2021 Association of State Public Health Nutritionists (ASPHN)
Farm to Early Care and Education (Farm to ECE) Capacity Building Grant (CABBAGE) Report

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Evaluation Report Outline

Executive Summary
Evidence for Farm to ECE
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CABBAGE Grantees
CABBAGE Technical Assistance
  - value of webinars and calls
  - value of learning session
  - value of monthly lead meetings
  - value of PDSAs
CABBAGE Focus Group Data
CABBAGE Value and Impact
Summary
ASPHN, in collaboration with CDC and the National Farm to School Network (NFSN) helped 3 CDC REACH recipients implement comprehensive farm to ECE programs.

The 3 CABBAGE grantees successfully partnered with 23 ECE providers to implement Farm to ECE, impacting 321 children.

The 3 grantees credited the CABBAGE trainings, technical assistance (TA), and resources with increasing their Farm to ECE capacity.

CABBAGE grantees encountered challenges but ultimately had sustained success with increased partnerships, new resources, and an improved knowledge base.
Why Farm to ECE? Evidence

Healthier meals served in the ECE setting (Gibson, et al, 2014)


Increased fruit and vegetable consumption (Nanney, et al, 2007; Carroll, et al, 2011; Williams, et. al, 2014)

Increased local foods served in homes of families participating (Nanney, et al, 2007)

CABBAGE is a funding and TA opportunity managed by ASPHN, and carried-out in partnership with CDC and NFSN.

CABBAGE provides and applies TA and funding to achieve the goals below.

**Long Term CABBAGE Goal:**
Increase wellness and healthy development among children, aged 0 to 5 years, by increasing access to healthy food.

**Short Term CABBAGE Goal:**
Increase capacity among REACH teams to implement and support comprehensive, equitable Farm to ECE
CABBAGE grantees share a common aim, which is achieved with specific primary drivers but with population-specific secondary drivers and change ideas. Achieving and sustaining the CABBAGE Aim is done with partnerships and equity.
CABBAGE Framework – CABBAGE Technical Assistance

How Does CABBAGE TA Build REACH Teams’ Farm to ECE Capacity?

- Opportunities to learn about equity and Farm to ECE
- Opportunities to learn and apply quality improvement (QI) tools (PDSA)
- Starter funds for program implementation
- Accessible and innovative Farm to ECE resources
- Expert technical support and tailored technical advising
- Opportunities to network with other Farm to ECE Teams
- Opportunities to learn about Farm to ECE and ECE Systems
Three CDC Racial and Ethnic Approaches to Community Health (REACH) recipients were competitively awarded CABBAGE grants.

Eastern Michigan University (EMU)
Partnership for a Healthy Lincoln (PHL)
The National Kidney Foundation of Michigan (NKFM)

REACH recipients use community focused, participatory approaches to identify, grow and implement initiatives for addressing health disparities in priority populations.

REACH recipients are, therefore, a good match for Farm to ECE initiatives. Farm to ECE is an effective public health strategy, supporting long-term health and equity. The most comprehensive and sustained Farm to ECE programs are those with engaged supporting partnerships and communities.
2021 CABBAGE Grantees-
Eastern Michigan University (EMU)

**Priority Location:** Battle Creek, Michigan

**Population:** estimate in 2019 was 51,000

**Poverty in Battle Creek:** 22% of population are living below the poverty line.

**Median Household Income in Battle Creek:**
$42,300 average household (62% U.S. average) income.

**Priority Population:** Burmese immigrants and refugees (~6-7% of Battle Creek population in 2021).

**CABBAGE Focus:** Implemented Farm to ECE in newly opening ECE in a refugee and immigrant Burmese Community.
2021 CABBAGE Grantees-
The National Kidney Foundation of Michigan (NKFM)

Priority Locations: Inkster, Wayne, and Westland, Michigan

Population estimate for Wayne County: 1,749,000

Poverty in Wayne County: 20% of population are living below the poverty line.

Median Household Income in Wayne County: $43,200 (69% U.S. average)

Priority Populations: African American and Latin X, 39% and 6%, respectively, of Wayne County Population.

