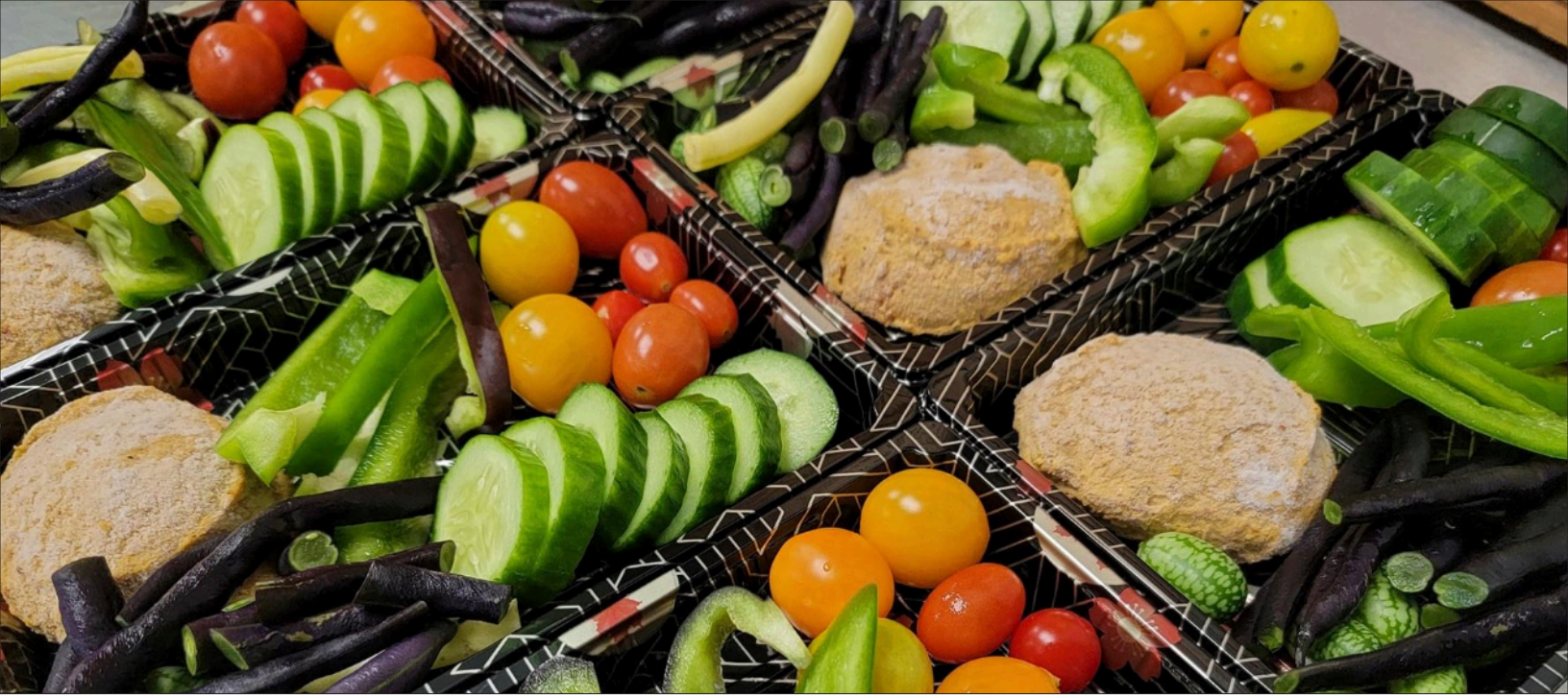


Outils d'évaluation de

The Station Food Company

De la Ferme à la cafétéria Canada (F2CC), avec l'apport de plus de 140 personnes de divers secteurs à travers le pays, a élaboré le cadre d'évaluation De la ferme à l'école au Canada. Ce cadre précise les résultats et les indicateurs prioritaires que les gens veulent voir mesurés dans quatre domaines d'impact : la santé publique, l'éducation, le développement économique communautaire et l'environnement.

