

Shasta County Impact Evaluation Summary for 2006

In the spring and fall of 2006, thirty-three community nutrition garden project participants from Lazy Landing Garden, Cedar Garden, and the Mill Street Rainbow Garden were given a nutrition survey that included pre and post-test components. This survey evaluated their knowledge of healthy eating, fruit and vegetable preferences, and frequency of 100% fruit juice and fruit and vegetable consumption. Several nutrition education events were held during the growing season.

OBJECTIVE:

Increase fruit and vegetable consumption of community nutrition garden project participants by 1-2 servings per day.

WHAT WE ACHIEVED:

The results showed that this community nutrition project was successful in improving participant's knowledge of healthy eating by .69 (\pm .35) points after the intervention.

The project was successful in increasing vegetable consumption from all sites by 1.46 (\pm .70) points after the intervention. The increase in vegetable consumption was not enough to reach the goal of 1-2 servings per day, but more vegetables were consumed during the course of a week.

The project did not improve frequency of fruit or fruit juice consumption. This was not surprising since the emphasis was on vegetable gardening.

The intervention did not improve respondent's familiarity for fruits and vegetables significantly.

The intervention did improve respondent's preference for the fruit that was featured by .13 (\pm .13) points, but it did not change respondent's preference for featured vegetables.

In summary, the community nutrition garden project significantly improved participant's knowledge of healthy eating and vegetable consumption increased. These results are an exciting outcome of the collaboration of many partners to make these gardens such a success.



This material was produced by the California Department of Public Health's *Network for a Healthy California*, with funding from the USDA Supplemental Nutrition Assistance Program (formerly the Food Stamp Program). These institutions are equal opportunity providers and employers. In California, food stamps provide assistance to low-income households, and can help buy nutritious foods for better health. For food stamp information, call 1-530-225-5767. For important nutrition information visit www.cachampionsforchange.net

