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.

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.

The Station 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!

The Station TRY IT TUESDAY !

SMOKY BEET HUMMUS KOHLRABI SLICES

QUESTIONS & ANSWERS

(Ture 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)

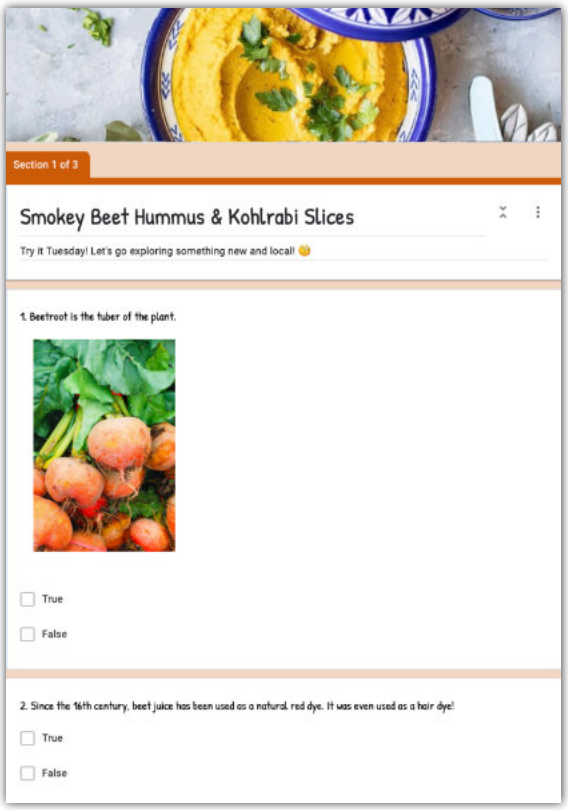
9. Which of the following foods are NOT produced in Nova Scotia?

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

TRY IT TUESDAY!

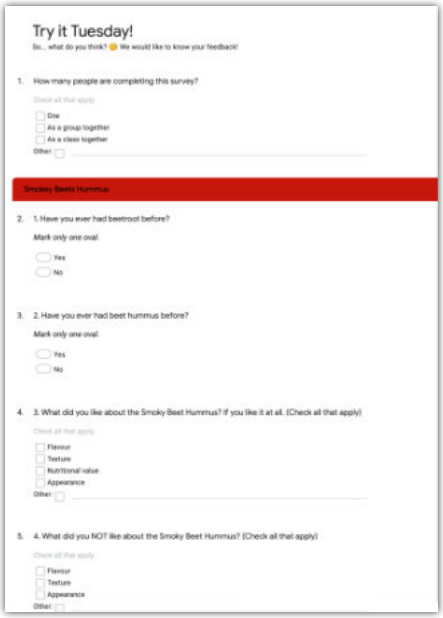
Online Quiz

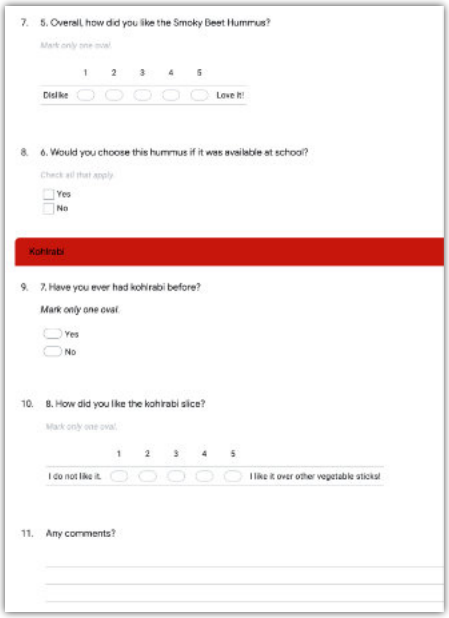
Each quiz was created in Google Forms: A sample is below.

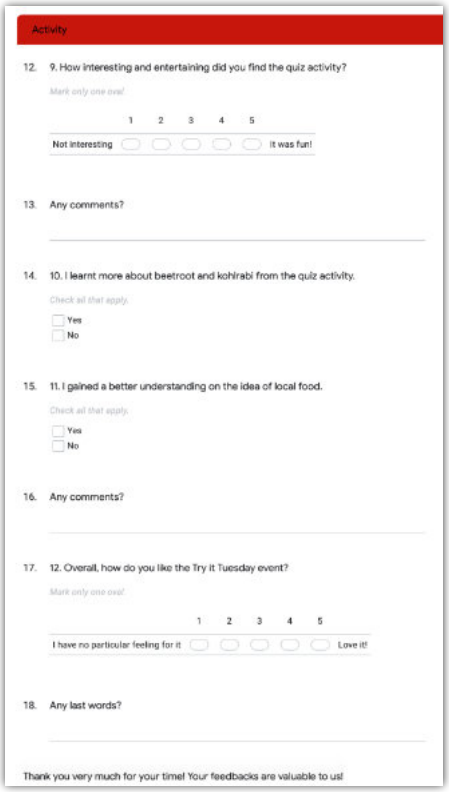


Online Feedback Survey

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.

