



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

THE LOCAL SPROUTS PROJECT: A FARM TO CHILDCARE COLLABORATIVE

A Resource Guide



Funding provided by



MISSOURI FOUNDATION FOR HEALTH

ACKNOWLEDGEMENTS

Without the support of our funders and community partners, the **Ozarks Regional YMCA (ORYMCA)** would not have been able to meet the objectives for the Local Sprouts Project: A Farm to Childcare Collaborative.

We would like to thank **Missouri Foundation for Health** who saw the benefit in funding a unique partnership between a local for-profit business and a not-for-profit. Their initial investment allowed the project to feed kids in the Y School Age Services Programs over 40,000 (and counting) servings of healthy local food.

Thank you to **Homegrown Food** and **Homegrown Food Hub** for working with the project to install a commercial kitchen to serve the needs of not only the Y and the children we serve, but the community as a whole. Because of their partnership, the kitchen at Homegrown will continue to be a resource for farmers and entrepreneurs.

Thank you to **Fellers Fixtures** for designing an efficient and mighty kitchen with the capacity to serve the needs of the project. We appreciated your willingness to help us work through our storage needs as well.

Thank you to the **Missouri Department of Agriculture** for a Local Food Grant that helped to purchase needed equipment for the kitchen and supplies for teaching kids.

We would also like to thank the **Centers for Disease Control** who further allowed the project to grow by investing in staff to not only continue coordination of the project, but to also reach further into the community to effect change.

In partnership with the **Healthy Living Alliance**, the ORYMCA received a Small Communities Community Transformation Grant that resulted in a deeper connection to community collaborators to support the project. Thank you Healthy Living Alliance for partnering to ensure our children had access to healthy food in our community.

Thank you to **Springfield Urban Agriculture's Dig in R-12 (DIRT) Project**, for providing resources like the school gardens and their time to teach our children about where food comes from.

Thank you to the **Dietetic Internship Program** at **Missouri State University**, the **Department of Health and Senior Services Dietetic Internship Program**, the **Workday Wellness Dietetic Internship Program**, and to the other fantastic interns who supported the project by teaching our kids, modifying lessons about healthy eating for our programs, helping us work out storage and delivery, and by assisting with menu design.

We would also like to thank all of the other organizations and individuals who work so hard to ensure that all people have access to good healthy food.

And lastly, a million thanks to our **local farmers**.



TABLE OF CONTENTS

Acknowledgements.....	i
Table of Contents.....	iii
Background, the ORYMCA Story.....	Page 1
Healthy Eating and Physical Activity (HEPA) Standards.....	Page 2
Executive Summary.....	Page 3

Summer Day Camp Programs

Local Food for Local Bellies at Camp.....	Page 4
Summer Local Food Data.....	Page 5
What Kids Ate.....	Page 6
Where It Came From.....	Page 7
Local Strawberries, a Journey from Farm to Child.....	Page 8-9
Summer Lessons Learned, Local Food.....	Page 10
The Local Sprouts Garden Bar.....	Page 11
Summer Lessons Learned, The Local Sprouts Garden Bar.....	Page 12
Garden Education & Onsite Lessons.....	Page 13
Summer Lessons Learned, Garden Education.....	Page 14
Field Trips.....	Page 15
Summer Lessons Learned, Field Trips.....	Page 16
A Summer Story, by Amanda Black.....	Page 17

Afterschool Programs

Local Food for Local Bellies Afterschool.....	Page 18
Afterschool Local Food Data.....	Page 19
What Kids Ate.....	Page 20
Where It Came From.....	Page 21
Local Lettuce, a Journey from Farm to Child.....	Page 22
Afterschool Lessons Learned, Local Food.....	Page 23
Nutrition Education Afterschool.....	Page 24
Afterschool Lessons Learned, Education.....	Page 25
Farmer Highlight.....	Page 26
The Commercial Kitchen at Homegrown.....	Page 27
Lessons Learned, At the Kitchen.....	Page 28

Local Food in Our Programs – Serving Kids

Storage.....	Page 29
Delivery.....	Page 30
Staff Training, Flexibility, Waste.....	Page 31



Data Analysis

Number of Children Served..... Page 32

Variety.....Page 33

Cost Analysis, Why the Price Per Serving is Dropping.....Page 34

Tools for Data Collection.....Page 35

Example Tools for Data Collection

School Information for Planning Spreadsheet..... Page 36

A Cost Analysis Spreadsheet..... Page 37

Curriculum Used and Menu Sampling Spreadsheet.....Page 37

The Number of Servings of Local Food Spreadsheet..... Page 38

Garden Bar Information Spreadsheet.....Page 39

Pounds of Local Produce Processed Spreadsheet..... Page 40

Evaluation

Findings & Local Sprouts Interview Highlights..... Page 41

Youth Survey Highlights..... Page 42

Local Sprouts Interview Guide..... Page 43

John Snow Inc. Fruit & Vegetable Survey.....Page 44-45

Moving Forward

Policy & Integration of a Program..... Page 46



BACKGROUND, the ORYMCA Story

For over 30 years, your Ozarks Regional YMCA (ORYMCA) has provided safe, affordable childcare for children in Springfield, Missouri. Serving nearly 2,000 children per year, the School Age Services Program runs at over 30 afterschool sites and during the summer at five sites to serve families year round. During our programs, children eat meals and snacks that total over 300,000 servings over the year.

According to the Centers for Disease Control, childhood obesity has more than doubled in children and quadrupled in adolescents in the past 30 years. Eleven years ago the ORYMCA committed to reducing youth obesity by incorporating nutrition education and physical activity into their programming. The ORYMCA made an early commitment to the health of our youth by adopting the Healthy Eating and Physical Activity (HEPA) Standards (see a full list of the HEPA Standards on page 2). These standards, released by our national organization, YUSA, came about as a response to a call by First Lady Michelle Obama and the Partnership for a Healthier America (PHA). These standards will improve the health of our children by providing access to healthy food and opportunities for physical activity while children are in our care.

Soon after receiving grant funding for the Local Sprouts Project: A Farm to Childcare Collaborative from Missouri Foundation for Health (MFH) in 2011, the ORYMCA adopted the HEPA Standards. This support from our national organization through policy has supported the Local Sprouts Project's goals and has allowed the HEPA standards to be fully integrated into our programs.

Just as our national organization answered a call by the First Lady and PHA, the ORYMCA answered a call from the community to begin working on improving access to healthy, farm fresh food for our children. ORYMCA leadership staff and local agricultural leaders met to identify the barriers of providing farm fresh foods in childcare programs and schools. The main objective was to solve these issues with thoughtful regard for the fiscal realities that have often kept fresh and local food out of programs that serve low- and moderate-income families.

It was determined that Springfield, Missouri had limited capacity to provide local farm fresh foods to large groups of people. This was largely because of a lack of local distributors that can accommodate local farm fresh product and the absence of a reliable market that encourages local farmers to produce enough products to keep prices at an affordable level.

As the Y began to buy local food for kids in the School Age Service Programs, it became apparent that providing local food was not possible financially except on occasion. In addition to cost barriers, many schools and programs lacked the storage to accommodate fresh food. Delivery infrastructure was also lacking. The Local Sprouts Project grew out of need to address these barriers, not only for the Y, but for the community.

Many lessons learned have come out of the project and are outlined in this resource guide. We hope that what we have learned from the Local Sprouts Project will further increase access to healthy local food for kids.



HEPA STANDARDS

The Y's Healthy Eating and Physical Activity Standards for Early Childhood and Afterschool Programs

	Early Childhood Programs	Afterschool Programs
<i>Program for Parents and Child Care Providers</i>	<ul style="list-style-type: none"> ∞ Implement an educational program for parents and childcare providers with physical activity and nutritional information relevant to the health of their children. 	<ul style="list-style-type: none"> ∞ Implement an educational program for parents and childcare providers with physical activity and nutritional information relevant to the health of their children.
<i>Physical Activity</i>	<ul style="list-style-type: none"> ∞ Provide opportunities for light, moderate, and vigorous physical activity for at least 30 minutes per hour while children are in care. ∞ Play will replace daily outdoors whenever possible. <p>For infants:</p> <ul style="list-style-type: none"> ∞ Provide daily opportunities for infants to move freely under adult supervision to explore their indoor and outdoor environment and optimize adult-child interactions. ∞ Provide daily tummy time (timer in the prone position) for infants less than 6 months of age. 	<ul style="list-style-type: none"> ∞ Ensure that children engage in at least 60 minutes of physical activity per day (for full-day programs), including a mixture of moderate and vigorous physical activities that promote bone and muscle strengthening. ∞ Play will replace daily outdoors whenever possible.
<i>Screen Time</i> (television, cell phone, or digital media)	<ul style="list-style-type: none"> ∞ Limit screen time, for preschoolers (ages 3-5) less than 30 minutes per day for children in half-day program or less than 60 minutes per day for those in full-day programs. ∞ No screen time for children under 3 years old. 	<ul style="list-style-type: none"> ∞ No access to television or movies. ∞ Limit digital device time to less than one hour per day. Digital device use is limited to homework or programs that actively engage children in activity.
<i>Food</i>	<ul style="list-style-type: none"> ∞ Serve fruits or vegetables at every meal. ∞ Eat meals family style when possible. ∞ No fried foods. 	<ul style="list-style-type: none"> ∞ Serve fruits or vegetables at every meal. ∞ Serve all meals family style. ∞ No fried foods.
<i>Beverages</i>	<ul style="list-style-type: none"> ∞ Offer water at the table during every meal and have water accessible at all times. ∞ Serve beverages that do not have added sugars. ∞ For children two and older, serve low-fat (1%) or non-fat milk, or 100% fruit juice (no more than one 4-6 oz. serving per day.) 	<ul style="list-style-type: none"> ∞ Offer water at the table during every meal and have water accessible at all times. ∞ Serve beverages that do not have added sugars. ∞ Serve healthier beverages, including water, low-fat (1%) or non-fat milk, or 100% fruit juice (no more than one 6-8 oz. serving per day.)
<i>Infant Feeding</i>	<ul style="list-style-type: none"> ∞ Adults who work with infants and their families should promote and support exclusive breastfeeding for six months and continuation of breastfeeding in conjunction with complementary foods for 1 year or more. 	

These standards, when implemented fully throughout the Y, will be the basis on which the Y's commitment to being one of the largest and healthiest providers of early childhood education and afterschool programming in the nation is recognized.

For more information, visit ymca.net.



EXECUTIVE SUMMARY

The School Age Services Programs at the Ozarks Regional YMCA increased access to nutritious food for the children we serve through the Local Sprouts Project: A Farm to Childcare Collaborative. With funding from Missouri Foundation for Health, the Centers for Disease Control and Missouri Department of Agriculture, the Local Sprouts Project coordinated many opportunities for children to eat healthy local food during snack and meal time. Working with our partners and site staff, children learned how to make nutritious choices and about where their food comes from.



