydrate / Glucides 7 g	2%
Fibre / Fibres 2 g	8%
Sugars / Sucres 1 g	2%
Protein / Protéines 2 g	4%
Vitamin A / Vitamine A	35%
Vitamin C / Vitamine C	4%
Calcium / Calcium	0%
Iron / Fer	4%

Ingredients: BEANS, KIDNEY, RED MATURE BEANS, COOKED, BOILED, WITHOUT SALT, SWEET POTATO, OLIVE OIL, WATER, GARLIC, SALT, LEMON JUICE, APPLE CIDER VINEGAR, SPICE, BLACK PEPPER

Ingredients: BEANS, KIDNEY, RED MATURE BEANS, COOKED, BOILED, WITHOUT SALT, PATATE SUCRE, OLIVE OIL, SEL, AL, SEL, LEMON JUICE, APPLE CIDER VINEGAR, EPICES, POIVRE NOIR

THE STATION FOOD CO.

Sweet Potato Tortilla

Nutrition Facts
Valeur nutritive
Per 1 container (27 g) / per 1/3 recipient (27 g)

Amount	% Daily Values*
Calories 70	
Fat / Lipides 1.5 g	2%
Saturated / saturés 0.2 g	1%
Trans / trans 0 g	0%
Cholesterol / Cholestérol 0 mg	0%
Sodium / Sodium 100 mg	4%
Carbohydrate / Glucides 13 g	4%
Fibre / Fibres 1 g	4%
Sugars / Sucres 1 g	2%
Protein / Protéines 2 g	4%
Vitamin A / Vitamine A	35%
Vitamin C / Vitamine C	4%
Calcium / Calcium	0%
Iron / Fer	6%

Ingredients: LOCAL PRE-SIFTED WHEAT FLOUR, SWEET POTATO, EXTRA VIRGIN OLIVE OIL, SALT

Ingredients: FARINE DE BLE LOCAL, PATATE SUCRE, HUILE D'OLIVE EXTRA VIERGE, SEL

THE STATION FOOD CO.

Smoky Beets Hummus + Kohlrabi Slices

Nutrition Facts
Valeur nutritive
Per 70g (70 g)
Enter French Serving on Recipe Edit Page (70 g)

Amount	% Daily Values*
Calories 70	
Fat / Lipides 3.0 g	6%
Saturated / saturés 0.3 g	2%
Trans / trans 0 g	0%
Carbohydrate / Glucides 10 g	11%
Fibre / Fibres 3 g	12%
Sugars / Sucres 2 g	2%
Protein / Protéines 2 g	4%
Cholesterol / Cholestérol 0 mg	0%
Sodium / Sodium 100 mg	4%
Potassium 300 mg	6%
Calcium 30 mg	3%
Iron / Fer 1.05 mg	7%

*% Daily Values are based on a diet of other people's secrets.

Ingredients: Kohlrabi, raw, White beans, Beets, Olive Oil, Lemon Juice, Garlic, Salt, Curry, Black Pepper, Paprika

Ingredients: Chou-rave, Haricots blancs, Betteraves, Huile d'olive, Jus de citron, Al, Sel, Curry, Poivre noir, Paprika

The station food company
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We love what we do because it just makes sense! We should be serving food grown here in Nova Scotia in ALL our public institutions!