



Olivewood
Gardens
and Learning Center



2525 N Avenue | National City, CA 91950

Year in Review

July 1, 2013-June 30, 2014

Our Purpose: Empowering Children and Families to Lead Healthy, Active Lives Through Nature and Food

Goal: Improve environmental stewardship and increase exposure to nature



Goal: Improve health outcomes for families affected by 3-4-50 or in our case 3-4-59

3 - 4 - 59

- **3** Behaviors (Poor Diet, Physical Inactivity, Tobacco Use) *contribute to*
- **4** Chronic Diseases (Cardiovascular, Cancer, Asthma, Diabetes) *that cause over*
- **59** percent of all deaths in San Diego South Region.
- *We have the power to support families to change all three behaviors!*



Our programs by the numbers, Part 1

- NSD field trip program
 - 900 NSD students
 - 102 field trips
- Fee based/grant funded field trips
 - 511 children, 217 adults
 - 28 field trips
- Weekend programming
 - Kids in the Kitchen (4 events) 410 children and 280 adults
 - Day of Play 200 children and 180 adults
 - Open Houses (7 events) 180 adults and 35 children



Our programs by the numbers, Part 2

- Community/parent programming
 - Cooking for Salud! - 26 mothers, grandmothers, and one young man
 - Gardening 101 classes – 64 participants
 - Resident Leadership Academy – 18 graduates
- Teacher education
 - 4 workshops, 61 teachers trained from 31 schools
 - Potentially 20,000 students impacted in 9 school districts
- Internships and volunteers
 - Interns: 4 high school, 20 college, 3 additional
 - Volunteers: 528 volunteers, donating 6640 volunteer hours, **saving \$175,495** (\$26.43 per hour).

Our Impact

- Kids are eating more fruits and vegetables
- Families are cooking and eating healthy meals together
- Parents are empowered to stop the cycle of poor health and poor nutrition
- We are building stronger and healthier communities
- We are regional leaders in garden-based education
- We are becoming a model for other communities

All eyes on National City

- Live Well San Diego Leadership Team
- San Diego Food System Alliance
- San Diego Farm to School Taskforce
- San Diego Child Obesity Initiative
- San Diego Children and Nature Network
- California School Garden Network
- KPBS A Growing Passion
- KPBS Savor San Diego



Field Trip Program

Hands-on, Context rich Gardening, Science, and Kitchen Activities



Gardening Classes for the Community



100% of evaluation respondents stated they are **very likely to attend a future gardening class, and would recommend it to others**. Large reported **increases in attendees' confidence** in their gardening abilities.

2013-2014 Topics:

- Introduction to Composting
- Learning from Your Mistakes
- Fall Companion Planting
- Succulents (presented by MGSD)
- Container Gardening (in Spanish too)



Parent Education and Empowerment

Cooking for SALUD!

Free parent nutrition education and cooking class series



Resident Leadership Academy

- 18 kitchenistas went on to complete the RLA
- Currently implementing
4 Community Improvement Plans
 - healthy eating
 - dog management
 - reducing # of liquor stores
 - reducing # fast food restaurants



Educator Workshops

Creating and Sustaining Your School Garden

...for teams working to create or enhance a school garden program.



Garden Enhanced Nutrition Education

...for educators wanting to promote the consumption of fruit and vegetables through garden experiences.

College and High School Internships



Sweetwater High School student working with Head Start Preschoolers



SDSU Public Health Student teaching Science to Girl Scouts

Lasting products gained from interns – lessons on Portion Control, MyPlate dietary guidelines, new recipes, research paper on new food introduction, new waste reduction signage.