SUMMER DAY CAMP PROGRAMS

Local Food for Local Bellies at Camp

Children received a locally grown fresh fruit or vegetable twice a week from the Local Sprouts Commercial Kitchen at Homegrown Food Hub. During the summer of 2013:

- Y Summer Day Campers consumed over 9,500 servings of healthy fruits or vegetables from local farms
- Children ate over 3,000 pounds of local produce
- 85% of the fruit and vegetables consumed came from approximately 20 miles away from the kitchen at Homegrown Food Hub
- The average cost per serving (food + processing + profit) from Homegrown Food Hub was \$0.83

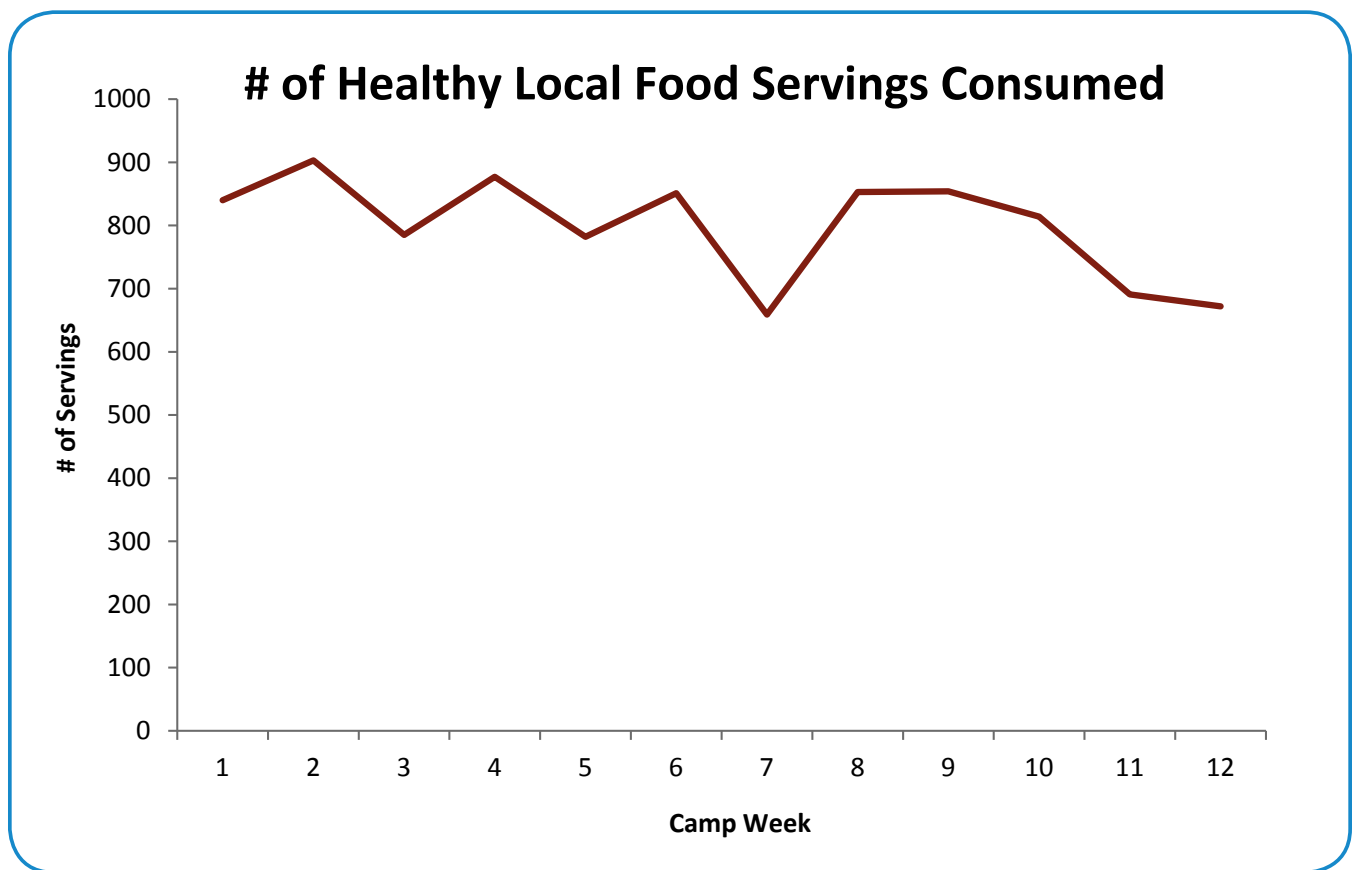


Summer Local Food Data

Ordering perishable food for a Summer Day Camp Program with multiple sites can be challenging due to attendance fluctuations. An important lesson learned is to take note of holiday weeks and reduce orders due to lower attendance.

Over 12 weeks of Summer Day Camp in 2013, the average number of servings consumed fluctuated based on attendance. Enough food was supplied at each site to feed a serving to every child enrolled. The Local Sprouts Project began data collection by counting every child that ate. This became cumbersome to staff, since not every enrolled child attended every day of the program. Moving forward, the project began to collect data based on enrollment and all servings were eaten as leftovers or in creative ways (like fruit was put in smoothies, fresh local blueberries were added to breakfast pancakes).

The food order was reduced as we served fewer children overall in the final two weeks of summer due to consolidation of our sites to three from six. The graph below depicts actual number of servings per week.



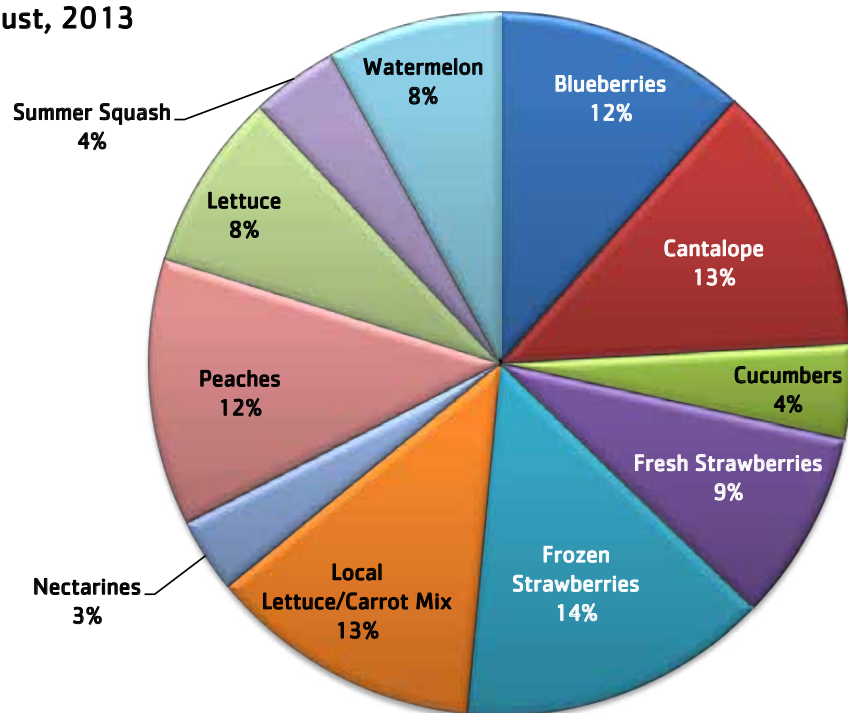
A drop off in Week 7 during Fourth of July indicates that holiday weeks have fewer children attending the program.

What Kids Ate

Children in the Y School Age Services Program ate a large variety of healthy local food during Summer Day Camp. The chart below shows what the kids ate and the percent of time they were served that particular food.

Locally grown fruits and vegetables are in their peak season in the summer. During the peak season, the price for a large quantity of certain foods is at the lowest of the season. During the summer of 2013, many fruits were purchased and processed to be stored for the children to eat during the school year when fruits and vegetables were not growing locally in large supply. Buying and storing those foods made it possible for children to eat local food year round.

**Percent of Local Food Consumed
May - August, 2013**

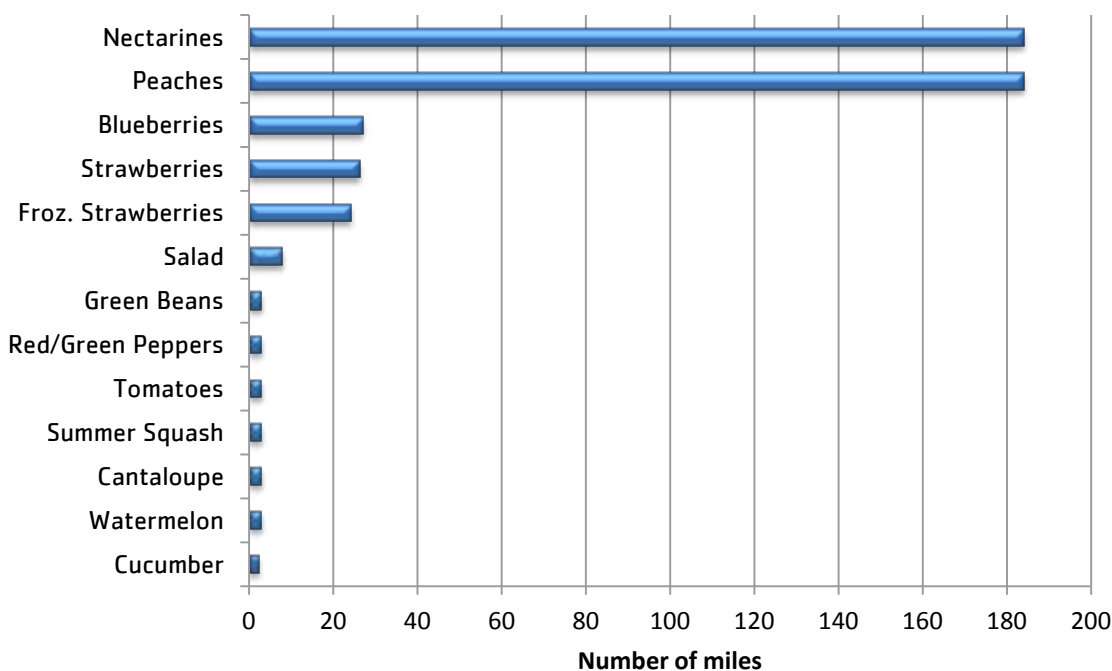


Where It Came From

Seventy-five percent of the local fruits and vegetables we served our kids came from approximately 20 miles away from the kitchen at Homegrown Food Hub. The peaches and nectarines purchased from a little over 150 miles away were a special variety that withstood washing and storage better than varieties grown closer.

Below is a graph showing each local food item and the average distance it traveled. The food was then cleaned up and sent out to our sites for kids to eat. All of the food sourced came from within the State of Missouri.

Distance (in miles) Between Each Healthy Local Food Item and Processing Kitchen at Homegrown Food Hub



Local Strawberries, a Journey from Farm to Child



Strawberries from Brown's Berry Farm, located in Miller, MO, are packed on flats and ready to be washed.



Vegetable sinks wash and sanitize the berries. The berries hang to dry.



Amanda weighs and bags the berries.



The bags of cleaned berries are sealed by the sealer.

The local strawberries are packed and ready for delivery to sites



School Age Services staff serve the berries with yogurt for snack.



OR



The Y Summer Day Campers enjoy a fresh, healthy and locally grown strawberry.



Leftovers are served on Friday.



Summer Lessons Learned Local Food



To reduce waste and for food safety, leftover fruit or veg should be served by Friday, then discarded.



Count staff as a serving. It is important that staff model healthy eating behaviors for moral boosting, buy-in and role modeling.



Have invoices reflect processing times for each individual fruit or vegetable to better understand the cost per serving for each food item.



Summer snack delivery was supported by amazing interns and volunteers like MSU student Blaire Peters and Brad Nelson at Homegrown Food.



Flexibility is important when ordering locally. Menus were designed to hold a place for a fruit or a vegetable based on local availability.



Cold storage was an issue at all sites due to an increased amount of fresh food, in addition to local food, coming into the Childcare Program.

The Local Sprouts Garden Bar

Garden bars are a great way to incorporate fresh and healthy fruits and vegetables into programs during the growing season. They offer colorful variety.

The Local Sprouts Garden Bar visited five of our summer sites during snack or lunch time. Children chose from many local food offerings including green beans, cucumbers, cantaloupe, summer squash, lettuce, tomatoes, red and green peppers and watermelon. Over the summer of 2013, from the garden bar:

- Y Summer Day Campers consumed over 700 servings of locally grown fruits and vegetables
- They ate over 400 pounds of local food from the garden bar
- 100% of the fruit and vegetables came from farms approximately 20 miles away from the kitchen at Homegrown Food Hub
- The average cost per serving (food + processing + profit) from Homegrown Food Hub on the garden bar was \$1.24



Summer Lessons Learned The Local Sprouts Garden Bar



To reduce waste and for food safety, any leftover fruit or veg from the garden bar should be served within two days then discarded for health reasons.

Count staff as a serving. When the staff buy in to the program and model healthy eating behaviors, the kids are more likely to try new foods.

Ask the site staff to set up the garden bar, serve the kids, and encourage them to try new things to make the garden bars a success.