Pour compléter ce cadre d'évaluation, F2CC a demandé aux organismes communautaires de partager les outils qu'ils utilisent pour évaluer leurs programmes d'alimentation en milieu scolaire. Ce document présente certains des outils utilisés par la *The Station Food Company* en Nouvelle-Écosse. Il accompagne le webinaire *Sharing Evaluation Tools to Support Farm to School Programs de The Station* (en anglais), qui a été enregistré en mars 2022 et qui est accessible au public.

The Station Food Company est située à Newport Station, en Nouvelle-Écosse, et a pour mission de connecter les fermes, les aliments et la communauté et d'avoir un impact sur le système alimentaire local.

Outils d'évaluation

Le programme « Try it Tuesday » était un programme de la ferme à l'école dans le cadre duquel les élèves de l'école intermédiaire ont pu essayer une collation saine et locale chaque différente mardi pendant trois semaines, en février et mars 2021. L'objectif de ce programme était (1) d'encourager les élèves à essayer quelque chose de nouveau et de local, (2) d'en apprendre davantage sur l'aliment grâce à des tests de goût et des quiz en ligne, et (3) d'acquérir une meilleure compréhension des aliments locaux. Ce programme a été conçu pour les élèves de 11 à 13 ans (de la 6e à la 8e année).

Les collations ont été préparées sur place au Food Hub (centre alimentaire) de la Station, emballées individuellement et livrées à l'école. Le programme se composait de deux parties : un goûter, et un quiz en ligne. La Station a également fourni du matériel de soutien, notamment des documents destinés aux éducateurs et des outils d'évaluation.

Documents pour les éducateurs

Voici des exemples de documents qui ont été créés dans Canva et envoyés à l'école. Ils décrivent les objectifs d'apprentissage du programme, les activités et les questions et réponses du quiz en ligne. Ils ont été élaborés pour chaque collation envoyée à l'école.

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)

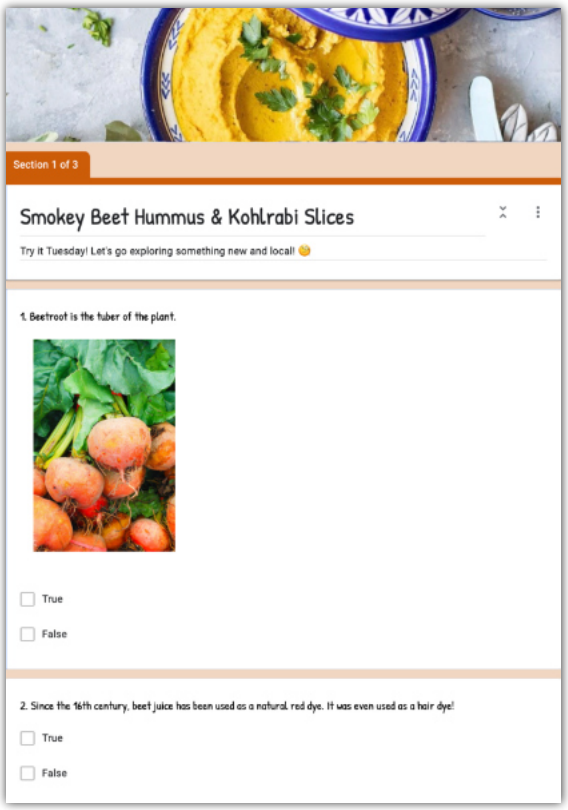
9. Which of the following foods are NOT produced in Nova Scotia?

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

TRY IT TUESDAY!

