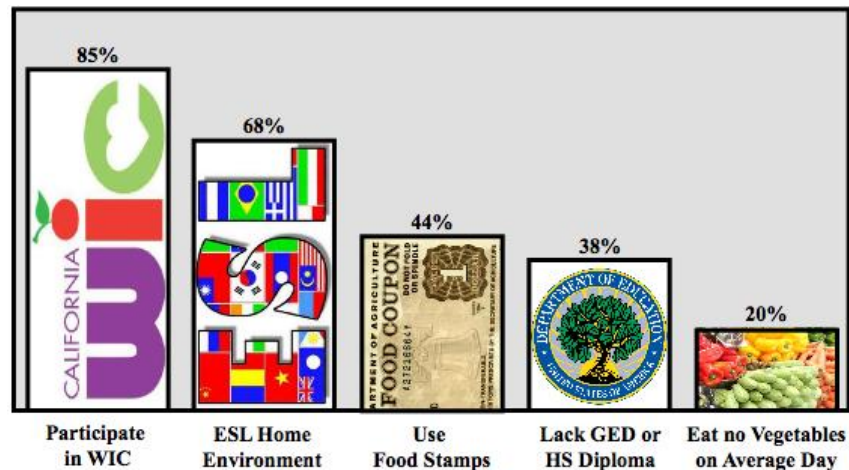


## Farm to Preschool Evaluation Summary Piloted 2009-2011

### Background & Setting

After a two-year pilot period with rigorous evaluation, the Farm to Preschool program at the Urban & Environmental Policy Institute, Occidental College made significant gains in its efforts to address the childhood obesity epidemic. Launched in historically underserved communities in Los Angeles and San Diego counties, the program has sought to serve a population with several unique barriers to healthy eating:



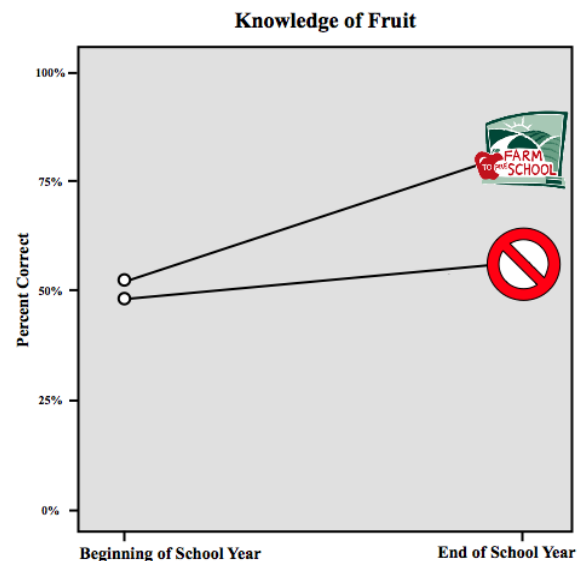
### Student Outcomes

Over 500 surveys from students participating in the Farm to Preschool program and over 230 surveys from carefully selected control sites were collected during the 2010-2011 school year.

Across the outcomes presented below, students engaged in the Farm to Preschool program outperformed their peers at demographically similar control sites. In fact, for some measures collected, students' performance was found to decrease over time at control sites. After 9-months enrolled in the Farm to Preschool curriculum, students demonstrated:

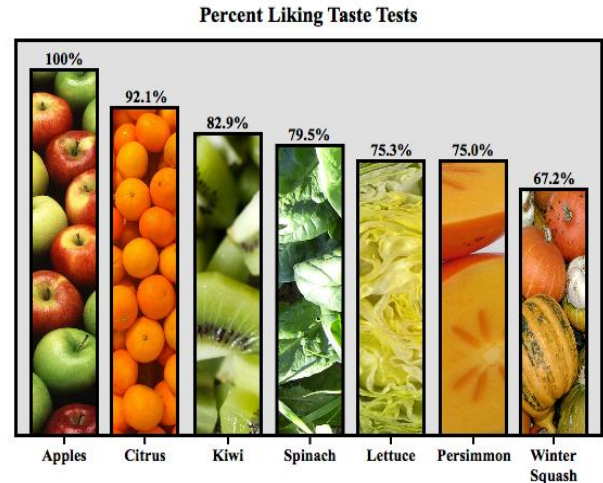
### *Knowledge of Fruits & Vegetables*

- 130% increase in students' ability to correctly identify vegetables
- 55% increase in students' ability to correctly identify fruits
- 74% decrease in mistakenly identifying non-fruit or vegetable "distracters" as fruits
- 73% decrease in mistakenly identifying non-fruit or vegetable "distracters" as vegetables



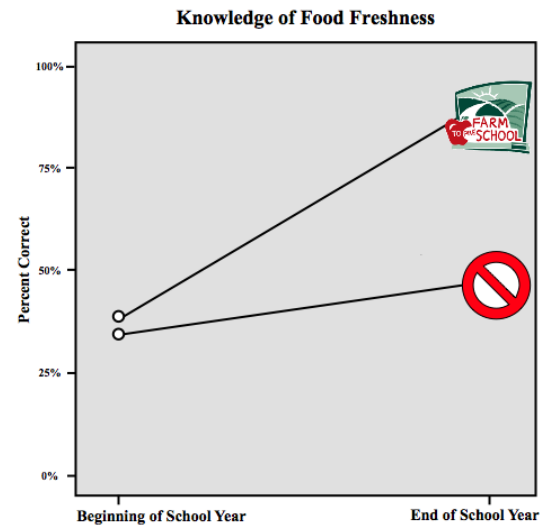
## Preference for Fruits and Vegetables

- 16% increase in liking vegetables
- 5% increase in liking fruits
- Over time, more children both tried and liked the fruits or vegetables they were eating in taste tests
- Over time, parents reported that their preschoolers were asking for more fruits and vegetables at home



## Knowledge of Farm-Fresh Foods

- 126% increase in correctly identifying farm produce as fresher than those on grocery store shelves



## Parent Outcomes

In addition to providing an in-class curriculum, the Farm to Preschool program also offered a series of nutrition and garden-based educational parent workshops, resulting in improvements to parents' understanding of farmers' markets, healthy eating practices, gardening, reading nutritional labels and more. Parents reported feeling more empowered to both visit and make purchases at farmers' markets and shared that they were referring other parents to subsequent workshops.

*"I think Farm to Preschool is a really good curriculum because it helps children eat more fruits and vegetables...it teaches how to prep, what to talk about, what to do with the children, you can always modify [it] and it makes it fun! Just seeing our garden outside...I thought wow, I planted that with the kids and it's growing!"* - Crystal Dalton, Head Start teacher at PACE ECE, Los Angeles