Have invoices reflect the processing time for each individual food item on the garden bar to better assess the cost per serving of each item on the garden bar.

Order fewer servings when the garden bar is offered as part of lunch. Children are less likely to choose it when it is offered in addition to their lunch.



Fruit is very popular on the garden bar. Children chose watermelon and cantaloupe more often than squash and tomatoes.



Garden Education & Onsite Lessons

ORYMCA children spent their summer learning in the school gardens with Springfield Urban Agriculture Coalition (SUAC)'s DIRT Project. In addition to visiting the gardens, SUAC visited each site and taught an indoor lesson about where food comes from.

- The ORYMCA day campers visited the school gardens or had an indoor lesson 16 times over the summer.
- Mr. Dan and volunteers taught lessons about the different parts of the plant we eat, how to plant companion crops, and how each part of a cheeseburger comes from the big four (sun, soil, water and air).
- Children were able to harvest and taste many things right out of the garden like corn, peppers, kale, strawberries, turnips, radishes, carrots and lettuce.
- Container gardens at some sites allowed children to care for their own plant all summer long.



Summer Lessons Learned Garden Education



The weather is unpredictable sometimes. Have a rain plan or a heat plan and switch an outdoor lesson to an indoor lesson when necessary. Be flexible.



Breaking into smaller groups is more effective when teaching large groups of kids. Shuttle when bussing if possible.



Schedule outdoor lessons in the garden early so it is not too hot for children to enjoy, but not so early that parents have not dropped off yet.



Get site staff involved by putting together a newsletter explaining why garden education is important or by highlighting its value in trainings.



Make garden lessons meaningful and memorable. Children like trying new things picked right from the garden.



Have onsite lessons during site days. Special guests are an exciting treat! Be flexible, and break into groups according to what works best at each specific site.

Field Trips

The ORYMCA Summer Day Campers took field trips to local farms and farmers markets. Children were able to meet their farmers and further connect with the food they ate from local farms. When visiting the market, children received a “market buck” to spend on local food. Many of children purchased healthy food items and ate them during the field trip. During the summer of 2014, we invited parents to join us at the market, extending lessons about where to get healthy food beyond the child to the entire family unit.



Summer Lessons Learned Field Trips



Smaller groups of children work best when touring the market and talking to farmers. Shuttle when bussing if possible.



Have a point person on hand to move the groups of kids through and keep the trip flowing.



Invite parents to join or let them know in advance that children will be attending the market. Children will buy healthy, local food!



Work with farmers market managers to prepare farmers in advance to talk to the kids about their farms and the kinds of food they grow.



Create enthusiasm with little giveaways or incentives for children and staff.



Connect it all back to the local food the kids eat at snack or meal time.

A Summer Story

By Amanda Black, ORYMCA School Age Services Area Program Director

During the summer of 2013, the Ozarks Regional YMCA provided lunch to their Summer Day Camp kids entering kindergarten through teens at four different locations. They served lunch to approximately 230 kids and teens each day. Lunches were offered to the lower income schools, even though all participants and staff were allowed to eat. This made a huge impact on not only the kids, but the parents as well.

Sara Wells is a single mom of two. She chose to send her two children, Bella and Michael to Horace Mann Elementary Day Camp not just because of its location, but because she knew that they would be serving lunch. Her kids ate lunch at the Y every day. Sara was greatly appreciative to have the option of sending her children to a safe, fun program where lunch would be provided. "I know Bella and Michael would have loved to go to the big Y with their step-sisters and friends from school, but not having to provide lunch is a huge factor, and that's why I chose to send them to Mann." Sara went on to say that the kids were excited to have lunches that the staff prepared every day, and that they were excited about several of the lunches offered. "For some reason, peanut butter and jelly tastes different at camp than at home. I'm not sure how the staff gets not only my kids, but the kids in general to eat so many fruits and veggies. I think it's great!"

This summer, the Y teamed up with Local Sprouts to not only visit local farmers markets and gardens, but to serve fresh, local fruits and veggies to the kids at least twice a week. Leftovers from the previous day's snack were used to supplement lunches and snacks, depending on the produce. Salads were served as a side and blueberries were added to pancakes. While on the fieldtrips, kids learned how produce is grown locally and where you could purchase those local items. They learned how to plant, water, and harvest, and why it is important to plant flowers as well to help attract bees (see picture below – This is Bella Wells, daughter of Sara).



AFTERSCHOOL PROGRAMS

Local Food for Local Bellies Afterschool

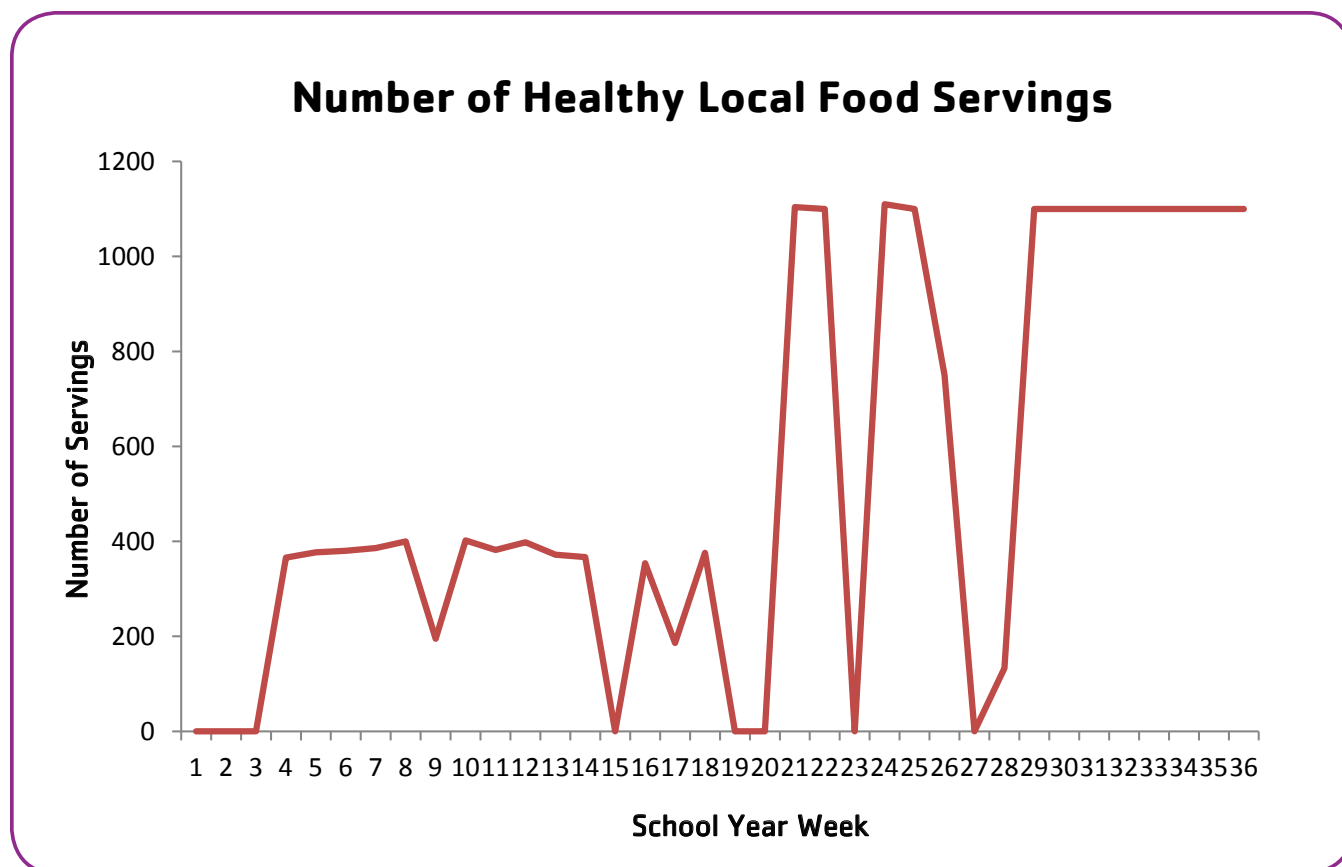
During afterschool time, children received a locally grown fresh fruit or vegetable twice a week from the Local Sprouts Commercial Kitchen at Homegrown Food Hub. During the 2013-2014 school year:

- Beginning in our eight dinner programs, the Y increased access to healthy food by putting local food on the dinner plate of kids in low-income areas
- Consumption increased 285% from the fall semester to the spring semester as we doubled the number of school sites served from 11 to 22 sites
- Children ate over 3,500 lbs. of fresh food grown by local farmers (that's nearly two tons of local produce!)
- The average cost per serving (food + processing + profit) from Homegrown Food Hub was \$0.72 (down from \$0.83 over the summer of 2013)



Afterschool Local Food Data

School Age Services increased access to and consumption of local food over the 2013-2014 school year by doubling the number of school sites served. The graph below shows a breakdown of the school year in weeks and the number of healthy, local food servings consumed.



The start of the school year was used for planning, so we did not serve local food (Weeks 1-3) Holiday weeks show a severe drop in the number of servings, since we did not supply kids with local food on those weeks in the first semester (Week 15 was Thanksgiving, Weeks 19 & 20 represent Winter Break).

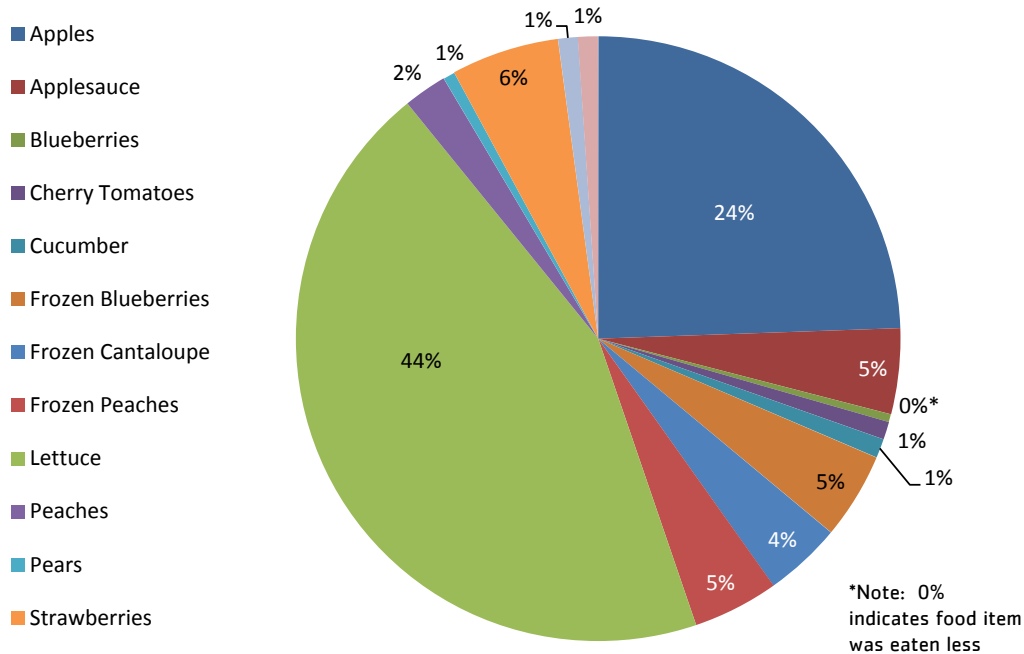
During the Spring Semester, consumption shot up as we increased the number of sites served from 11 to 22. Spreading out the weeks when no local food was served due to lack of availability (Week 23 & 27) allowed us to maximize our storage supply. During Spring Break (Week 28) numbers were down as well, however children ate local food at our Holiday Childcare sites located at both the Pat Jones Y and Ward Downtown Y. These serving numbers would be in addition to the Afterschool serving numbers reported. Over the winter months, there were only two weeks out of the entire second semester when storage supplies were too low to feed kids locally.

As fruits and vegetables began to grow locally again in the spring (Weeks 28-36), consumption shot up and leveled off to roughly 1,100 servings per week.

