

# ASPHN 2021-2022 Farm to Early Care and Education Capacity Building Grant (CABBAGE) Year 2 Evaluation Report

Prepared by:  
Community Evaluation Solutions, Inc.  
August 2022



# Introduction

Farm to Early Care and Education (ECE) programs are innovative, evidence-based interventions, which provide young children increased exposure and access to local produce, opportunities to learn about nutrition and agriculture, and hands-on learning through gardening. These early exposures to science, health and fresh local produce shapes health habits for life, can engage the ECE community and impacts the local food system.

ASPHN, in collaboration with CDC and the National Farm to School Network (NFSN) partnered with four (4) [CDC Racial and Ethnic Approaches to Community Health \(REACH\)](#) recipients to implement comprehensive Farm to ECE programs. ASPHN provided seed funding and technical assistance (TA) to the grantees, November 2021 through July 2022.

The CABBAGE grantees successfully partnered with ECE providers from within their REACH priority populations. They initiated or expanded Farm to ECE programs, increasing the quality of local ECE settings by improving children's access to healthy food and environments.

This report details the CABBAGE trainings, TA, and resources that ASPHN provided. It summarizes CABBAGE outcomes and its impact on increasing grantees' Farm to ECE capacity. CABBAGE grantees encountered challenges but ultimately sustained success with increased partnerships, new resources, and an improved Farm to ECE knowledge base.

# Evaluation Methods

The CABBAGE evaluation collected data from multiple sources, including:



Team Lead CABBAGE  
End of Year  
Evaluation Survey

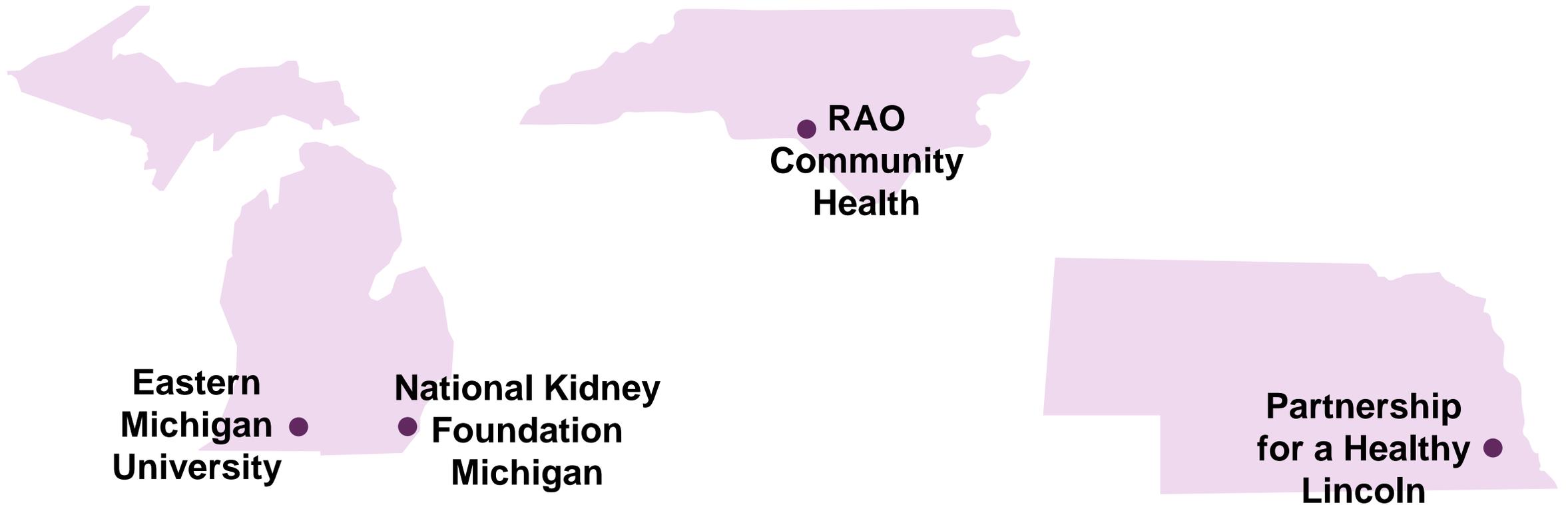


Program Manager  
Webinar/Call Attendance Data  
and Meeting Minutes



Participant Feedback  
Surveys on the  
Online Learning Session

**4 teams** located in **Michigan, North Carolina, and Nebraska** received funding to participate in the **CABBAGE** program.



