



## QUOTES

"Our students drink 25% more white milk when the Food \$ense staff is at our school".- Naval Ave Elementary School Custodian

"After the "Plan, Shop and Save" lesson, my food bill was \$20 less this week because I stuck to my shopping list and didn't buy unnecessary beverages". - ESBA participant

"This class has been incredibly helpful with ideas and tips on shopping and helping my daughter make better choices when it comes to food. Just the other day she chose strawberries for dessert. It was a proud moment for both her and I". - ESBA participant

A third grade classroom in Bremerton switched from having traditional classroom parties to "Healthy Celebrations" after participating in a Food \$ense series.

## PARTNERS

Bremerton School District (Child Nutrition Services, Armin Jahr Elem, Crownhill Elem, Naval Ave Elem, View Ridge Elem, West Hills Stem Academy), Port Angeles School District (Suduxo Food Service, Jefferson and Roosevelt Elementary Schools), Bremerton Farmers Market, OESD ECEAP and Head Start, KCR ECEAP/Head Start/WIC, DSHS, DOH, Bremerton Backpack Brigade, Port Angeles VIMO clinic and Farm to School.

## IMPACTS

In 2014, over 754 families were impacted by the Food \$ense program in Kitsap and Clallam counties. Changes in behavior that occurred as a result of our programs in the schools include:

- 34% improved their understanding of appropriate serving sizes
- 28% improved their understanding of the relationship between nutrients and health
- 30% improved on eating breakfast with at least 3 food groups.

Teachers report the following changes in behavior occurred after the Food \$ense nutrition classes:

- 75% observed their students making healthier meal and snack choices
- 88% saw an increase in students' willingness to try new foods
- 67% reported that students were more consistently washing their hands
- 63% observed an increase in fruit and vegetable consumption and physical activity. (Results from pre- and post-program student tests and teacher surveys 2015)

The Bremerton School District Wide Farmers Market Family night reached over 300 students and parents.

- EBT and WIC check sales were up almost 10% from 2013
- Over 150 students received \$1 tokens to purchase produce at the market



WASHINGTON STATE  
UNIVERSITY  
EXTENSION



## KITSAP MASTER GARDENER

2014

### BY THE NUMBERS

- 273 certified WSU Kitsap Master Gardener volunteers
- 21 new Master Gardener volunteers trained
- 15,644 volunteer hours reported
- National volunteer hourly rate used to calculate \$418,007 labor savings for Kitsap County
- 5566 people received individualized help from MGs with 2980 specific questions answered.
- MG volunteer educators lead & coordinate 2 community gardens, one foodbank garden and 4 demonstration gardens
- 52 people take series of 5 Organic Vegetable Gardening Classes taught by 4 MG volunteer educators
- 6974.15 pounds of produce donated to foodbanks.
- 50 workshops for the public on stewardship of natural resources and environmental protection
- 100 percent of the 33 Kitsap MGs employed in the landscape/nursery/small farms industry are applying skills they learned with MGs to their livelihoods

## *Vegetable Gardening: food security, healthy choices, and community well being*

### ISSUE

According to USDA statistics, 49.1 million people lived in food-insecure households in the United States in 2013. This means the quality, variety or the desirability of the foods eaten were less than typical. (USDA Economic Research Service). From 2010 to 2014 the USDA Economic Research Service reported an increase of 46,453 households in Washington State who participated on a monthly basis in the Supplemental Nutrition Assistance Program (SNAP), formerly the Food Stamp Program. This program is the nation's largest domestic food and nutrition assistance program for low-income Americans. In Kitsap, approximately 15,400 households participate in SNAP each month.

Statistics continue to show a need to supplement food banks with fresh and healthful produce, and many people are venturing into vegetable gardening for the first time to save money on groceries and increase the amount of fresh produce their families eat. This is evident through the increased demand for plots at the community gardens that WSU Kitsap Master Gardeners (MG) oversee and in the gardening questions Master Gardener volunteers receive from the local public.

### RESPONSE

Public education for *Organic Vegetable Gardening* for the beginning food gardener was developed by WSU Kitsap MGs in 2007 with scholarships offered to community members in need. In addition, MGs receive specialized training (known as continuing education) on the topic to educate the general public and community gardeners on current research based gardening practices to increase the gardeners' chances of successful harvests. The Organic Gardening Class is a 4 day series held each winter with an additional summer class on year-round gardening. From 2008 to 2014, 332 people have enrolled in the class.

Master Gardener volunteers taught edible gardening in 3 community gardens, 2 foodbank gardens and 4 schools. At our demonstration gardens and community gardens, 12 workshops were offered for adults and 25 were taught to youth. In total, 1313 youth participated in 34 hands-on classes taught by Master Gardeners, 369 of those in the City of Bremerton as part of the free summer lunch program. Master Gardeners hosted 242 plant diagnostic clinics where they answered the public's gardening questions using research-based information at 6 regular locations. 921 of the questions they were asked pertained specifically to edible gardening practices.