What Kids Ate

Children in the Y School Age Services program ate a variety of healthy local food afterschool during snack or mealtime. The chart below shows a list of locally grown food items the children ate and the percent of the time they were served that particular food.

**Percent of Local Food Consumed
September 2013 - May 2014**

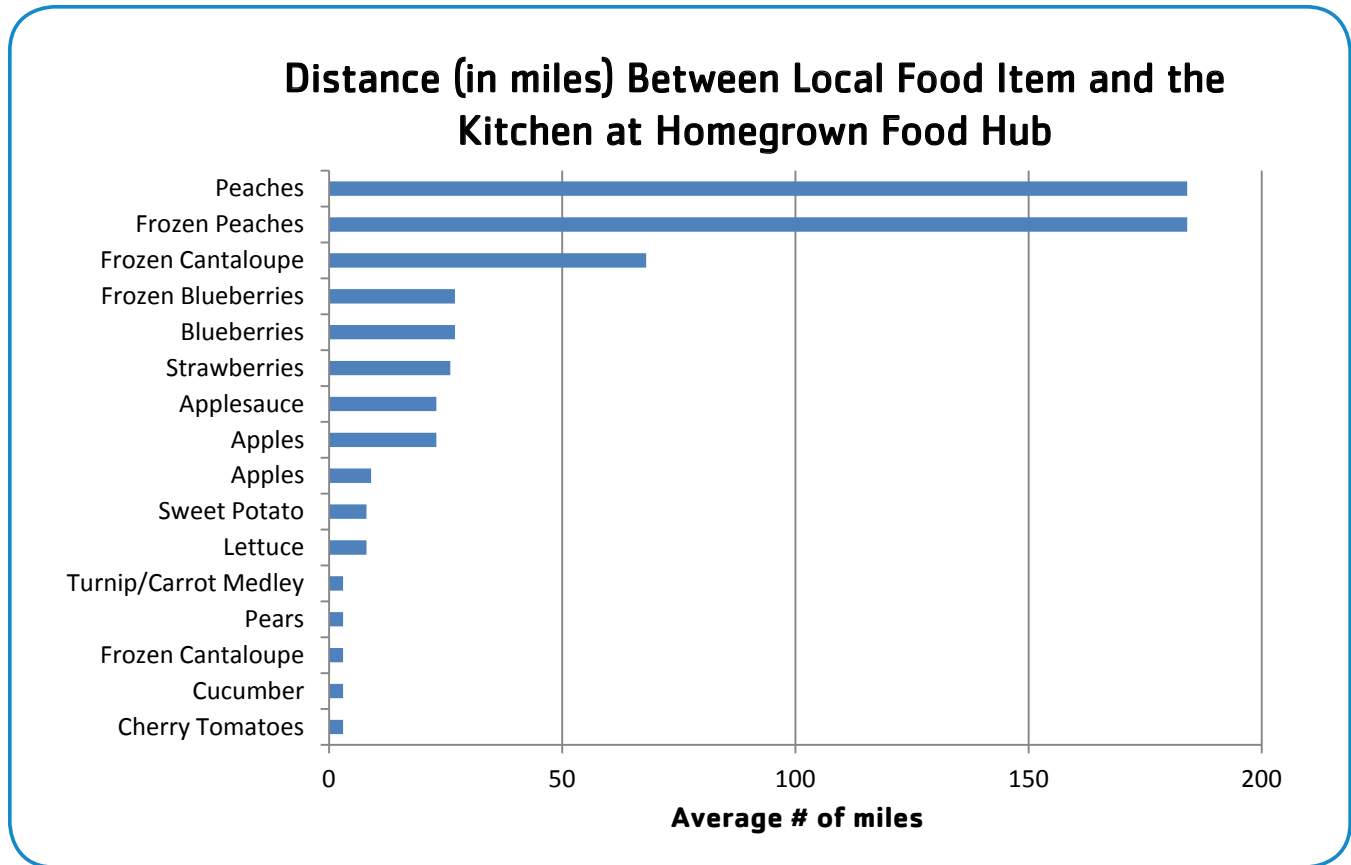


Homegrown Food Hub contracted with Young Family Farm in the winter of 2014 to ensure that the Y kids received a locally grown, healthy salad once a week. This contract explains the large percentage of lettuce kids ate during the 2013-2014 school year. It also added to our ability to feed kids locally over the winter months, since the lettuce was grown hydroponically, or in a greenhouse.

During the winter season when fruits and vegetables were not growing locally at a large enough quantity for a wholesale market, we served kids a fresh frozen snack component. Consisting of mainly frozen fruit, our kiddos enjoyed fresh fruits that had been purchased at the height of their growing season. This produce was washed, bagged, frozen and stored during the summer at the kitchen at Homegrown Food Hub. Children enjoyed frozen peaches, frozen blueberries, applesauce and frozen cantaloupe.

Where It Came From

While the peaches traveled a little further to get to our children's plates, 90% of the local fruits and vegetables we served our kids came from approximately 14 miles away from the kitchen at Homegrown Food Hub. Below is a graph showing each local food item and the average distance it traveled. The food was then cleaned up and sent out to our sites for kids to eat. All of the food sourced came from within the State of Missouri.



Local Producers

Many local farmers grew large quantities of healthy local food for our kids to eat. Some of those farms and their locations include:

- Bader Farm in Campbell, MO
- Boz's Berry Farm in Republic, MO
- Fassnight Creek Farm in Springfield, MO
- Millsap Farm in Springfield, MO
- Ozark Mountain Orchard in Springfield, MO
- Plasters Orchard in Brighton, MO
- Sunshine Valley Farms in Rogersville, MO
- Urban Roots Farm in Springfield, MO
- Young Family Farm in Springfield, MO

Local Lettuce, a Journey from Farm to Child



Local lettuce is harvested and delivered to Homegrown for processing.



Amanda cuts up the lettuce to be washed.



The lettuce is washed in custom-made vegetable sinks.



The local lettuce is spun out in a giant salad spinner.



The lettuce is ready to be weighed and bagged.



Food is delivered to the sites, where kids eat a local salad as part of a healthy snack.

Afterschool Lessons Learned Local Food



Make sure fresh frozen labels stick properly to stored frozen food, so the labels don't fall off during delivery.

Batch test new recipes in small quantities. This ensures kids like the food and will eat it before a large amount of that batch is made (such as applesauce).



Be willing to change the food delivery system to accommodate fresh, local food. For example, change the day the food is delivered to maximize perishable food shelf life.

Be willing to change the food delivery system to accommodate fresh, local food. For example, change the day the food is delivered to maximize perishable food shelf life.



Put the same amount of servings in each bag. This ensures the proper amount of each food item is offered to kids and minimizes confusion during delivery.

Watch waste. Find creative ways to use leftovers (in pancakes, smoothies, etc.). Discard any unused food by its expiration date for food safety.



Nutrition Education Afterschool

Staff at our sites taught children enrolled in the School Age Services Programs a nutrition lesson twice a week after school. Interns from dietetic internship programs around the area visited sites to teach kids about making healthy choices.

Staff taught lessons from the Food & Fun After School curriculum developed by the Harvard School of Public Health. This curriculum was designed for the YMCA of the USA to teach kids to develop healthy habits in out of school time. Sites used modified lessons from the garden provided by the Springfield Urban Agriculture Coalition's DIRT Project, teaching kids about where their food comes from and about the farmers who grew the food.

Ten laminated lessons and supporting materials, a MyPlate Pocket Chart with food cards, information on vitamins and minerals, and a resource guide to modeling healthy behaviors were put in a Local Sprouts Tubby and installed at all 34 sites to make access to resources for teaching kids readily available to our staff.



Afterschool Lessons Learned Education



Provide the resources and training for staff to feel comfortable teaching about healthy food choices.



Empower staff and encourage them to model healthy behaviors, especially during program hours when they are with children.



Be flexible when teaching kids. Sometimes lessons move locations and the number of kids will change. Small groups work best when teaching children at larger sites.



Invite guest speakers in to talk about healthy eating opportunities. Partner with organizations in the community.



Reach out to parents so that the education provided to the children extends beyond the child into the family unit.

Provide a newsletter describing activities done at the site or give stickers to the kids to convey messages to parents.





Farmer Highlight

This is farmer Dan Bigbee. He owns and operates Fassnight Creek Farm located in the heart of Springfield. Dan would tell you that his family eats the same food they sell to their customers, so they strive for excellence in all they produce. Dan's family has worked their 14-acre farm for over 25 years. While providing fresh, quality produce for people to purchase, they also encourage people to at least try to grow some of their own food.

Fassnight Creek Farm was one of the first growers to sell fresh, locally grown fruits and vegetables to Homegrown Food Hub for kids in the Y School Age Services Programs to eat. Dan and his wife, Kelly, recognized the value in selling to a wholesale market and have been able to focus on farming fruits and vegetables to feed the large number of kids in our programs.

Dan also serves on the Local Food Access Team formed by Springfield Public Schools to increase access to local healthy food for kids in the district. We are grateful to Dan and his family for working so hard to produce healthy, local food for our kids, and for being so active in the community.

Thank you Farmer Dan!

THE COMMERCIAL KITCHEN AT HOMEGROWN



Providing Safe Food for Kids

The Y School Age Services Programs are spread out around Springfield to serve the needs of our families and children, and our sites lack access to kitchens for sanitizing and cutting up (processing) fruits and vegetables for children to eat.

With MFH grant funded investment, the ORYMCA purchased equipment and built a commercial kitchen at Homegrown Food Hub. Owned and operated by Amanda Owen, this kitchen serves the Y kids a local fruit or vegetable twice a week. The Local Sprouts Project grant has allowed the ORYMCA to work through the challenges associated with serving local food.

Amanda, who served on the Board at Farmers Market of the Ozarks and is the founder of a corner store that sells local products, is able to draw upon her network of growers to buy large quantities of local food and meet the needs of the Springfield Y. The commercial kitchen at Homegrown Food Hub is equipped to create value added products such as tomato sauce, salsa, and applesauce, so our children can eat local food year round. Children also enjoy 'fresh frozen' fruits in the colder months, such as frozen blueberries and frozen strawberries.

The kitchen is also a resource for the community. Farmers and entrepreneurs can rent the kitchen at Homegrown Food to create their own value added products to sell to consumers.

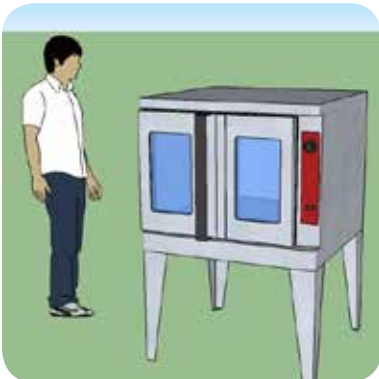
Lessons Learned At the Kitchen



Partner with a local food service equipment store to help design a kitchen space that maximizes your budget.



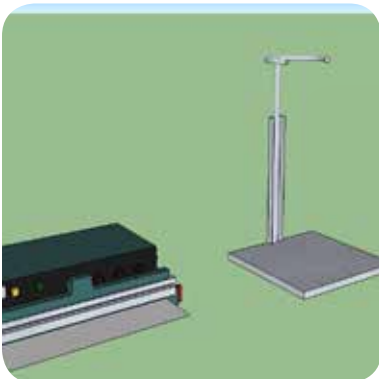
Commercial kitchen equipment is heavy and costly. Tour other facilities first and know that in addition to equipment costs, there will be installation charges.



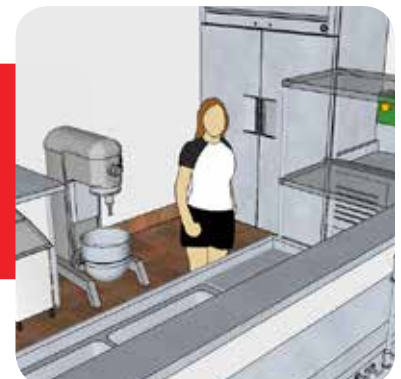
Renovating an existing space is sometimes more costly than starting from scratch. Can your floor withstand the weight of the steam kettle? Is there a hood and a drain to support that kettle?