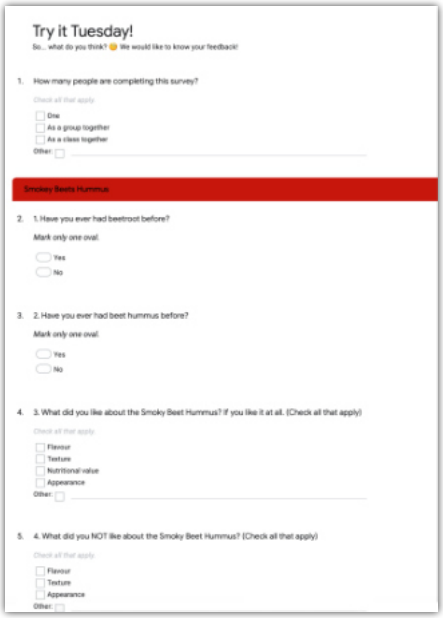
Quiz en ligne

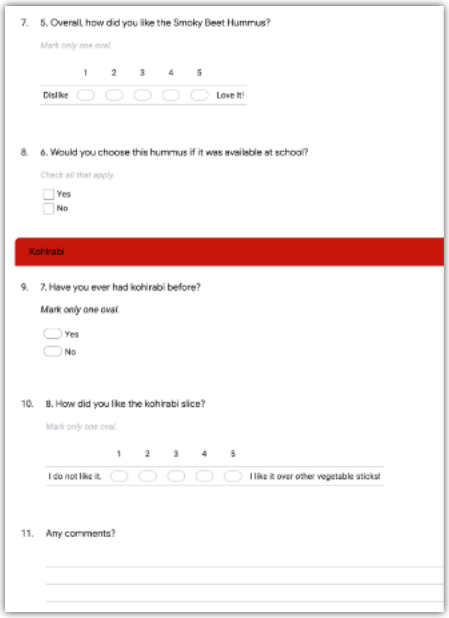
Chaque quiz a été créé dans Google Forms : Un exemple est présenté ci-dessous.

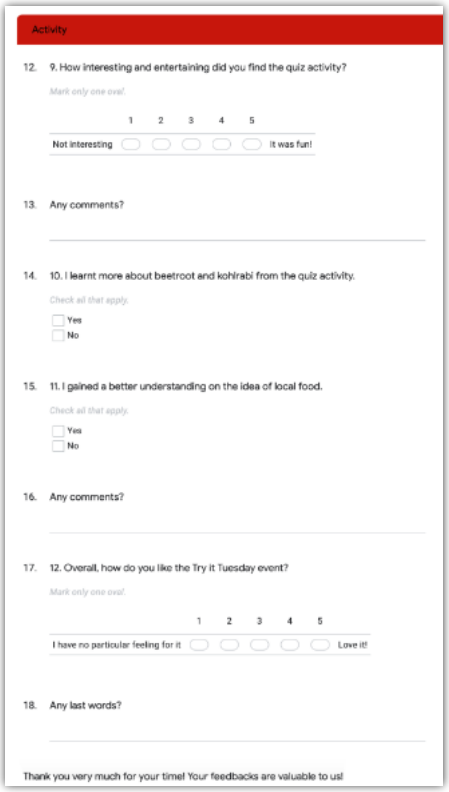


Sondage de rétroaction en ligne

Afin de déterminer si les objectifs du programme ont été atteints, un simple sondage/questionnaire de rétroaction en ligne a été élaboré à l'aide de Google Forms et envoyé à la classe pour être complétée par les élèves. L'enquête comprenait une combinaison d'échelles de Likert, de oui/non et de questions ouvertes. La classe a également été invitée à répondre à l'enquête en tant que