# CABBAGE Impact Summary

As of July 2022, the 4 CABBAGE teams reached an estimated ...



**684**  
Children



**13**  
Early Care and  
Education (ECE) Sites



**46**  
ECE Providers



Of those ECEs,  
**4**  
were Family Childcare  
Providers

# CABBAGE Impact Summary

**CABBAGE partnerships have grown substantially during Year 2**

September 2021



**20**

**partners**

(Average 5 per team)



July 2022



**35**

**partners**

(Average 9 per team)

We added 2 ECE sites, began working with 3 more local farmers in procuring produce for tastings, engaged other potential partners in conversations about procurement and distribution, [and] engaged video production [partners] in our discussions to highlight local farmers.

- CABBAGE Team Lead

Technical assistance was provided during **CABBAGE team lead meetings** and **Farm to ECE monthly webinars**.



ASPHN hosted  
**28 team lead meetings**  
(7 per team)



Of the 8 CABBAGE team leads,  
**6-7 (on average)** attended  
**Farm to ECE monthly webinars**

# CABBAGE team lead meetings included the following:

## Typical Agenda

Team Updates

(progress, barriers, new members or partners)

Monthly Topic

Timeline and Next Steps

Questions

## Monthly Topic Examples

Farm to ECE Metrics

Community Support

Work with REACH Grants



# During **CABBAGE** team lead meetings . . .



Participants mentioned  
**50 new CABBAGE  
collaborations**

ASPHN and NFSN  
Project Managers  
provided teams with  
**104 resources**



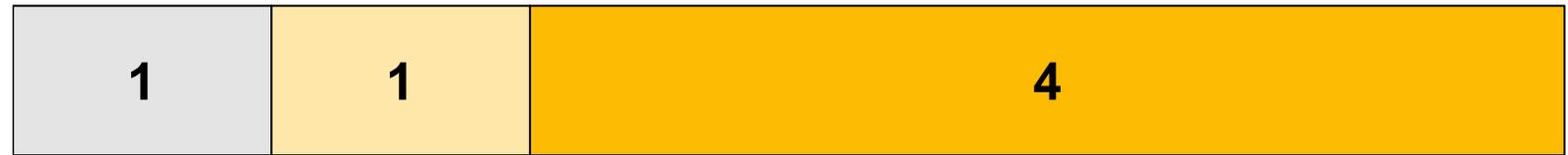
# CABBAGE Networking Calls

Call Description	Date	# of Attendees
Informational Call	August 2021	21
Kick Off Call - Introductions and Expectations	November 2021	16
Teams Share and Talk about Resources	January 2022	15
Teams Share and Talk about Metrics	March 2022	15
Teams Share and Talk about Year 3	July 2022	13

An **average** of **16 attendees** participated in each **networking call**.

**11 CABBAGE team members** attended the **March 2022 online learning session.**  
**6** completed the **event survey.**

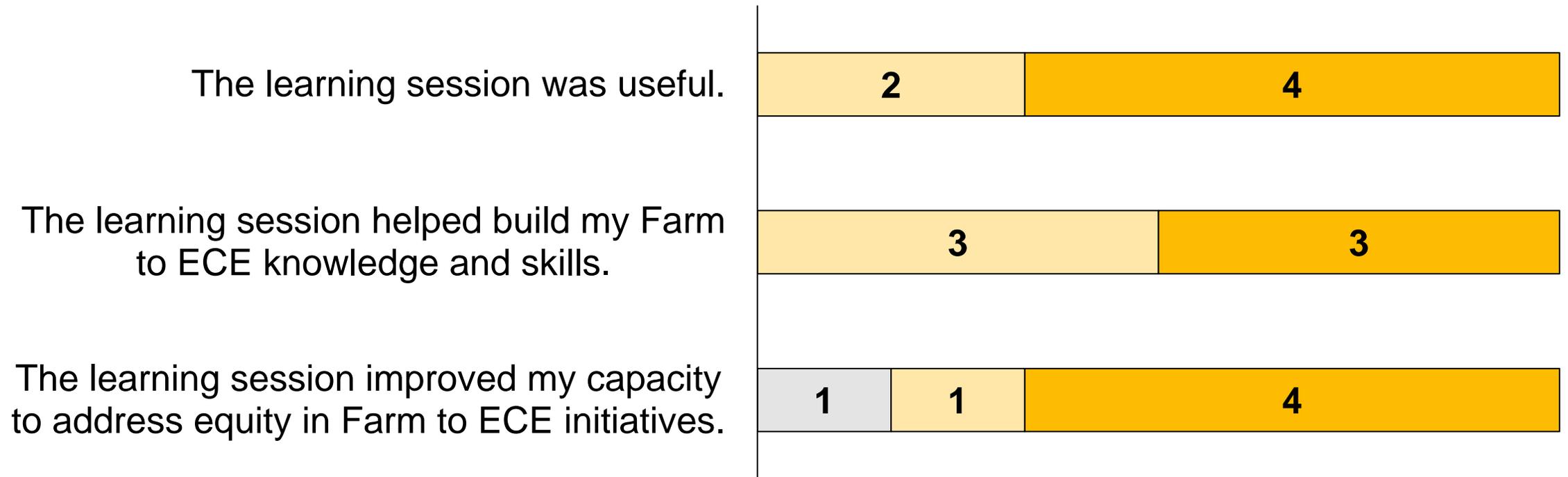
**Most** survey respondents **strongly agreed** or **agreed** that they **learned something** from the online learning session that they **would use in their work.**