Food processed and bagged at the kitchen must be labeled to sell. Make sure food labels have the following information: What is in the bag, when it was bagged, expiration date and where it came from.



For traceability, record where the food came from and keep good records. Have insurance to ensure that there is a liability plan.



Work with your local health department. Even though they have standards that must be met, they are a great resource to help guide the process and offer support.

LOCAL FOOD IN OUR PROGRAMS – SERVING KIDS

Storage

As the ORYMCA continues to increase the amount of fresh food in our programs, the issue of storage remains a critical component to our ability to increase access to healthy food for kids. The healthy, fresh food we serve in our programs is perishable and must be refrigerated. The local food we serve in our programs is delivered to sites sanitized, cut up, bagged and ready to serve reducing its shelf life even further.

Our School Age Services program sites are spread out over many different locations with attendance at those sites ranging from 10 to over 100 children. During afterschool and summer, the ORYMCA partnered with Springfield Public Schools and their elementary school principals to ensure that proper storage either existed or could be put in place to support the amount of fresh food coming into our programs.

A partnership with the school district and school principals is very important, since we cannot access the school kitchens as a school age service provider at any point during summer or the school year. Liability concerns have been the main barrier to kitchen access. Food service contracts prohibit sharing equipment and storage space. Storing food for the school lunch programs on-site has been a challenge at most schools as well.

The Local Sprouts Project used grant funding to add several refrigerators at sites where they were appropriate. However, at many of the school sites, adding a refrigerator was not allowed due to limited space. Some of the principals at the sites declined our offer to add additional storage. At other elementary schools, we learned that electrical wiring was necessary to support more electricity in older school buildings. Once we were able to financially support adding additional electricity, principals allowed us to install refrigerators at some of those sites.

The built environment, in most cases, was not conducive to fresh food. Many of our schools have multipurpose rooms which serve as the gym and cafeteria. These rooms may also contain a stage for school musical performances. Children spend their afterschool and summer program time in these multipurpose rooms, and the physical space in the multipurpose rooms often cannot support refrigerators being added for fresh food. Concerns about the safety of the children as the room fills up must be addressed as space at schools is so limited.

The teacher's lounge fridge at many of the schools remains the only method for storing healthy perishable food. This is a less than ideal situation, since teachers like to use their fridge for lunches brought from home and other personal items. The food for our kids is bagged and safe, but storing food in the teacher's lounge may also raise food safety concerns.

The Local Sprouts Project tested an electric cooler option for keeping local fruits and vegetables cold. Staff raised concerns about the safety of the food during non-program hours. Coolers containing snack food for children would have been left unattended in the multipurpose rooms at sites. There was also the concern and possibility of the units becoming unplugged and food spoiling. The coolers took several hours to cool down, so they had to be plugged in hours prior to being used. Also, the electric coolers were delicate and not suitable for a large volume of food on a daily basis.

With Local Sprouts grant funding, the G. Pearson Ward Y was able to install a walk-in cooler and two freezer units to accommodate the fresh local food and all of the other food needs for the programs. The cold storage allowed the Ward Y to serve as a hub for all of the School Age Services programs. Food was delivered into the storage at the Ward site then distributed out to all other sites. While storage at the sites remains a challenge, having cold storage on-site has helped increase access tremendously.



Delivery

The Local Sprouts Project tested several models of local food delivery.

- The first model of delivery was to have the Local Sprouts Project Coordinator deliver the food to sites. This was a temporary solution that allowed the Project Coordinator to become familiar with each afterschool and summer site. The Project Coordinator was also able to collect data and document the storage challenges at each site. This model was not sustainable, however, beyond the grant funded period.
- Another model of delivery was to have site staff pick up the fresh food from the Ward Y where it was stored in the walk-in coolers or freezer units. This was a time consuming option for staff that may not have been making the trip every week to the Ward Y. This fragmented approach was not workable.
- Program Directors picked up directly from the kitchen at Homegrown on several occasions, and then delivered the food to sites. This option worked well, except that each Program Director has several sites, so this was a time consuming method that took the staff away from programming time.
- Volunteers and interns supported the delivery methods on many occasions. While this method took the burden of pick-up and delivery of fresh food off of the staff, it was also not a sustainable way to get healthy food to kids. Interns only worked on a temporary basis and relying on volunteers was not the most sustainable way to get food to sites.
- The School Age Services Program changed its delivery date after local food began to be served in 68% of our afterschool sites. The staff delivery driver had not been able to complete local food deliveries, because he delivered on Mondays. Food from the farm was not harvested until Monday, so it was not ready to be delivered until Wednesday. Once we were able to put the local food into existing deliveries, sustainability greatly increased. These deliveries were, however, every other week. Perishable fresh food must be delivered weekly due to a short shelf life. On the weeks where there was no delivery, program staff were in charge of getting perishable food to their sites.
- The Local Sprouts Project will continue to study delivery methods that increase access to healthy food for kids and support community efforts to work through the distribution challenges associated with local food.



Staff Training

While we were able to have whole fruits on occasion, our staff had never worked with fresh local food that was cut up and bagged as it was from the kitchen at Homegrown. The Program Directors trained their staff to use spoodles. In order to get the right serving amount (6 oz. or $\frac{3}{4}$ cup) to fulfill our requirements through the USDA's Child and Adult Care Food Program (CACFP), staff used spoodles to make sure the correct portion sizes of the fruits and vegetable were offered. For the juicy fruits, slotted spoodles helped make serving the food less messy.

In addition to portion size training, staff training also focused on expiration dates. As discussed in the storage section, local food has a shorter shelf life than fruits and vegetables trucked into Missouri from far away. The food arriving at our sites was sourced and served to our kids within the week. The shorter trip from farm to child meant less chemicals to keep the food fresh, so the fruits and vegetables went bad more quickly. In addition, the fruits and vegetables were already washed and cut up, further reducing their shelf life. Frequent reminders were sent to staff to use all food in a timely manner and to throw food away once it reached its expiration date.

Flexibility

Initially, all of the sites ate their local food on the same day, but as we ramped up the number of sites receiving local food, we allowed flexibility in the menus to use the local food when it worked best for that specific site. The local fresh food just replaced a fruit or vegetable component for the snack or meal that would have otherwise been canned. This allowed program staff to further enjoy the local food without the stress of trying to serve the food on a certain day. Once the project has ramped up to serving local food in all sites, streamlining the menus will be an easier task.

Waste

Fluctuations in attendance at our Afterschool and Summer Day Camp sites meant that ordering fresh, perishable and expensive food can be challenging. Programs must order enough food for all of those children that are enrolled, even if they do not attend. Food waste becomes an issue when children who are enrolled do not attend. ORYMCA staff found creative ways to use leftover local fresh and fresh frozen food to serve children in our programs. The delicious local blueberries were put into breakfast pancakes, leftover peaches and strawberries were put into smoothies. Lettuce was used as a side for meals. Many times, staff identified families and sent leftovers home with families in need. If food was not used before its expiration date, staff threw the food away for safety reasons.

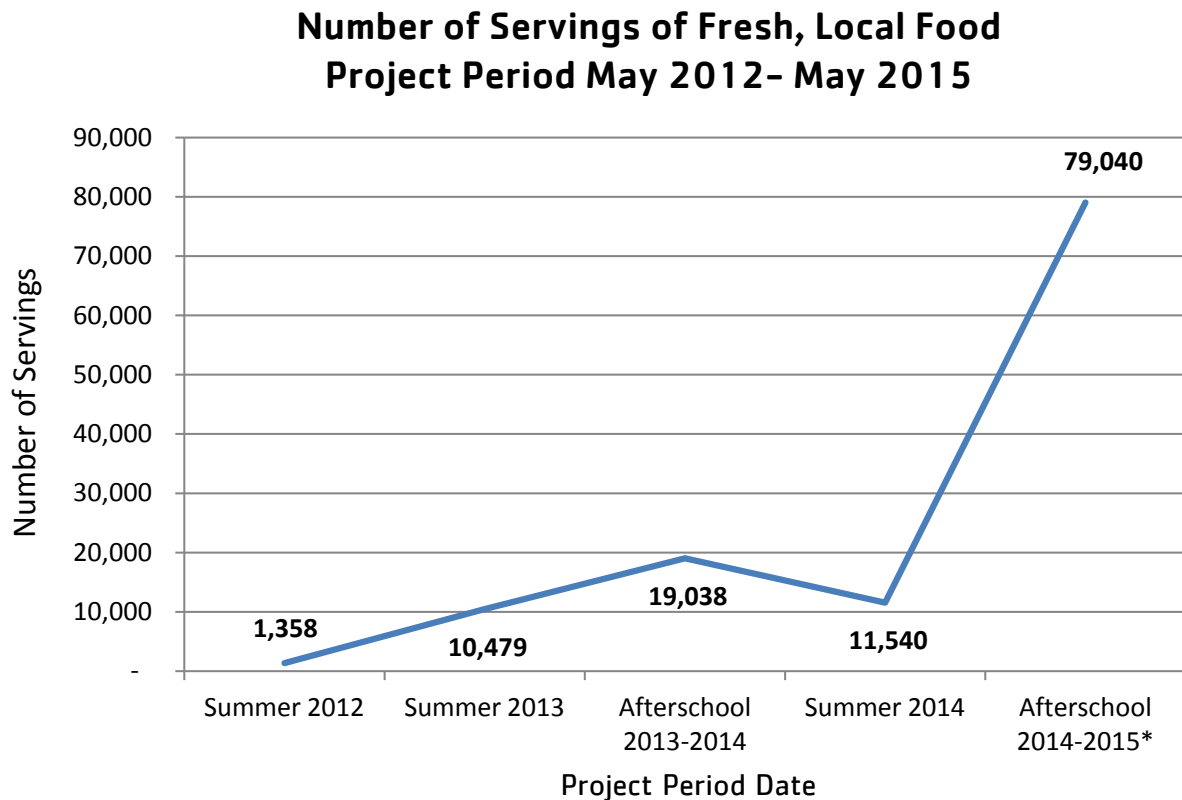


DATA ANALYSIS

Number of Children Served

The ORYMCA through the Local Sprouts Project began serving children in the summer of 2012. During the summer of 2012, children ate primarily from garden bars. The project partnered with Springfield Urban Agriculture's DIRT Project and sourced food from the school gardens. We also partnered with Urban Roots Farm, a local farm located in the city. Staff harvested food from the gardens and farm, cleaned it, cut it up and delivered it to sites. This was both time consuming and not sustainable. Staff and DIRT Project volunteers had to harvest from multiple school gardens in order to source enough food for the large number of children we serve. Installation of the commercial production kitchen at Homegrown enabled us to serve a larger number of children and eliminated the need to have staff sources and processing food for children.

Below is a graph of the number of children offered local food in our programs since the project started in 2012. By the summer of 2014, the project had served 100% of all summer sites and had served 68% (22 of 34) afterschool sites. The graph below indicates that once 100% of afterschool sites are receiving local food two times per week, consumption will drastically increase.

