

2024 Statewide Program Impact Report
Learn, Grow, Eat & GO!

TOTAL PARTICIPANTS

Gender Breakdown			
Gender	#	%	Avg Age
Female	2861	49.6%	8
Male	2713	47%	8
Did not indicate	197	3.4%	8
Total participants who submitted both pre and post surveys		5771	8

Race Breakdown		
Race	#	%
American Indian / Alaskan Native	176	3%
Asian	103	1.8%
Black / African American	737	12.8%
Native Hawaiian or Other Pacific Islander	30	0.5%
White	3470	60.1%
Prefer not to respond	1424	24.7%

Ethnic Breakdown		
Ethnicity	#	%
Non-Hispanic/Latino	2111	36.6%
Hispanic/Latino	2269	39.3%
Prefer not to respond	1391	24.1%

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

54 Texas counties participated with a total of 5,771 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.

Results

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	4378	24%	38%	14
b. Lettuce	4380	67%	75%	8
c. Carrots	4372	70%	77%	7
d. Spinach	4347	34%	50%	16
e. White potatoes	4358	60%	64%	4
f. Swiss chard	4295	12%	24%	12
g. Tomatoes	4341	47%	52%	5
h. Broccoli	4352	56%	63%	7
i. Bell peppers	4309	37%	46%	9
j. Squash	4306	27%	38%	11
k. Sugar snap peas	4331	27%	43%	16
l. Bok choy	4340	11%	28%	17
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.	4228	62%	74%	12
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.	4245	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.	4281	1.9	1.7	-0.2
4. Average number of times per day that participants drank milk.	4121	1.8	1.8	0
5. Average number of times per day that participants drank water.	4152	2.5	2.6	0.1
6. Average number of times per day that participants ate fresh, frozen, canned, or dried vegetables.	4068	1.6	1.5	-0.1
7. Average number of times per day that participants ate fresh, frozen, canned, or dried fruit.	3989	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.	3748	29%	35%	6
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<	4298	46%	56%	10
b. Washed vegetables before you cook or eat them	4289	70%	82%	12
c. Picked vegetables from a garden to cook or eat	4277	37%	53%	16
d. Made any of the Learn, Grow, Eat & GO! Vegetable recipes	4271	19%	42%	23
e. Gardened with other in a community or school garden	4238	29%	62%	33
10. Percent of participants who reported enjoying gardening.	4291	60%	80%	20

**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	428
	No	426
	Yes	3490

12. Has participation in the garden program made you want to come to school?	No	426
	Yes	3491

13. By participating in the Learn, Grow, Eat and GO! program, have you taught someone else to make better food choices?	No	417
	Yes	3464

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!?

“Eat healthy and share the recipes with family.”

“I have learned how to eat healthier and how to take care of the garden.”

“Planting seeds and cooking the recipes.”

“In Learn, Grow, Eat & GO I have learned that I should eat more vegetables to be healthy, also that gardening is a fun activity, and I should spend less time playing video games and go outside more.”

“I learned a lot of gardening and it helped me to do science.”

“.... how to eat healthier and spend more time with my family on doing thing's like planting, cooking, washing fruit before eating.”

“Know how to exercise. Know how to plant seeds. Know what foods are good for you. I have a new hobby!”