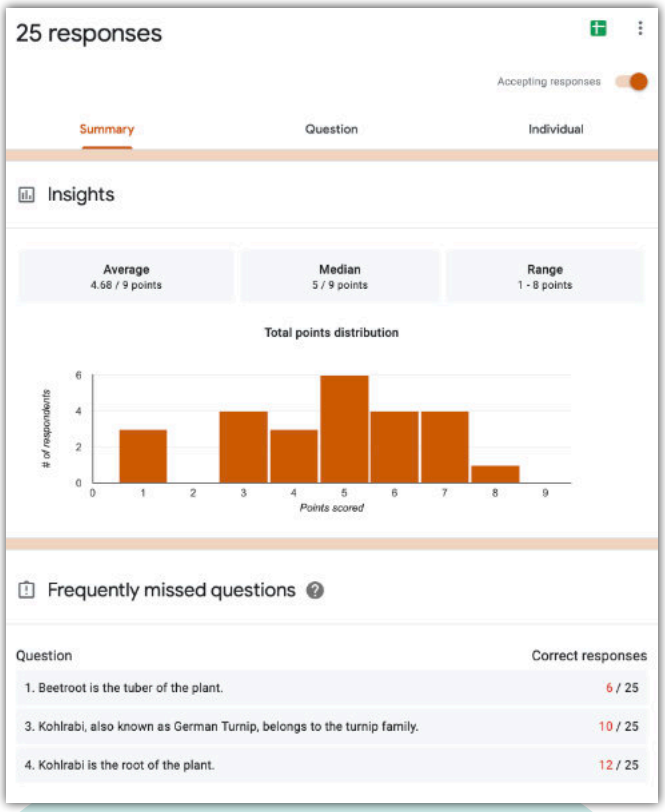


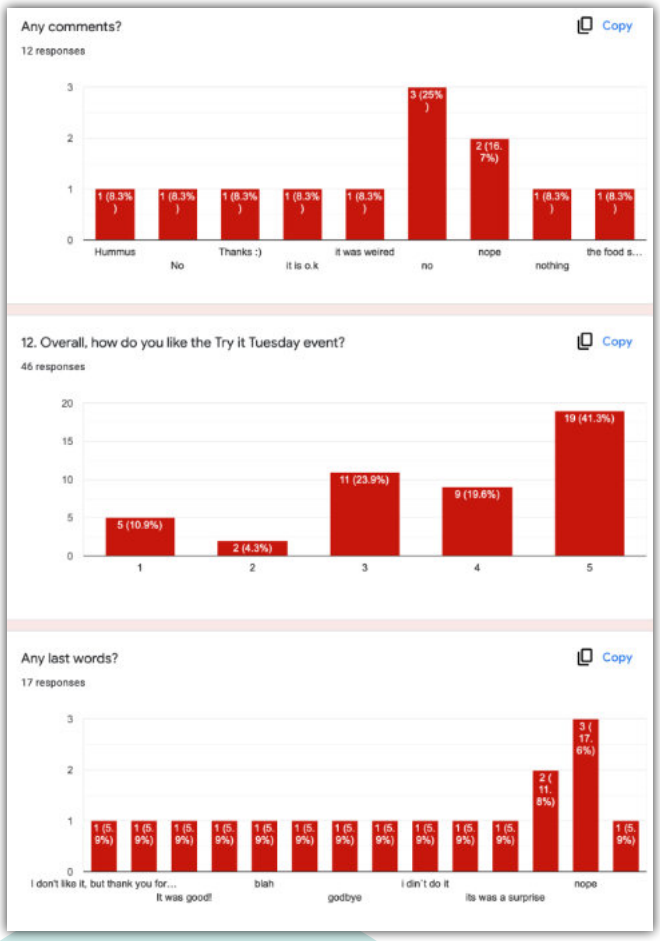




Evaluation Tools from The Station Food Company

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."*

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%	

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