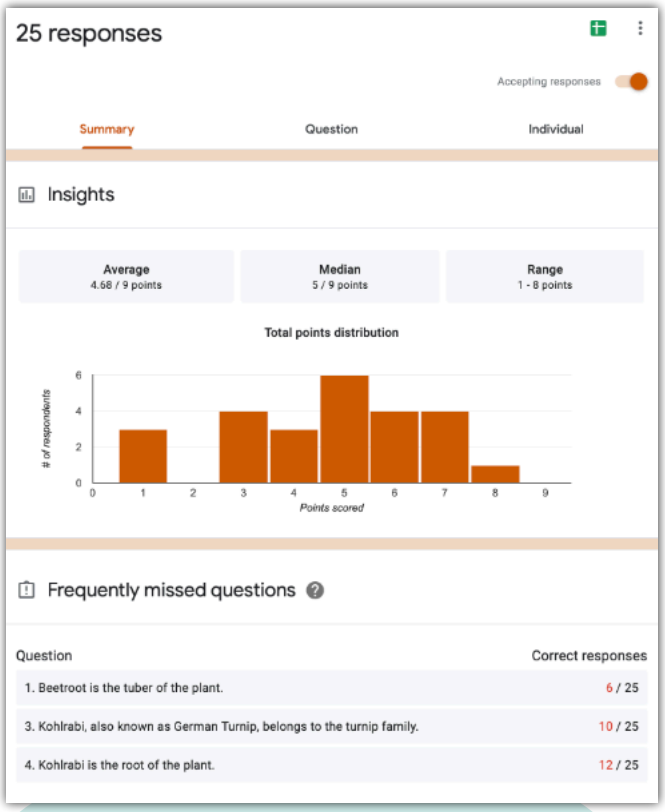


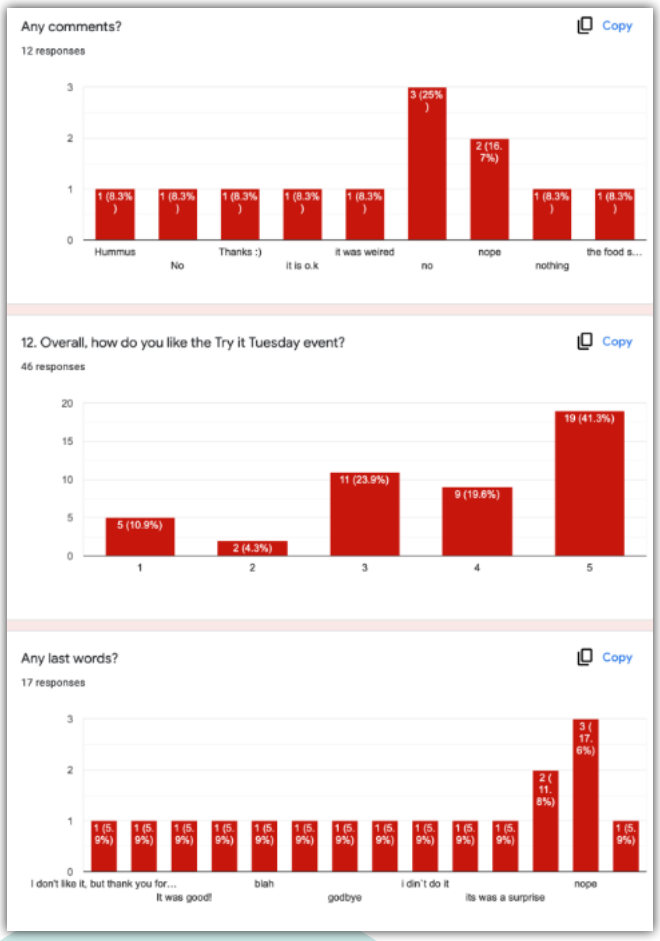




Outils d'évaluation de *The Station Food Company*

Les résultats des quiz et des commentaires pour chaque semaine du programme ont été recueillis et présentés sous forme de tableaux via les formulaires Google. Les données quantitatives ont été recueillies et résumées chaque semaine.





" Dans l'ensemble, l'événement « Try it Tuesday » du 9 mars a atteint son objectif, à savoir proposer aux élèves quelque chose de nouveau et de local à essayer. 83 % des étudiants ont indiqué qu'ils n'avaient jamais mangé de houmous de betteraves auparavant, tandis que 89,1 % des étudiants n'avaient jamais mangé de chou-rave auparavant. "

" En général, 60,9 % des étudiants ont indiqué qu'ils avaient apprécié l'expérience globale de l'événement « Try it Tuesday ».