■ Strongly Disagree ■ Disagree □ Neither Disagree nor Agree □ Agree ■ Strongly Agree



**Most** respondents **strongly agreed** or **agreed** that the online learning session was **useful**, helped build **knowledge** and **skills**, and improved their **capacity to address equity**.



■ Strongly Disagree ■ Disagree □ Neither Disagree nor Agree □ Agree ■ Strongly Agree

# CABBAGE End of Year Survey

**All four CABBAGE teams completed the end of year survey in July 2022.**

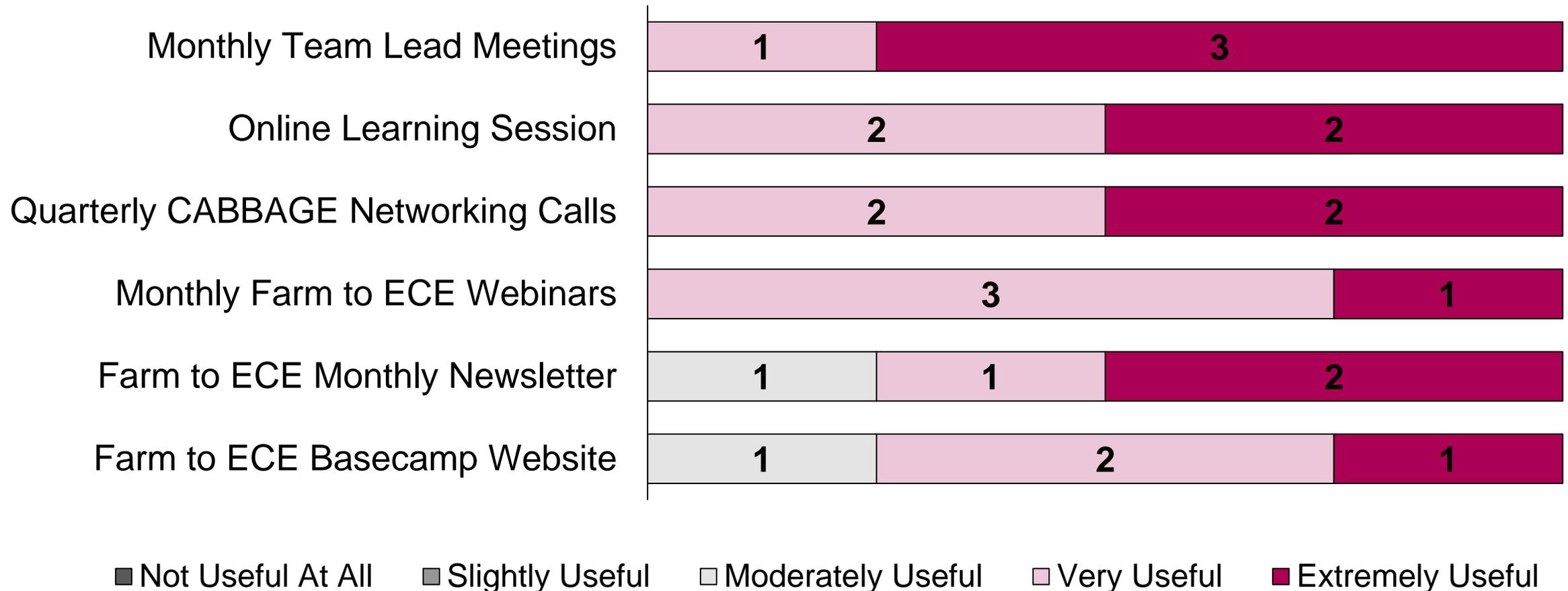


Team leads from each CABBAGE team collaborated to complete the survey



The next slides contain feedback from teams about CABBAGE and its perceived impacts

