

2023 Statewide Program Impact Report

Learn, Grow, Eat & GO!

Region: All
District: All
County: All
End Date Range: 2022-09-01 - 2023-08-31
Series Name: All

Gender Breakdown			
Gender	#	%	Avg Age
Female	2813	50%	8
Male	2696	47.9%	8
Did not indicate	120	2.1%	9
Total	5629		8

Race Breakdown		
Race	#	%
American Indian / Alaskan Native	214	3.8%
Asian	66	1.2%
Black / African American	758	13.5%
Native Hawaiian or Other Pacific Islander	60	1.1%
White	3370	59.9%
Prefer not to respond	1341	23.8%

Ethnic Breakdown		
Ethnicity	#	%
Non-Hispanic/Latino	2045	36.3%
Hispanic/Latino	2292	40.7%
Prefer not to respond	1292	23%

Relevance

Texas A&M AgriLife Extension Service's, Learn, Grow, Eat & GO! (LGEG) – Junior Master Gardener curriculum, is a ten (10) week academically rich, elementary-focused, program incorporating the best practices identified by research and combines interdisciplinary elements of garden science, nutrition, food preparation, vegetable tastings, and physical activity to improve the health and wellness of children, families, and the school community.

Response

55 Texas counties participated with a total of 5,629 youth participants statewide. Pre-test surveys were administered to children prior to starting the LGEG curriculum and post-test surveys were administered at the conclusion of the curriculum. Only paired participant pre/post survey responses per question are included in the calculations for the survey responses. If a participant did not respond or left a question blank on either survey, their responses were not included in that question's calculations.

Survey Results from Pre/Post Surveys

	No. of Matching Responses	Before	After	Point Difference (After vs. Before)
1. Percent of participants who reported liking the following vegetables:				
a. Cauliflower	3948	24%	39%	15
b. Lettuce	3946	67%	76%	9
c. Carrots	3939	68%	77%	9
d. Spinach	3911	32%	49%	17
e. White potatoes	3913	58%	61%	3
f. Swiss chard	3891	11%	22%	11
g. Tomatoes	3911	46%	53%	7
h. Broccoli	3883	54%	63%	9
i. Bell peppers	3883	36%	47%	11
j. Squash	3875	25%	40%	15
k. Sugar snap peas	3884	22%	40%	18
l. Bok choy	3890	9%	27%	18
2. Yesterday activities...				
a. Percent of participants who reported completing hard physical play for 30 minutes or longer after school such as football, basketball, running, jogging, fast bicycling, etc.	3874	65%	75%	10
b. Average number of hours that participants had of screen time away from school like playing video games, playing on the computer, tablet, smartphone, or watching TV or movies.	3895	1.6	1.4	-0.2
3. Average number of times per day that participants drank sweetened beverages such as soda (not diet), sweet tea, sports drinks, or fruit flavored drinks.	3883	1.8	1.7	-0.1
4. Average number of times per day that participants drank milk.	3789	1.7	1.8	0.1
5. Average number of times per day that participants drank water.	3777	2.5	2.5	0
6. Average number of times per day that participants ate fresh, frozen, canned, or dried vegetables.	3771	1.5	1.5	0
7. Average number of times per day that participants ate fresh, frozen, canned, or dried fruit.	3672	1.8	1.9	0.1
8. Percent of participants that filled at least half their plate with fruits and vegetables for lunch and dinner.	3591	29%	39%	10
9. Percent of participants that reported performing the following activities with their family in the last year:				
a. Planted seeds or plants at home in a vegetable garden or container<	3894	45%	56%	11
b. Washed vegetables before you cook or eat them	3882	69%	83%	14
c. Picked vegetables from a garden to cook or eat	3857	38%	51%	13
d. Made any of the Learn, Grow, Eat & GO! Vegetable recipes	3801	23%	42%	19
e. Gardened with other in a community or school garden	3851	32%	60%	28
10. Percent of participants who reported enjoying gardening.	3876	59%	81%	22

Only paired participant pre/post survey responses per question are included in the calculations for the survey responses. If a participant did not respond or left a question blank on either survey, their response will not be included in that question's calculations. Based on the number of paired responses, the survey results may represent a sample of the reported impact(s) of all participants completing or graduating from that series.

Participant Post Survey Questions

	Response	Count
11. Do you think gardening has helped you to become a better math and science student?	I Have Never Gardened	193
	No	1238
	Yes	2586

12. Has participation in the garden program made you want to come to school?	No	1229
	Yes	2556

13. By participating in the Learn, Grow, Eat and GO! program, have you taught someone else to make better food choices?	No	1226
	Yes	2537

Participant Free Response Question

Participants were asked to respond to the following free-response question. Below is a small collection of student answers:

What is the most important thing you have learned in Learn, Grow, Eat & GO!?

"How to garden and eat healthier food."

"Gardening is really fun and a place you can be yourself."

"How to improve my cooking skills and learn new recipes."

"It is good to eat healthy, to work out, drink water, have more fruit or vegetables on you're plate."

"That you can get better at math and science from gardening."

"It helped me learn a lot on how to garden, cook, and teach my family members to plant stuff."