Résumé final des réponses

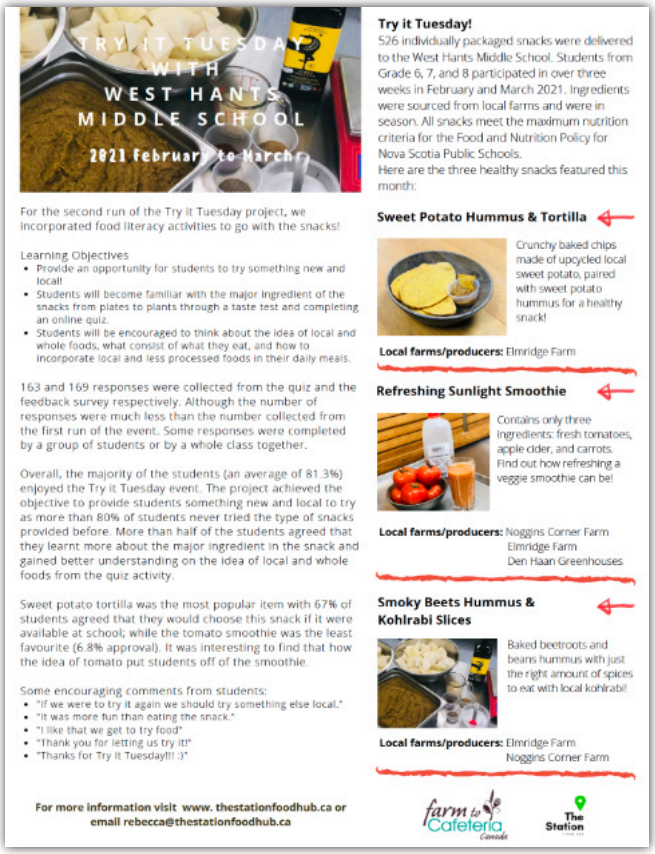
Un tableau récapitulatif des réponses a été élaboré. Il est très facile de comparer les résultats d'une semaine à l'autre et de voir les données quantitatives, les résultats moyens des quiz, l'acceptation des collations et les impressions générales sur le programme. Les questions ouvertes ont également permis de recueillir de nombreux commentaires qui peuvent être regroupés et partagés.

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%	

Un rapport des parties prenantes a été créé dans CANVA et partagé avec les partenaires