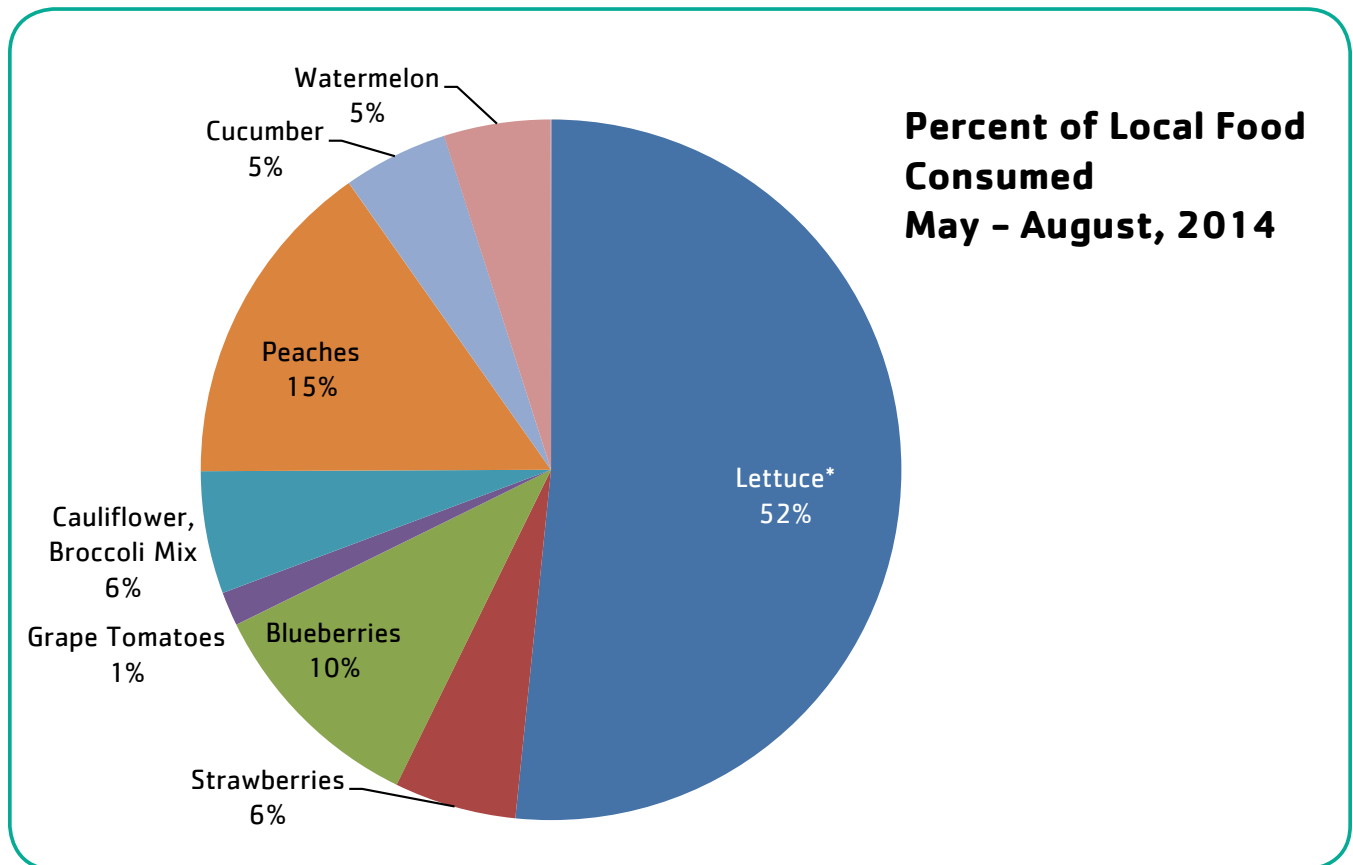


*Afterschool 2014-2015 indicates a projection for local food consumption.

By the of the 2014-2015 school year, projections indicate that over 120,000 serving of local food will have been offered to the Y children.

Variety

A comparison of the summer of 2014 and the summer of 2013 showed that there was less variety of local fresh food for children. While a buying contract between Young Family Farm and Homegrown for hydroponic lettuce reduced the variety, it insured that the Y children had a fresh, local salad once a week. This contract that guaranteed that Homegrown would buy lettuce for the Y kids every week also helped reduce the price of the local food per serving.

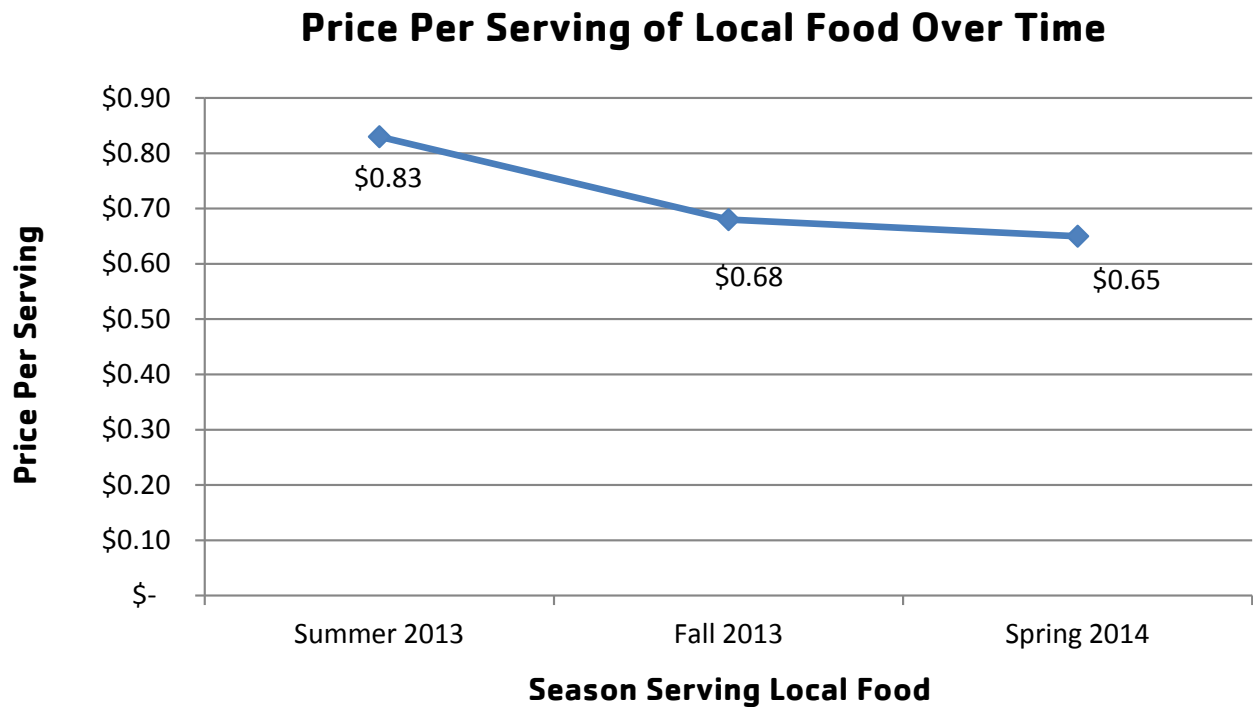


*Comparing the variety from summer 2013 on page 6, children only ate lettuce 8% of the time. Local lettuce once a week meant a reduction in variety overall.

Less variety meant that Y staff learned to use the local lettuce in different ways. The lettuce was incorporated into the meal programs and used in taco salads or added into wraps. Local salads were decorated with local shredded carrots and grape tomatoes or mixed with croutons and cheese.

Cost Analysis

The Y's Local Sprouts Project has been working through the challenges related to the storage and delivery of fresh local food, while also tracking the cost per serving of local fruits and vegetables. Using a formula established in an Memorandum of Understanding (MOU) with Homegrown Food Hub (raw food + processing costs of \$27.00 per hour + 3% profit), serving costs were calculated taking the amount of each invoice and dividing it by the number of servings provided. Over time, as depicted on the chart below, the price per serving has fallen nearly \$.20 since the project began running in the summer of 2013.



Why the Price Per Serving is Dropping

Buying food in large quantities for serving a big group of people generally lowers the price of food. We call that buying wholesale. Local food, however, is still cost prohibitive based on the cost per serving, or per component (kids must have a fruit and a grain, for example according to the guidelines we follow), during snack time. But we are getting closer as the price per serving for local food is trending downward due to several factors, including:

- Processing (cleaning, bagging, cutting, etc.) times at the kitchen are speeding up as Homegrown has become more efficient at working with specific local foods for our kids
- An increase in volunteers in the kitchen working on processing has cut costs and sped up the process, therefore reducing the overall price per serving
- Contracting with a local hydroponic lettuce grower allowed prices to fall for local lettuce since the farmer and the purchaser (Homegrown) had an agreement that the lettuce would be purchased if grown in large supply.



Tools for Data Collection

Data for the Y's Local Sprouts Project was collected by the Local Sprouts Project Coordinator. Program Directors reported attendance and numbers were based on meal counts initially. This was a cumbersome way of collecting data with attendance fluctuations at the sites. In the spring of 2014, the project coordinator began reporting the number of local food servings offered. Further study is warranted for food waste.

Spreadsheets were used to collect data and track information. Some examples of the tools used are in the following pages for collecting:

- School Information for Planning
- A Cost Analysis
- Curriculum Used and Menu Sampling
- The Number of Servings of Local Food
- Garden Bar Information
- Pounds of Local Produce Processed

AFTERSCHOOL				
SCHOOL SITE	AVG # OF KIDS PM	STORAGE	LS START DATE	MEAL PROG
Bingham	10	COOLER	Fall 2013	
Bissett	10	Y FRIDGE	Fall 2013	X
Bowerman	20	Y FRIDGE	Fall 2013	X
Boyd	20	Y FRIDGE	Fall 2013	X
Campbell	20	Y FRIDGE	Fall 2013	X
Clever	20	FRIDGE	Fall 2014	
Cowden	30	Y FRIDGE	Fall 2013	X
Delaware	30	COOLER	Fall 2013	
Disney	80	TL Fridge	Fall 2014	
Field	50	TL Fridge	Fall 2014	
Gray	90	TL Fridge	Fall 2014	
Greenwood	30	TL Fridge	Spring 2014	
Hickory Hills	40	TL Fridge	Fall 2014	
Holland	20	TL Fridge	Spring 2014	
IC	40	TL Fridge	Spring 2014	
Jeffries	40	Y FRIDGE	Fall 2014	
Mann	50	Y FRIDGE	Fall 2013	
McBride	80	TL Fridge	Fall 2014	
Pershing	30	TL Fridge	Spring 2014	
Phelps	30	TL Fridge	Spring 2014	
Pittman	20	TL Fridge	Fall 2013	X
Pleasant View	20	TL Fridge	Spring 2014	
Portland	20	FRIDGE	Fall 2013	X
Robberson	0		Meal Program	SPS
Rountree	20	TL Fridge	Spring 2014	
Sequiota	40	TL Fridge	Fall 2014	
Sherwood	20		Fall 2014	
St. Agnes	20	TL Fridge	Spring 2014	
St. Elizabeth	30	Y FRIDGE	Spring 2014	
Sunshine	30	TL Fridge	Fall 2014	
Twain	40	TL Fridge	Spring 2014	
Weller	10	TL Fridge	Fall 2013	X
Wilder	30	TL Fridge	Spring 2014	
Total	1040			
Aftercare Total Local Per Week	2080			
(1040 x 2 times per week)				
Pat Jones Y	Y Fridge			