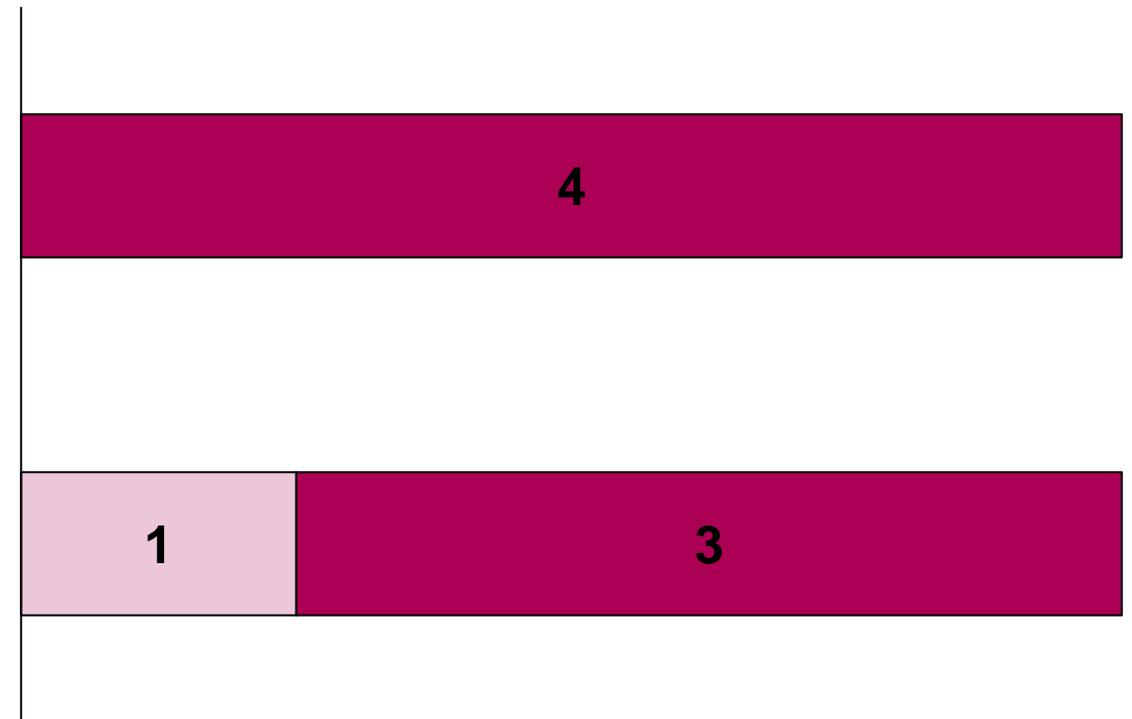
**Most** CABBAGE teams reported that all the ASPHN **educational opportunities** and **resources** provided were **useful** in helping teams reach their goals.



**Most** teams **strongly agreed** that their team introduced at least one **tool or resource** and that **ECE providers** used them **successfully**.

