

# Public Health Impacts

5 provinces | 86 K-12 schools + Grants of up to \$10,000 = 86 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

92% of schools reported students' awareness of healthy eating increased



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

52% of students across grades 4-12 reported wanting to eat more healthy food



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

Students gain the skills and habits needed for a lifetime of healthy eating when they participate in farm to school programs!

“ Our kids are excited about fruits and vegetables now. Many of them had never really eaten them on a regular basis before this program. **K – 8 TEACHER** ”

“ 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** ”

“ 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** ”

“ 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 SCHOOL TEACHER** ”



## 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

VS



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.



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