TRY IT TUESDAY WITH WEST HANTS MIDDLE SCHOOL

2021 February to March

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

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

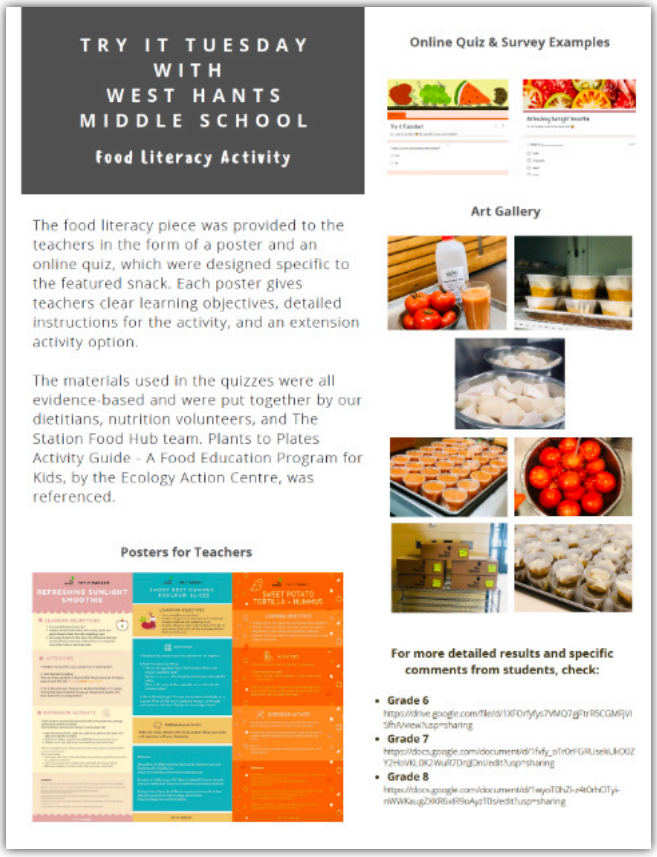
Smoky Beets Hummus & Kohlrabi Slices

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

farm to Cafeteria Canada

The Station



TRY IT TUESDAY WITH WEST HANTS MIDDLE SCHOOL

Food Literacy Activity

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.

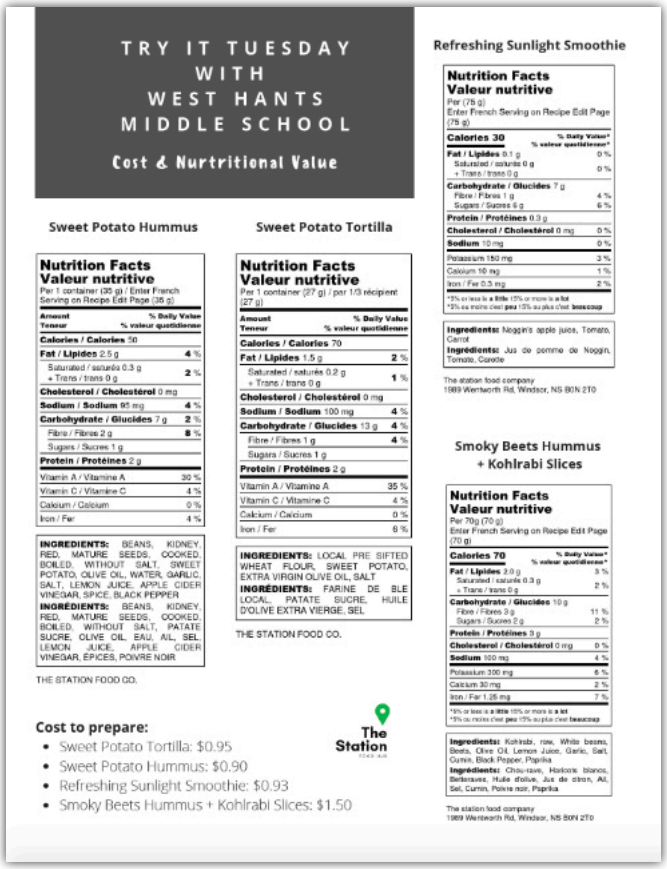
Posters for Teachers

Online Quiz & Survey Examples

Art Gallery

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

- **Grade 6**
  https://drive.google.com/file/d/1XF0rfyfyJs7VMQ7gFtrR5CGMRjVI5fhA/view?usp=sharing
- **Grade 7**
  https://docs.google.com/document/d/1fxfy_sTr0rFGRUseIkJkO0ZY2HoVK_0K2WuR7DrjDnU/edit?usp=sharing
- **Grade 8**
  https://docs.google.com/document/d/1wyoT0hZI-z4kOrhOTyj-nWWKaugDXRR6xRSoAyz1Ds/edit?usp=sharing



TRY IT TUESDAY WITH WEST HANTS MIDDLE SCHOOL

Cost & Nurtritional Value

Sweet Potato Hummus

Nutrition Facts / Valeur nutritive
Per 1 container (35 g) / Enter French Serving on Recipe Edit Page (35 g)

Amount / Teneur	% Daily Value / % valeur quotidienne
Calories / Calories 50	
Fat / Lipides 2.5 g	4 %
Saturated / saturés 0.3 g + Trans / trans 0 g	2 %
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 95 mg	4 %
Carbohydrate / Glucides 7 g	2 %
Fibre / Fibres 2 g	8 %
Sugars / Sucres 1 g	
Protein / Protéines 2 g	
Vitamin A / Vitamine A	30 %
Vitamin C / Vitamine C	4 %
Calcium / Calcium	0 %
Iron / Fer	4 %