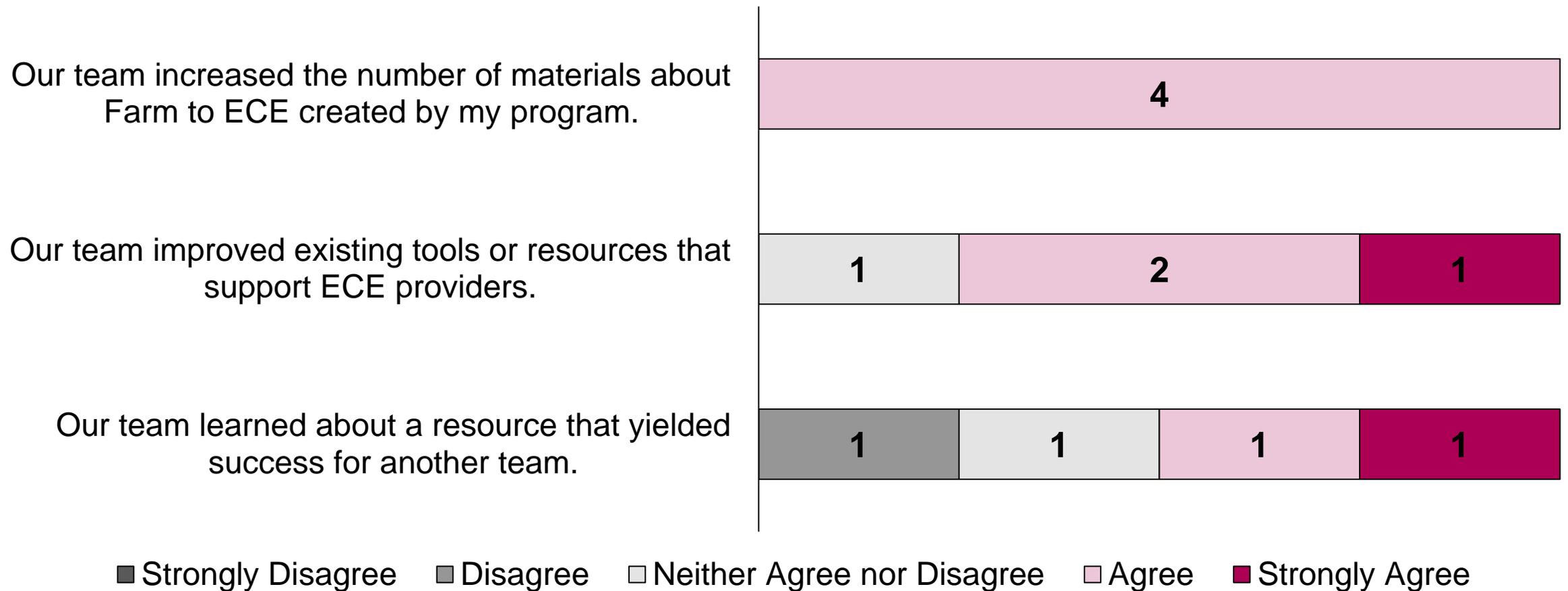
Our team used at least one resource or tool with ECE providers that helped children learn about food, agriculture and/or nutrition.

Our team increased the number of tools or resources ECE providers used successfully in their Farm to ECE work.



■ Strongly Disagree   ■ Disagree   □ Neither Agree nor Disagree   ■ Agree   ■ Strongly Agree

# Most teams **agreed** or **strongly agreed** that they had **improved existing tools or resources** and **increased their creation** of Farm to ECE materials.

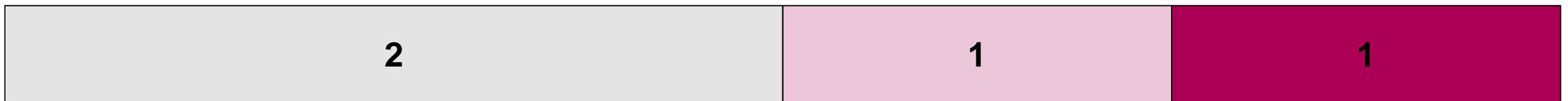


The **Plan-Do-Study-Act (PDSA) approach** is a way to test an implemented change. When team leads were asked about the **effectiveness** of PDSAs, responses were **mixed**.



■ Extremely ineffective ■ Somewhat ineffective □ Neither Effective nor Ineffective □ Somewhat effective ■ Extremely effective

CABBAGE teams **completed** between **2-4 PDSA cycles**.



■ 1 □ 2 □ 3 ■ 4

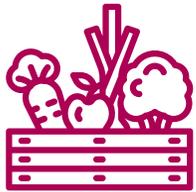
When asked what **types of activities** teams implemented because of **completing PDSAs**, respondents mentioned:



Developing a local food delivery system for ECE sites



Harvest of the Month kits for ECEs focused on tastings and education materials



Purchasing CSA boxes, gardening supplies, and classroom materials for ECEs

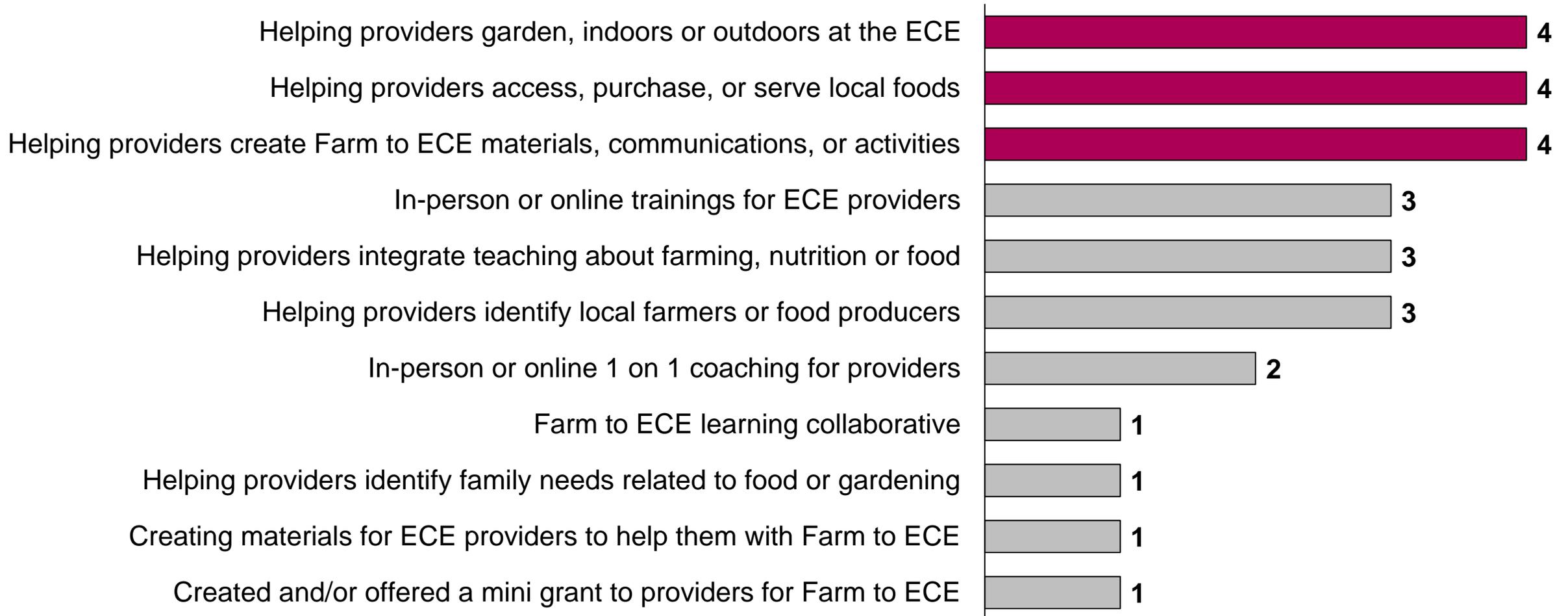


Creating (small scale) food hubs for ECEs

We had more discussions with ECEs around **local foods** and 10 Cents a Meal. Center based providers have taken a deeper look into their menu to see what foods are **locally sourced** and where they could begin **buying local**.

- CABBAGE Team Lead

The **most common CABBAGE activities** included helping providers **garden**, access, purchase, or serve **local foods**, and **create Farm to ECE materials**.