Free Community Events

Kids in the Kitchen

A partnership with Junior League of San Diego



Olivewood
Gardens
Day of Play



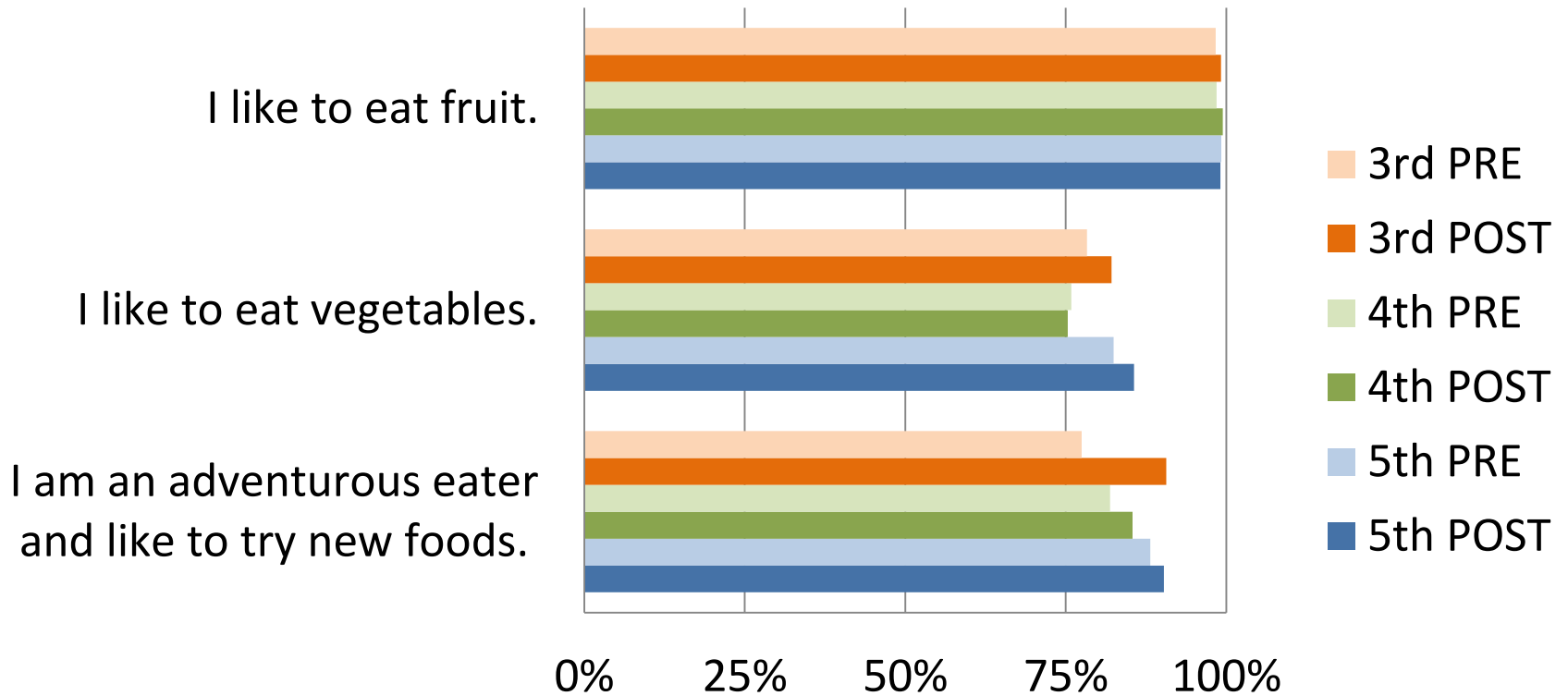
HALLOWEEN!

Does one visit make a difference?



- Kids in the Kitchen - 99% rated the program as excellent, and that they would recommend it to others.
- Day of Play – 98% said they will try one of the recipes they learned from the event.

We are building adventurous eaters.



Teachers and parents also report greater consumption of fruit and vegetables.

Fruit and Vegetable (F/V) Recognition and Preference



- Students asked to mark if they have “tried” and “like” a F/V.
- Recognition rates
 - 3rd grade: 77 to 97% recognition (30-40% increases for kale, chard, winter squash)
 - 4th grade: 52% to 99% recognition
 - 5th grade: **Over 90% recognition for all 10 F&Vs**
- Predictable favorites: beans, corn, lime
- New fans for new F/Vs
 - Dozens of new fans of Kale, Chard, Cabbage, Onions
 - 31% increase in children liking “Dinosaur Kale”

8 Question Content Knowledge Test

	3rd grade			4th grade			5th grade		
	Avg PRE	Avg POST	Diff	Avg PRE	Avg POST	Diff	Avg PRE	Avg POST	Diff
Olivewood	2.9	4.8	1.9	3.5	6.2	2.7	4.5	5.7	1.2
Las Palmas	3.3	4.8	1.5	3.9	5.5	1.6	3.9	4.5	0.6
Lincoln Acres	3.7	4.7	1.0	3.2	5.0	1.9	3.6	3.9	0.2
AVERAGE	3.3	4.7	1.4	3.5	5.6	2.1	4.0	4.7	0.7

Teacher Survey

“My students learn to be more environmentally conscious at OWG.”

20 out of 28 teachers strongly agree

- “They do try to make healthier choices. They also try to convince their parents to eat better.”
- “They have a lot of background knowledge to make connections with in class. I often refer to OWG in science or the students refer to it when they talk about the environment or health.”
- “They make healthy eating choices on their own and are excited about gardening!”

NSD Parent Survey

“Since your child has come to OWG...”

.... Is your family eating more fruit or vegetables at home?

Yes - 32 No - 6

.... Have you purchased fruit or vegetables based on a request from your child?

Yes- 30 No - 6

.... Does your child talk about his or her experiences at OWG?

Yes - 34 No - 1

.... Would you say he or she has become a more adventurous eater?

Yes - 32 No - 5

.... Have your child offered to help prepare food the kitchen?

Yes - 35 No - 2

.... Have they asked to grow a plant or garden at home?

Yes -28 No - 9

Improvements to NSD Field Trip Program this Year

- Comprehensive evaluation program
- All kitchen activities include nutrition education
- Kitchen embraced new approach to reluctant eaters
- All academic lessons (mostly science) are volunteer-ready and standards-based
- Implemented a science educators' training and a group management training, both of which greatly increased volunteer confidence in leading children independently

What's in store for next year?

- Continue assessment of NSD field trip program
- Increase reach into National City
 - Target NSD parents for Spring 2015 C4S! registration
 - Target NC for publicity, weekend programming
- Examine impact for fee-based field trips
- Develop new programming for family groups