

ASSESSING THE IMPACTS OF GREEN HEART PROJECT'S FARM TO SCHOOL PROGRAM

A CASE CONTROL PILOT STUDY FOUND GREEN HEART IS MAKING A POSITIVE DIFFERENCE IN STUDENTS

In the 2022-2023 school year, 41 elementary school students at an independent school in Charleston, SC participated in a pilot case control study. The intervention group received a year long farm to school curriculum.

Intervention
25 6th Graders



Control
16 5th Graders



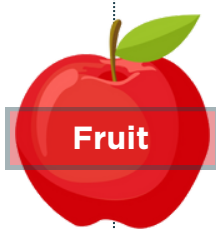
Green Heart intervention students reported eating slightly more fruits and vegetables within a 24 hour recall period than the control group.

No child in either group ate the US dietary guidelines recommended servings of both fruits and vegetables. However, the intervention group was more likely to meet recommended daily servings for fruit or vegetables.

Intervention

Ate
1.5
servings of
fruit per day

40%
met the daily
recommended
amount of fruit
(2 servings)



Control

Ate
1.1
servings of
fruit per day

19%
met the daily
recommended
amount of fruit
(2 servings)

Ate
0.9
servings of
vegetables
per day

12%
met the daily
recommended
amount of vegetables
(2.5 servings)



Ate
0.8
servings of
vegetables
per day

0%
met the daily
recommended
amount of vegetables
(2.5 servings)

The intervention group was more likely to draw **fruits, vegetables, healthy food, and the environment** compared to the control group.



PRE AND POST INTERVENTION SURVEYS FROM 2017-2023



Green Heart significantly impacts positive attitudes towards fruits and vegetables and trying new foods.



Students taking Green Heart's classic curriculum reported more positive attitudes and behaviors towards fruits and vegetables than the STEAM curriculum model. The length of time (semester, quarter, year) students have had Green Heart lessons did not make a difference.



Green Heart Project's curriculum impacts students' attitudes and behaviors towards fruits and vegetables significantly more in low-income schools.



Overall, the Green Heart Project is an effective and important program for students to receive in that it has a positive impact on their understanding of health in relation to food and the environment, especially for students attending low-income schools.