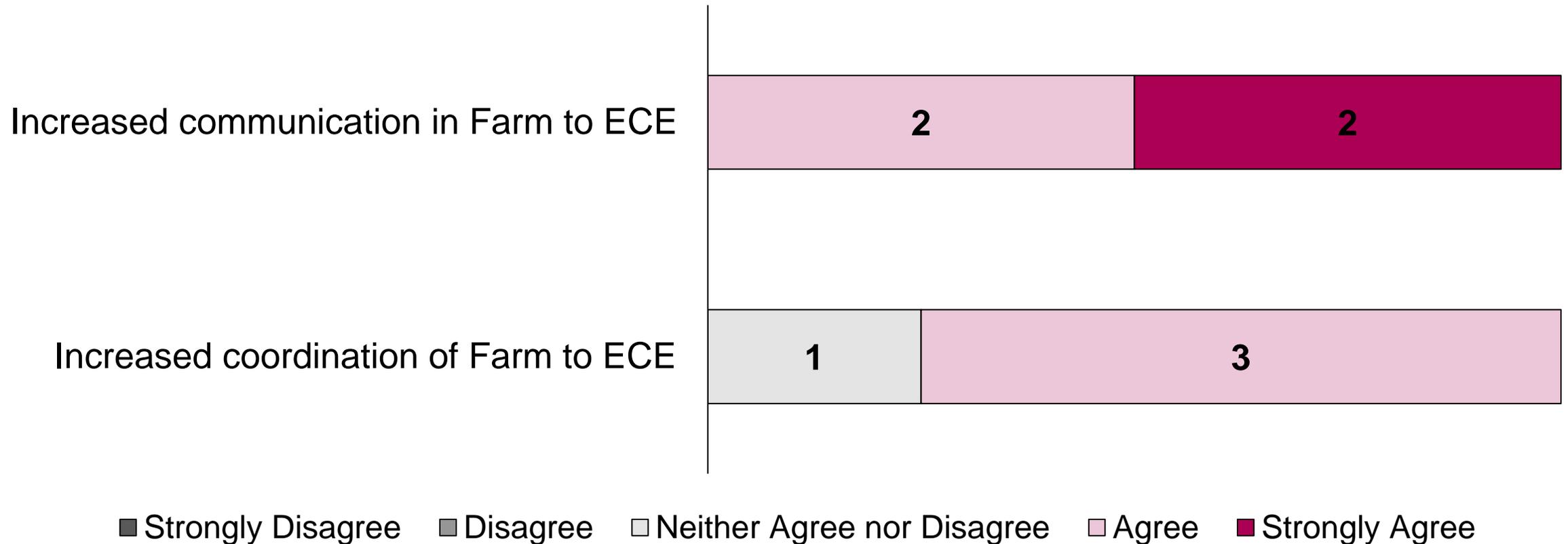


The number of ECEs that had **gardening**, purchased or served **local foods**, and **taught children** about nutrition, food, or gardening **increased** between **2021** and **2022**.



Note: RAO Community Health became a CABBAGE Grantee in Year 2 of the program.

**Most** teams **strongly agreed** or **agreed** that the CABBAGE grant helped them **increase** their **communication** in and **coordination** of Farm to ECE.



**All teams strongly agreed** that the CABBAGE grant **positively impacted the effectiveness** of their program.

4

■ Strongly Disagree   ■ Disagree   □ Neither Disagree nor Agree   □ Agree   ■ Strongly Agree

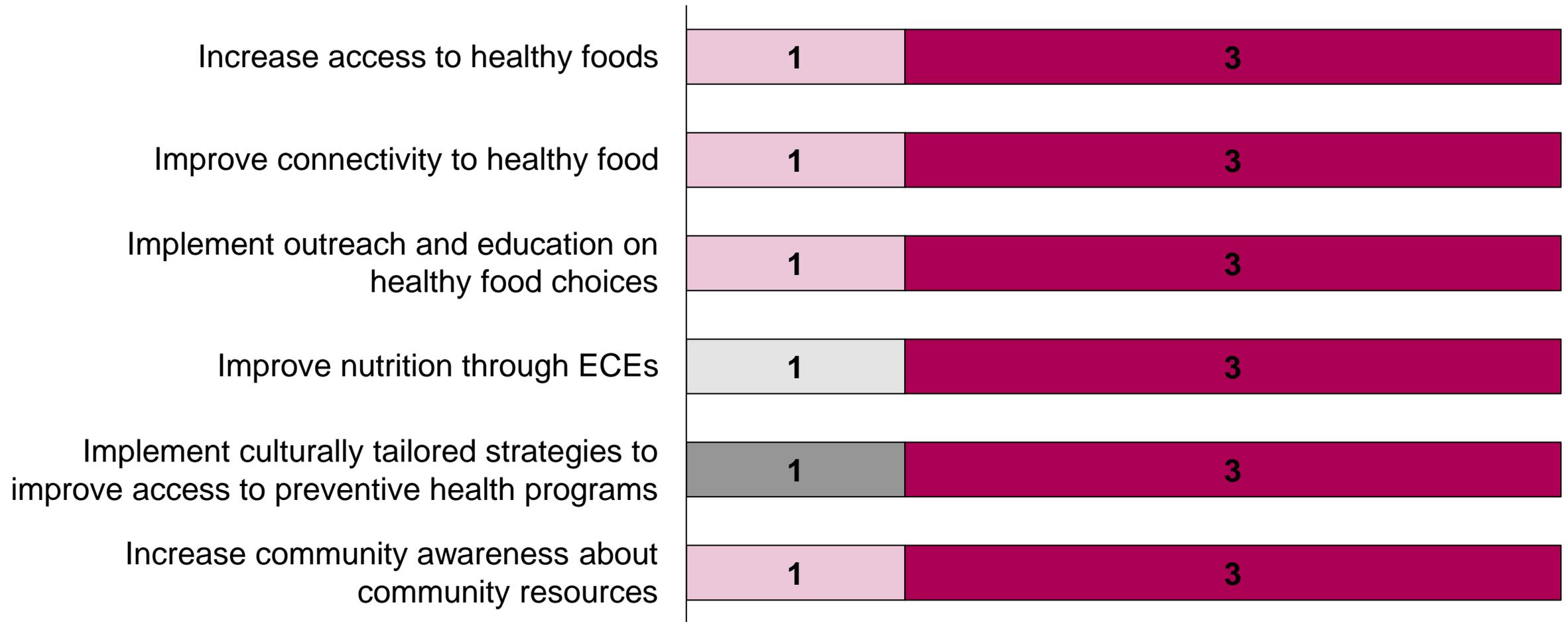


Teams were asked to **rate their satisfaction** with the CABBAGE grant program on a scale from 1 (extremely dissatisfied) to 5 (extremely satisfied).