**TL = Teachers Lounge

**SNACK COST ANALYSIS HOMEGROWN FOOD HUB
YTD**

Date	Inv #	Raw Food Cost	Processing Cost	Profit	Total	# Servings	Cost per Serving	Type Local Food	Farm
5/23/2013	1	\$ 1,194.75	\$ 796.50	\$ 59.74	\$ 2,050.99	1770	\$ 1.16	strawberries fresh/frozen	Brown's Berry Farm
6/6/2013	2	\$ 204.00	\$ 405.00	\$ 18.27	\$ 627.27	1010	\$ 0.62	lettuce	Millsap Farm
6/11/2013	3	\$ 487.00	\$ 594.00	\$ 32.43	\$ 1,113.43	1010	\$ 1.10	lettuce & strawberries	Millsap Farm; Boz's Berry Farm
7/21/2013	12	\$ 248.50	\$ 189.00	\$ 13.13	\$ 450.63	815	\$ 0.55	watermelon & cantaloupe	Fassnight Creek Farm
7/29/2013	14	\$ 371.25	\$ 135.00	\$ 15.19	\$ 521.44	900	\$ 0.58	cantaloupe & nectarines	Fassnight Creek; Bader Farm
8/5/2013	15	\$ 317.00	\$ 162.00	\$ 14.37	\$ 493.37	900	\$ 0.55	watermelon & peaches	Fassnight Creek; Bader Farm
9/3/2013	16	\$ 282.50	\$ 432.00	\$ 21.44	\$ 735.94	880	\$ 0.84	cantaloupe	Fassnight Creek
9/3/2013	16	\$ 750.00	\$ 567.00	\$ 39.51	\$ 1,356.51	1100	\$ 1.23	peaches	Bader Farm
9/3/2013	16	\$ 920.00	\$ 243.00	\$ 34.89	\$ 1,197.89	1150	\$ 1.04	blueberries	Ozark Mountain
#####	22	\$ 127.00	\$ 40.50	\$ 5.03	\$ 172.53	260	\$ 0.66	apples	Sunshine Valley Farm
#####	24	\$ 124.00	\$ 40.50	\$ 4.94	\$ 169.44	260	\$ 0.65	apples	Sunshine Valley Farm
#####	24	\$ 131.39	\$ 81.00	\$ 6.37	\$ 218.76	260	\$ 0.84	sweet potatoes	Millsap Farm
#####	25	\$ 119.53	\$ 40.50	\$ 4.80	\$ 164.83	260	\$ 0.63	apples	Plasters Orchard
#####	25	Frozen (See Storage Invoice)*				260		frozen peaches	Bader Farm
11/5/2013	26	\$ 123.74	\$ 40.50	\$ 4.93	\$ 169.17	260	\$ 0.65	apples	Plasters Orchard
11/5/2013	26	\$ 90.00	\$ 81.00	\$ 5.13	\$ 176.13	260	\$ 0.68	lettuce	Millsap Farm
#####	27	\$ 144.00	\$ 81.00	\$ 6.75	\$ 231.75	260	\$ 0.89	lettuce	Millsap Farm
#####	27	\$ 124.00	\$ 40.50	\$ 4.94	\$ 169.44	260	\$ 0.65	apples	Plasters Orchard
6/16/2014	35	\$ 128.25	\$ 94.50	\$ 6.68	\$ 229.43	570	\$ 0.40	lettuce	Young Family Farm
6/16/2014	35	\$ 427.50	\$ 87.75	\$ 15.46	\$ 530.71	570	\$ 0.93	blueberries	Ozark Mountain
6/23/2014	35	\$ 123.75	\$ 94.50	\$ 6.55	\$ 224.80	550	\$ 0.41	lettuce	Young Family Farm
6/23/2014	35	\$ 427.50	\$ 81.00	\$ 15.26	\$ 523.76	550	\$ 0.95	blueberries	Ozark Mountain
6/30/2014	35	\$ 110.25	\$ 94.50	\$ 6.14	\$ 210.89	490	\$ 0.43	lettuce	Young Family Farm
6/30/2014	35	\$ 147.00	\$ 67.50	\$ 6.44	\$ 220.94	490	\$ 0.45	cucumber	Fassnight Farm
		\$ 7,122.91	\$ 4,488.75	\$ 348.36	#####	15095	\$ 0.79		

Y After School Lessons

February	Monday 17	Tuesday 18	Wednesday 19	Thursday 20	Friday 21
HEALTHY SNACK "Refuel for an Active You"	No School R-12	Saltine Fruit Cocktail	Pretzel Cheese Sticks Local Sprouts: Apples* Gardeners	Granola Bar Pears Local Sprouts: Fr. Blueberries* Ozark Mnt.	Graham Cracker Green Beans
CLUB ACTIVITY "Healthy Kids Healthy Habits"		HEPA Lesson - Questioning our Habits	Fairness	HEPA Lesson - Tune out the Television	Free Day
TUTOR TABLE "Time for your Mind"		PROVIDE STAFF FOR TUTOR TIME. BE PREPARED WITH PAPER, PENCILS, AND CALCULATORS	CHECK THE TUTOR TABLE BOX EVERYDAY IN THE SCHOOL OFFICE.		
ACTIVE PLAY "Learn, Play, Grow"- Warm up every day!		HEPA Game - Power Up Charades Never in the Olympics (2-18)	TV Tag (1-49) Touch and Run (1-16)	HEPA Game - Power Up Charades Never in the Olympics (2-18)	Kids Choice
FRIEND TIME "Crafting Friendships"		3D Shamrocks Due To Y on 2/21	Free Art	Paper Plate Animals	Fuse Bead Friday
Supplies Needed:					

LOCAL SNACKS RUNNING TOTALS

Date	Type	Svgs	Farm	Summer/After
7/3/2012	peaches	455	Bader	Summer
7/19/2012	watermelon	55	Fassnight Creek	Summer
7/24/2012	watermelon	455	Fassnight Creek	Summer
5/22/2013	fresh strawberries	395	Brown's Berry Farm	Summer
5/23/2013	fresh strawberries	395	Brown's Berry Farm	Summer
5/24/2013	fresh strawberries	50	Brown's Berry Farm	Summer
5/29/2013	frozen strawberries	418	Brown's Berry Farm	Summer
5/30/2013	frozen strawberries	428	Brown's Berry Farm	Summer
5/31/2013	frozen strawberries	57	Brown's Berry Farm	Summer
6/5/2013	lettuce/radish mix	393	Millsap Farm	Summer
6/6/2013	lettuce/radish mix	392	Millsap Farm	Summer
6/12/2013	frozen strawberries	406	Boz's Berry Farm	Summer
6/13/2013	lettuce/carrot mix	411	Millsap Farm	Summer
6/14/2013	frozen strawberries	60	Boz's Berry Farm	Summer
6/20/2013	blueberries	348	Ozark Mnt. Orchard	Summer
6/21/2013	lettuce/carrot mix	390	Millsap Farm	Summer
6/21/2013	blueberries	44	Ozark Mnt. Orchard	Summer
6/26/2013	blueberries	370	Ozark Mnt. Orchard	Summer
6/26/2013	lettuce/carrot mix	38	Millsap Farm	Summer
6/27/2013	blueberries	38	Ozark Mnt. Orchard	Summer
6/27/2013	lettuce/carrot mix	367	Millsap Farm	Summer
6/28/2013	blueberries	38	Ozark Mnt. Orchard	Summer
7/3/2013	summer squash	385	Fassnight Creek Farms	Summer
7/5/2013	blueberries	274	Ozark Mnt. Orchard	Summer
7/10/2013	cucumbers	416	Fassnight Creek Farms	Summer
7/11/2013	peaches	437	Bader Farms	Summer
7/16/2013	cantalope	431	Fassnight Creek Farms	Summer
7/17/2013	peaches	423	Bader Farms	Summer
7/23/2013	watermelon	410	Fassnight Creek Farms	Summer
7/24/2013	cantalope	404	Fassnight Creek Farms	Summer
7/31/2013	cantalope	363	Fassnight Creek Farms	Summer
7/14/14	Peaches	560	Bader	Summer
7/14/14	Lettuce	560	Young Farm	Summer
7/14/14	Grape Tomatoes	160	Fassnight	Summer
7/21/14	Peaches	490	Bader	Summer
7/21/14	Lettuce	490	Young Farm	Summer

11806

Fresh Local Food 2012-2013 GARDEN BARS

Date	Type of Food	Servings	lbs of food	Farm	Distance from Hub (miles)
7/1/2013	Cucumber	43	30	Fassnight Creek Farms	2.9
	Summer Squash		20	Fassnight Creek Farms	2.9
	Lettuce		12	Millsap Farm	8
	Green Beans		15	Fassnight Creek Farms	2.9
7/3/2013	Cucumber	37		Fassnight Creek Farms	2.9
	Summer Squash			Fassnight Creek Farms	2.9
	Lettuce			Millsap Farm	8
	Green Beans			Fassnight Creek Farms	2.9
7/10/2013	Tomatoes	151	37.5	Fassnight Creek Farms	2.9
	Summer Squash		30	Fassnight Creek Farms	2.9
	Cucumber		45	Fassnight Creek Farms	2.9
7/12/2013	Tomatoes	51		Fassnight Creek Farms	2.9
	Summer Squash			Fassnight Creek Farms	2.9
	Cucumber			Fassnight Creek Farms	2.9
7/15/2013	Watermelon	47	60	Fassnight Creek Farms	2.9
	Red/Green Peppers		50	Fassnight Creek Farms	2.9
	Cucumber		30	Urban Roots Farm	2
7/16/2013	Watermelon	64		Fassnight Creek Farms	2.9
	Red/Green Peppers			Fassnight Creek Farms	2.9
	Cucumber			Urban Roots Farm	2
7/17/2013	Watermelon	100		Fassnight Creek Farms	2.9
	Red/Green Peppers			Fassnight Creek Farms	2.9
	Cucumber			Urban Roots Farm	2
7/18/2013	Watermelon	55		Fassnight Creek Farms	2.9
	Red/Green Peppers			Fassnight Creek Farms	2.9
	Cucumber			Urban Roots Farm	2
7/22/2013	Cantaloupe	41	30	Fassnight Creek Farms	2.9
	Tomatoes		40	Fassnight Creek Farms	2.9
	Cucumber		20	Urban Roots Farm	2
7/24/2013	Cantaloupe	132		Fassnight Creek Farms	2.9
	Tomatoes			Fassnight Creek Farms	2.9
	Cucumber			Urban Roots Farm	2
	TOTOL	721	419.5		

Fresh Local Food SNACKS & GARDEN BAR OFFERED

Date	Type of Food	# SVGS Snack	# SVGS GB	Total SVGS	lbs of food	Farm	Distance from Hub (miles)
6/20/2013	Blueberries	348			130	Ozark Mnt. Orchard	27
6/23/2014	Blueberries	570			142.5	Ozark Mnt. Orchard	27
	BLUEBERRIES	918	0	918	272.5		
2/20/2014	Frozen Blueberries	550			276	Ozark Mnt. Orchard	27
	FROZ. BLUEBERRIES	550	0	550	276		
7/16/2013	Cantaloupe	431			130	Fassnight Creek	2.9
7/22/2013	Cantaloupe		41		30	Fassnight Creek	2.9
7/24/2013	Cantaloupe	404			85	Fassnight Creek	2.9
7/24/2013	Cantaloupe		132			Fassnight Creek	2.9
7/31/2013	Cantaloupe	363			115	Fassnight Creek	2.9
	CANTALOUPE	1198	173	1371	360		
7/1/2013	Cucumber		43		30	Fassnight Creek	2.9
7/3/2013	Cucumber		37			Fassnight Creek	2.9
9/24/2013	Cucumber	260			65	Fassnight	2.9
6/30/2014	Cucumber	490			98	Fassnight	2.9
	CUCUMBER	750	80	830	193		
5/29/2013	Froz. Strawberries	418			247.5	Brown's Berry Farm	26.4
5/30/2013	Froz. Strawberries	428				Brown's Berry Farm	26.4
	FROZ. STRAWBERRY	846		846	247.5		
7/1/2013	Green Beans		43		15	Fassnight Creek	2.9
7/3/2013	Green Beans		37			Fassnight Creek	2.9
	GREEN BEANS		80	80	15		
7/1/2013	Lettuce		43		12	Millsap Farm	8
7/3/2013	Lettuce		37			Millsap Farm	8
6/13/2013	Lettuce/Carrot mix	411			44	Millsap Farm	8
6/30/2014	Lettuce	490			49	Young Family Farm	8
	SALAD	901	80	981	105		
8/1/2013	Nectarines	328			225	Bader Farms	184
	NECTARINES	328		328	225		
7/11/2013	Peaches	437			208.35	Bader Farms	184
7/17/2013	Peaches	423			209.3	Bader Farms	184
8/8/2013	Peaches	319			180	Bader Farms	184
	PEACHES	1179		1179	597.65		
7/15/2013	Red/Green Peppers		47		50	Fassnight Creek	2.9
7/16/2013	Red/Green Peppers		64			Fassnight Creek	2.9
	PEPPERS		111	111	50		
	TOTALS	13340	1048	7194	2341.65		

EVALUATION

FINDINGS

Third party evaluation company John Snow, Incorporated (JSI) conducted a three tiered evaluation of the Y's Local Sprouts Project during the summer of 2013. Their approach was to survey the nearly one hundred youth in our programs about their attitudes toward healthy eating and their like and dislikes regarding the local food served in our program. Program staff administered the survey to the children during program hours.