CABBAGE Focus: Started a Farm to ECE learning collaborative with 5 ECEs. The collaborative included trainings, self-assessment, peer-to-peer learning and problem solving, and increased local food purchasing.
2021 CABBAGE Grantees-Partnership for a Healthy Lincoln (PHL)

Priority Location: Lincoln, Nebraska

Population estimate for Lincoln: 289,100

Poverty in Lincoln: 14% of the population is living below the poverty line.

Median Household Income in Priority Location: $57,700 (92% U.S. average)

Priority Populations: African American & Hispanic (4% and 8%, respectively, of population)

CABBAGE Focus: Implemented Farm to ECE in two ECEs with Nebraska-specific Harvest of the Month curriculum and tastings, gardens, farmer connections, and farmer to family engagement.
2021 CABBAGE Technical Assistance (TA)

- **Networking Calls**: Quarterly calls, where teams share Farm to ECE updates and challenges.
- **Monthly Webinars**: Monthly speakers share insights on Farm to ECE, Child Nutrition Programs, Racial Equity, etc.
- **In-Depth Learning Session**: Online Conference with expert panels, speakers, team time, and breakout sessions.
- **Monthly Team Lead Meetings**: Monthly meetings between ASPHN and NFSN program managers and CABBAGE leads.
# 2021 CABBAGE TA: Webinars and Networking Calls

<table>
<thead>
<tr>
<th>Number of Calls and Webinars held</th>
<th>Webinar Speakers and Topics</th>
<th>Participant Satisfaction</th>
<th>Attendance Rates</th>
<th>Participant Participation</th>
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<tr>
<td>6 Webinars and Calls</td>
<td>11 speakers and 6 topics, including racial equity, ECE systems, and Child Nutrition Programs</td>
<td>97% of webinar participants indicated somewhat to very satisfied with overall content (based on 5 respondents per webinar survey)</td>
<td>On Average, 20 individuals attended/ webinar or call/, which is 83% of those invited</td>
<td>41% of webinar participants actively participated in monthly webinars (average number of 7 active participants)</td>
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60% of team leads (4/7) felt CABBAGE webinars were very or extremely valuable to building Farm to ECE capacity.
2021 CABBAGE TA – Webinar Topics and Participation

CABBAGE Webinar Dates and Focus

- 01/26/21: CABBAGE 2021 Kick-Off Webinar
- 2/23/21: Networking Call & Farm to ECE Resource Review
- 4/23/21: Overview of ECE Infrastructure & Farm to ECE Integration
- 5/25/21: Networking and Transformational Coaching
- 06/22/21: CABBAGE Networking & Discussion
- 7/27/2021: Regional Learning Collaboratives, Farm to ECE & Racial Equity
2021 CABBAGE TA-Online Learning Session

3-day Online Learning Session, March 2021

3 grantees programs participated

9 hours of content

10 sessions on Farm to ECE, Quality Improvement tools, Asset Based Language, Food Security and Farm to ECE, Social and Emotional Value of Farm to ECE, and Equity

21 speakers

80% of registrants attended the sessions

130+ attendees

94% of participants agreed the learning session was valuable (of the 63 survey respondents)
87% of team leads (6/7) indicated the Online Learning Session was valuable to building Farm to ECE capacity.
87% of team leads (6/7) indicated monthly team lead calls were valuable to building Farm to ECE capacity.
2021 CABBAGE TA-
Monthly Team Lead Meetings

ASPHN and NFSN managers held 18 team lead meetings, 6 meetings per team

31 Farm to ECE resources were shared during or after the meetings

Discussed the 26 new collaborations made during CABBAGE

Discussed the 6 innovative Farm to ECE outcomes that helped advance team efforts. Examples included providing ECEs with tower gardens, and ECE garden trainings provided by farmers during veggie box deliveries.
2021 CABBAGE TA – Participants’ Perceptions of Plan-Do-Study-Act (PDSA) Value

Teams completed 2-3 PDSA cycles during the 2021 CABBAGE

Team Leads indicated that the PDSA’s:

“Helped identify support needed for ECE sites.”
“Helped provide ECE sites with useful supplies.”
“Helped us find new ways to recruit for ECEs.”