INGREDIENTS: BEANS, KIDNEY, RED, MATURE SEEDS, COOKED, BOILED, WITHOUT SALT, SWEET POTATO, OLIVE OIL, WATER, GARLIC, SALT, LEMON JUICE, APPLE CIDER VINEGAR, SPICE, BLACK PEPPER
INGREDIENTS: BEANS, KIDNEY, RED, MATURE SEEDS, COOKED, BOILED, WITHOUT SALT, PATATE SUCRE, OLIVE OIL, EAU, AIL, SEL, LEMON JUICE, APPLE CIDER VINEGAR, ÉPICES, POIVRE NOIR

THE STATION FOOD CO.

Sweet Potato Tortilla

Nutrition Facts / Valeur nutritive
Per 1 container (27 g) / par 1/3 récipient (27 g)

Amount / Teneur	% Daily Value / % valeur quotidienne
Calories / Calories 70	
Fat / Lipides 1.5 g	2 %
Saturated / saturés 0.2 g + Trans / trans 0 g	1 %
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 100 mg	4 %
Carbohydrate / Glucides 13 g	4 %
Fibre / Fibres 1 g	4 %
Sugars / Sucres 1 g	
Protein / Protéines 2 g	
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
INGRÉDIENTS: FARINE DE BLE LOCAL, PATATE SUCRE, HUILE D'OLIVE EXTRA VIERGE, SEL

THE STATION FOOD CO.

Cost to prepare:
- Sweet Potato Tortilla: $0.95
- Sweet Potato Hummus: $0.90
- Refreshing Sunlight Smoothie: $0.93
- Smoky Beets Hummus + Kohlrabi Slices: $1.50

The Station

Refreshing Sunlight Smoothie

Nutrition Facts / Valeur nutritive
Per (75 g)
Enter French Serving on Recipe Edit Page (75 g)

Calories 30	% Daily Value* / % valeur quotidienne*
Fat / Lipides 0.1 g	0 %
Saturated / saturés 0 g + Trans / trans 0 g	0 %
Carbohydrate / Glucides 7 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 6 g	6 %
Protein / Protéines 0.3 g	
Cholesterol / Cholestérol 0 mg	0 %
Sodium 10 mg	0 %
Potassium 180 mg	3 %
Calcium 16 mg	1 %
Iron / Fer 0.3 mg	2 %

*5% or less is a **little** 15% or more is **a lot**
*5% ou moins c'est **peu** 15% ou plus c'est **beaucoup**

Ingredients: Noggin's apple juice, Tomato, Carrot
Ingrédients: Jus de pomme de Noggin, Tomate, Carotte

The station food company
1989 Wentworth Rd, Windsor, NS B0N 2T0

Smoky Beets Hummus + Kohlrabi Slices

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

Calories 70	% Daily Value* / % valeur quotidienne*
Fat / Lipides 2.0 g	3 %
Saturated / saturés 0.3 g + Trans / trans 0 g	2 %
Carbohydrate / Glucides 10 g	
Fibre / Fibres 3 g	11 %
Sugars / Sucres 2 g	2 %
Protein / Protéines 3 g	
Cholesterol / Cholestérol 0 mg	0 %
Sodium 160 mg	4 %
Potassium 300 mg	6 %
Calcium 30 mg	2 %
Iron / Fer 1.25 mg	7 %

*5% or less is a **little** 15% or more is **a lot**
*5% ou moins c'est **peu** 15% ou plus c'est **beaucoup**

Ingredients: Kohlrabi, raw, White beans, Beets, Olive Oil, Lemon Juice, Garlic, Salt, Cumin, Black Pepper, Paprika
Ingrédients: Chou-rave, Haricots blancs, Betteraves, Huile d'olive, Jus de citron, Ail, Sel, Cumin, Poivre noir, Paprika

The station food company
1989 Wentworth Rd, Windsor, NS B0N 2T0