JSI also interviewed "Site Leaders," the staff who work directly with the kids at each site during the summer, and Program Directors (leadership staff at each site). Lastly, JSI conducted interviews with the Local Sprouts Coordinator to further understand the challenges and to learn more about the groundwork built for sustainability.

Below is a report provided by JSI to the ORYMCA's Local Sprouts Project highlighting the findings from evaluation.

LOCAL SPROUTS INTERVIEW HIGHLIGHTS

In summer 2013, JSI conducted twelve interviews with Local Sprouts partners, including the Local Sprouts Coordinator, ORYMCA Program Directors (who oversee multiple sites), and Site Leaders (who provide childcare directly at sites). Highlights from these interviews include:

Staff buy-in: Interviewees reported a high degree of staff buy-in for the Local Sprouts program. Staff welcomed the delivery of fresh fruits and vegetables and used snack/mealtime as an opportunity to role model healthy eating behaviors and provide education about healthy eating. Several interviewees also reported that some staff members had changed their own behaviors in terms of learning about nutrition, packing healthier lunches, and losing weight.

Positive response from participants: Nearly all interviewees mentioned that participants demonstrated excitement about being served Local Sprouts snacks. As one interviewee said, "They just see that fresh stuff and they are excited...It is like their mindset is changing. It is like it is becoming, 'this is what we do; it is part of our lives and we are glad it is.'"

Healthy eating among participants: Several interviewees stated that participants seemed to be eating more of the fruits and vegetables over the course of the summer. "They are more likely to try it, eat it, and finish it," said one interviewee. A few interviewees also reported that a participant had told them about going home and asking a parent to purchase one of the fruits or vegetables they had tried.

Others mentioned that participants seemed to be including healthy snacks in their own lunches. "Towards the end of the summer we saw people packing fruits and vegetables as opposed to bringing in chips or brownies. They were asking for grapes or strawberries or peaches."

Importance of storage and delivery systems: Nearly all interviewees expressed that one factor facilitating the ability to serve the healthy snacks was the convenience of receiving the snacks already prepared. Some interviewees stated they would have the resources to handle preparation or storage onsite, while others expected it would be more challenging. Nevertheless, most felt the program could be sustainable, especially if resources were available to assist with snack purchase, storage, and preparation.

YOUTH SURVEY HIGHLIGHTS

In summer 2013, upon completion of the Local Sprouts Program, JSI administered a survey to participating 5th graders. A total of 50 students completed the survey. Findings include:

- Approximately the same number of boys and girls participated (48.0% vs 52.0%), respectively)
- Only 5th graders were given this paper survey because of age level appropriateness. Surveying children younger than 5th grade should be done by other methods such as focus groups, through games and activities, etc.
- Just over half the students were 10 years old (56.0%), followed by 9 years old (36.0%)
- The majority of students surveyed reported eating one or more fruit or vegetables the day before (84% and 66%, respectively)
- More students reported liking to try new fruits almost always or always compared to those who reported to liking to try new vegetables (64% vs. 18%, respectively)
- The students reported liking watermelon, strawberries, peaches, and cantaloupe a lot (80.0%, 78.0%, 77.6%, and 58.0%)
- Almost all of the students reporting learning about new ways to eat healthy (98.0%). Among them, almost half said they learned from summer day camp (49.0%)
- The majority of students reported always having fruits (66.7%) and just over half reported having vegetables to eat (51.0%)
- Approximately 45% of students reported liking to try new fruits more since attending summer day camp and 26.5% reported liking to try vegetables
- Half of the students (52.0%) reported asking their parents to go to a farmers market since attending summer day camp

For more information on evaluation, you will find a copy of the Local Sprouts Interview Guide on page 43. A copy of the John Snow, Inc. Fruit and Vegetable Survey administered to the 5th graders can be found on pages 44 and 45.



LOCAL SPROUTS INTERVIEW GUIDE

SITE LEADERS/DIRECTORS

Purpose: To better understand how the Local Sprouts snack initiative has been received and implemented at summer programs.

1. How did the Local Sprouts snack initiative evolve in your summer program?
2. Has there been anyone at your site who has championed the Local Sprouts snack program?
3. What preparation, storage and delivery mechanisms are required to be able to serve the Local Sprouts snacks?
4. How do staff encourage or discourage kids to eat healthy?
5. Have you seen a change in how kids respond to the fruits and vegetables they are served? If yes, please explain.
6. Have you noticed a change in kids' preferences for fruits and vegetables over time? If yes, how so?
7. What has been the impact of snacks served via Local Sprouts on kids eating behaviors?
8. What has been the impact of the Local Sprouts program on staff behavior?
9. Do you think the Local Sprouts snack program is sustainable in the summer program?
 - a. If yes, how could it be sustained?
 - b. If no, why not?

LOCAL SPROUTS COORDINATOR

Purpose: To better understand how the Local Sprouts snack initiative evolved and how it is being implemented.

1. How did the Local Sprouts snack initiative evolve in the summer program?
2. Are there existing or previous projects that helped lay the groundwork?
3. What resources were leveraged over time to launch and maintain Local Sprouts snack program?
4. Who have been the key players? What has motivated them to be involved?
5. Who has been helpful in implementing this program at the site-level?
6. What barriers have you seen at the site-level to implementing the snack initiative?
7. Do you think the Local Sprouts snack program is sustainable in the summer program?
 - a. If yes, how could it be sustained?
 - b. If no, why not?

JOHN SNOW, INC. FRUIT & VEGETABLE SURVEY

This is a survey to find out about what you think about fruits and vegetables. There are no right or wrong answers, just your opinion.


The answers you give will be kept private. Please be as honest as you can.

Do NOT write your name on this survey. For each question, please fill in the bubble to indicate your answer choice.

1. Are you a boy or a girl?
☐ Boy ☐ Girl
2. How old are you?
☐ 9 years old ☐ 10 years old ☐ 11 years old
3. Are you Hispanic or Latino?
☐ Yes ☐ No

PLEASE FILL IN ONE BUBBLE FOR EACH QUESTION BELOW.

4. Yesterday, did you eat any vegetables? Do not count French fries
☐ No, I didn't eat any vegetables yesterday ☐ Yes, I ate vegetables 1 time yesterday
☐ Yes, I ate vegetables 2 times yesterday ☐ Yes, I ate vegetables 3 or more times yesterday
5. Yesterday, did you eat any fruits?
☐ No, I didn't eat any fruit yesterday ☐ Yes, I ate fruit 1 time yesterday
☐ Yes, I ate fruit 2 times yesterday ☐ Yes, I ate fruit 3 or more times yesterday
6. I like to try new vegetables
☐ Almost always or always ☐ Sometimes ☐ Almost never or never
7. I like to try new fruits
☐ Almost always or always ☐ Sometimes ☐ Almost never or never
8. How much do you like these fruits and vegetables? Mark and "X" to tell us how much you like or don't like each fruit and vegetable

	I like this a lot 	I like this a little 	I do not like this 	I don't know what this is 
Example: Apple		X		
Strawberries				
Frozen Strawberries				
Lettuce				
Radish				
Carrots				
Blueberries				
Summer squash				
Cucumbers				
Peaches				
Watermelon				
Cantaloupe				
Green Beans				

9. Where do you learn about ways to eat healthy? Fill in all that apply.
- | | |
|--|--|
| <input type="radio"/> I have not learned about ways to eat healthy | <input type="radio"/> School or teacher |
| <input type="radio"/> Summer day camp | <input type="radio"/> Nurse or doctor |
| <input type="radio"/> Parents or family | <input type="radio"/> Television or internet |

THE FOLLOWING QUESTIONS ARE ABOUT FRUITS AND VEGETABLES AT YOUR HOME.

10. At your home do you have fruits to eat?
- | | |
|------------------------------|------------------------------------|
| <input type="radio"/> Never | <input type="radio"/> Sometimes |
| <input type="radio"/> Always | <input type="radio"/> I don't know |
11. At your home do you have vegetables to eat?
- | | |
|------------------------------|------------------------------------|
| <input type="radio"/> Never | <input type="radio"/> Sometimes |
| <input type="radio"/> Always | <input type="radio"/> I don't know |

THE FOLLOWING QUESTIONS ARE ABOUT SUMMER DAY CAMP.

12. Do you like to try new fruits more, less, or about the same since attending your summer day camp program this year?
- | | | |
|----------------------------|----------------------------|--------------------------------------|
| <input type="radio"/> More | <input type="radio"/> Less | <input type="radio"/> About the same |
|----------------------------|----------------------------|--------------------------------------|
13. Do you like to try new vegetables more, less, or about the same since attending your summer day camp program this year?
- | | | |
|----------------------------|----------------------------|--------------------------------------|
| <input type="radio"/> More | <input type="radio"/> Less | <input type="radio"/> About the same |
|----------------------------|----------------------------|--------------------------------------|
14. Have you asked your parents to buy or prepare any of the fruits you tried at summer day camp?
- | | | |
|---------------------------|--------------------------|------------------------------------|
| <input type="radio"/> Yes | <input type="radio"/> No | <input type="radio"/> I don't know |
|---------------------------|--------------------------|------------------------------------|
15. Have you asked your parents to buy or prepare any of the vegetables you tried at summer day camp?
- | | | |
|---------------------------|--------------------------|------------------------------------|
| <input type="radio"/> Yes | <input type="radio"/> No | <input type="radio"/> I don't know |
|---------------------------|--------------------------|------------------------------------|
16. Have you asked your parents to go to a farmers market since attending your summer camp program this year?
- | | | |
|---------------------------|--------------------------|------------------------------------|
| <input type="radio"/> Yes | <input type="radio"/> No | <input type="radio"/> I don't know |
|---------------------------|--------------------------|------------------------------------|
17. Have any of the fruits you've eaten in the summer day camp program tasted different from when you had them before?
- | | | |
|------------------------------|-----------------------------|---------------------------------------|
| <input type="radio"/> Better | <input type="radio"/> Worse | <input type="radio"/> Tasted the same |
|------------------------------|-----------------------------|---------------------------------------|
18. Have any of the vegetables you've eaten in the summer day camp program tasted different from when you had them before?
- | | | |
|------------------------------|-----------------------------|---------------------------------------|
| <input type="radio"/> Better | <input type="radio"/> Worse | <input type="radio"/> Tasted the same |
|------------------------------|-----------------------------|---------------------------------------|
19. Before you went to summer day camp, did you know that farmers grow food here in the Springfield area?
- | | | |
|---------------------------|--------------------------|------------------------------------|
| <input type="radio"/> Yes | <input type="radio"/> No | <input type="radio"/> I don't know |
|---------------------------|--------------------------|------------------------------------|

THANK YOU!

MOVING FORWARD

POLICY

The ORYMCA's Local Sprouts Project set a goal to incorporate 20-40% local food into the snacks and meals purchased for the School Age Services Food Program. When children eat a local component for snack two times per week this goal is achieved. Once all afterschool sites receive a local fruit or vegetable as projected, this goal will be achieved. Adoption of the Healthy Eating and Physical Activity (HEPA) Standards as a policy further reinforced this goal. With support of the ORYMCA Board and with line items in the budget to fund healthy food buying, our policy goal will be attained.

INTEGRATION OF A PROJECT

The ORYMCA's adoption and support of the Local Sprouts Project enabled the project to continue and grow while becoming a part of the current food system within School Age Services. Program Directors worked directly with community partners to bring the local food and garden education to the sites. According to Mary Kromrey, Executive Director of School Age Services, local food buying and nutrition education about where food comes from became and remains our "way of work." With a few modifications internally to the system using lessons learned from the Local Sprouts Project, the Y is positioned to continue purchasing local food, providing education to our children and families about ways to make healthy choices, and sharing all we have learned in our community.





**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**



**For more information on the Local Sprouts Project,
please contact Stephanie Smith at ssmith@orymca.org.**