**All** four **CABBAGE teams** reported that they were **extremely satisfied** with the grant program.

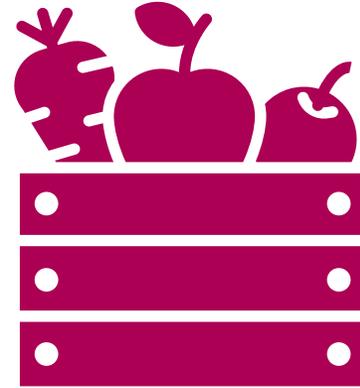
# Most CABBAGE teams **strongly agreed** that their team achieved the following **REACH** goals:



■ Strongly Disagree   ■ Disagree   ■ Neither Disagree nor Agree   ■ Agree   ■ Strongly Agree

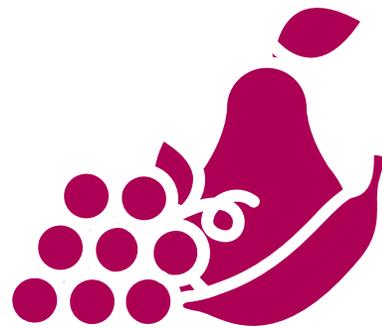
# Additional comments from CABBAGE teams included:

“We **greatly appreciate the technical assistance** provided by ASPHN on this grant! The past 2 years of CABBAGE grant funding has helped **propel the conversations about Farm to ECE** in our community to the forefront. We've also been able to **enhance the CABBAGE work** through **existing partnerships** developed through our REACH grant that will **keep our Farm to ECE work going.**”



“Our ECE providers **truly appreciate the knowledge, resources and materials** we have been able to provide due to CABBAGE. Thank you!”

“The ASPHN [events and conferences] are always chock-full of **wonderful speakers and presentations** that spark **new ideas and discussions.**”



“The **one-on-one team lead discussions** with Emia, Lacy, and now Sophia are the **most valuable** to me...They **share a wealth of resources** and are always willing [to connect] us with **people and resources** from across the country that are working in the same area, have experienced and worked through similar challenges, or are simply willing to talk through their area of expertise as it relates to our [program].”

# Recommendations for ASPHN



Continue to implement the CABBAGE program and **build upon the foundation** laid in Years 1 and 2



Support CABBAGE teams in attending the **Online Learning Session** scheduled for December 2022

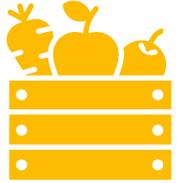


Work to bolster **engagement** with CABBAGE teams and **encourage attendance** at **calls** and **webinars**



Provide and expand upon Farm to ECE **educational opportunities, technical assistance, and resources** in Year 3

# Conclusions



The CABBAGE program provided **technical assistance** which **increased** teams' **capacity** to **engage** and **implement Farm to ECE** at the local level



The **technical support**, **educational opportunities**, and **resources** offered by ASPHN were **very useful** in helping CABBAGE teams **achieve their goals**



CABBAGE **funding**, **support**, **education**, and **resources** allowed teams to increase their **coordination** of and **communication** about **Farm to ECE**



All teams were **extremely satisfied** with the CABBAGE and felt that it **positively impacted** the **effectiveness** of their program

# Acknowledgements

*The 2021-22 CABBAGE was supported by the Centers for Disease Control and Prevention (CDC) in the Department of Health and Human Services (HHS) as part of cooperative agreement number NU38OT000279 (total of \$1,435,000). One hundred percent of CABBAGE is funded by the Division of Nutrition, Physical Activity and Obesity (DNPAO)/ National Center for Chronic Disease Prevention and Health Promotion (NCCDPHP) /CDC/HHS. The contents of this report are those of the author(s) and do not necessarily represent the official views of, nor an endorsement by, DNPAO/NCCDPHP/CDC/HHS or the United States government.*