Overall, PDSA cycles helped teams optimize their Farm to ECE implementation

71% of team leads (n=5) thought CABBAGE PDSA cycles were valuable
Feedback from 2021 CABBAGE Team Lead Focus Groups: Perception of Greatest 2021 CABBAGE Achievements

- Achieved new, valuable partnerships
- Created a learning community
- Implemented Farm to ECE curriculum
- Increased the number of gardens and resources
- Increased knowledge around Farm to ECE
Feedback from 2021 CABBAGE Team Lead Focus Focus Groups: Word art depiction for the relative value of the descriptions team leads’ ascribed to the CABBAGE experience.
Feedback from 2021 CABBAGE Team Lead Focus Groups:
Key CABBAGE themes identified by team leads and their relative importance.

“*It was nice to have those meetings [with ASPHN and NFSN program managers] ..to help us flush out some of our ideas, or even provide additional ideas. I found all of the webinars and seminars to be really helpful*” – EMU Team Lead
CABBAGE Focus Groups: Team-Identified Challenges

**Challenges with Farm to ECE**
- Communication: between sites, providers, and community members
- Provider buy-in, modeling, and support
- Geographic: Limited site access
- Provider Experience: Varied pre-training or experience
- Culture: Differences in Boundaries and Language

**Challenges with CABBAGE Grant**
- Time: in terms of when and how to get things done
- Initial roles and responsibilities: figuring out who is doing what
- Partnering: not having needed networks

Culture:
- Differences in Boundaries and Language
87% of team leads (n=6) strongly agree that CABBAGE helped their team implement Farm to ECE

100% of team leads (n=7) were satisfied with CABBAGE overall
2021 CABBAGE Value and Impact Data: Team Lead Feedback on CABBAGE Value to Increase Farm to ECE Capacity
2021 CABBAGE Value and Impact Data

7 resources were tailored or created by CABBAGE grantees

8 ECE’s implemented Farm to ECE in CABBAGE
4 were Family Child Care Providers

100% of CABBAGE teams increased their coalition numbers

321 children participated in Farm to ECE in CABBAGE (EMU 48; PHL 214; NKFM 59)

23 ECE providers were involved in Farm to ECE in CABBAGE
CABBAGE Grantees provided ECEs with:

- Trainings
- Direct Technical Assistance
- Learning Collaborations
- Connections to local food systems or producers
- Webinars
2021 CABBAGE Value and Impact Data: ECE Activities Resulting from CABBAGE

<table>
<thead>
<tr>
<th>Activity</th>
<th>Number of ECE's</th>
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<tbody>
<tr>
<td>Implemented gardening indoors and/or outdoors</td>
<td>8</td>
</tr>
<tr>
<td>Implemented learning opportunities through nutrition program</td>
<td>8</td>
</tr>
<tr>
<td>Implemented purchasing of local foods</td>
<td>7</td>
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2021 CABBAGE Value and Impact Data: Teams’ Resource Development

**Eastern Michigan University**
Created Interactive Food Demo for Providers
Created Farm to ECE Incentive Wish List
Created Farm to ECE Training for Providers

**National Kidney Foundation of Michigan**
Created a Farm to ECE Learning Collaborative
Incorporated Go NAP SACC into a Learning Collaborative
Created a Local Food Taste Test Boxes for ECEs

**Partnership for a Healthy Lincoln**
Optimized Harvest of the Month Kits for Lincoln Providers
Optimized Harvest of the Month Taste Test Activities for the ECEs
Created Microgreen Grow Kit for the ECEs
Successfully engaged 3 REACH teams in Farm to ECE

Offered valued Technical Assistance on Farm to ECE

Offered multiple opportunities to learn about addressing equity within Farm to ECE

8 ECEs implemented Farm to ECE efforts, impacting 321 children

CABBAGE Teams’ capacities to support and implement Farm to ECE improved

CABBAGE Teams created and tailored Farm to ECE resources for their populations
“These last few months have been extremely successful for the ECEs we’re working with, and they are so appreciative.”

“We are so grateful for the CABBAGE grant. This has been a great learning opportunity and experience for us and the providers.”

“I appreciate getting connected with ASPHN. Just getting connected with like-minded individuals, for continuing education and networking has been great. It's been beneficial for our REACH efforts.”

”The CABBAGE organizers were supportive and knowledgeable about Farm to ECE!”
ASPHN acknowledges and thanks all of our CDC partners, our partnership and direct efforts with the National Farm to School Network and Lacy Stephens, and the ASPHN Farm to ECE Advisory Committee.