

# FRESHFARM FOODPRINTS

## *FY24 report for DC City Leaders*

With support from the District of Columbia budget, FRESHFARM FoodPrints proved successful in embedding nutrition education tied to academic learning in 21 DC public schools, garnering tremendous local and national support and attention, and proving lasting impacts.

In our unique public-private partnership model, the DC Council allocated \$1.9 million for FY24 to support the FoodPrints program, which covered about half of the program budget. More than 70 stakeholders across the city wrote individual letters to the Council advocating for this funding.



*"FoodPrints is important because it teaches us skills that we will need later on in life, like cooking and growing crops. We also get to try delicious, homemade food, sometimes from around the world."*

– Marshall, 5th grader, Amidon-Bowen Elementary

**7,600 Students**

**21 Schools (18 Title I schools)**

**30 food educators**

**2,610 FoodPrints sessions**

**5,156 square feet of edible garden space**

**30 crops grown and harvested**

**16,000 lbs of local produce for learning, cooking, and eating**

# School Year 2023-24 Highlights



**Enjoying Garden Veggies as a Community**  
 During dismissal at Watkins Elementary, families took home fresh collard greens, herbs, and radishes harvested from their school garden. Everyone was excited to gather and share their plans for cooking the garden-fresh produce.



**Taking Care of the Planet**  
 In the garden, 3rd graders at Francis Stevens practiced conservation by helping to clean up the garden for spring planting. They also created skits about different ways to take care of the planet. One group performed a skit about refusing receipts and plastic bags from the grocery store as a way to care for planet Earth.



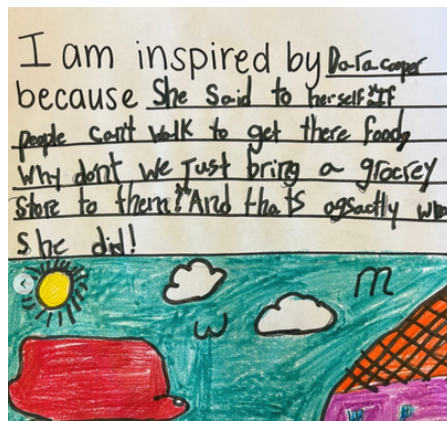
**Harvesting Garlic**  
 Roney pulled a garlic plant out of the soil at Powell Elementary and excitedly shouted, "it's a big one!" He and his 3rd grade classmates were garlic farmers as they harvested garlic bulbs, which they will use for many recipes they cook in FoodPrints class this winter such as, Sweet Potato Quesadillas, Rainbow Kale Salad, and Tomato Soup.



“*If I met a kid who never had FoodPrints before, I would tell them that you’ll be blown away by the food, and you’ll be loved here.*”

– 5th Grader, Burroughs ES





### Learning Life Skills at Marie Reed

During a 2nd grade class, Haley offered to translate between Eduard, an ESL student, and their teacher as he sautéed onions, explaining that he loves to cook and was feeling so grateful to mix the spices into the pan! These students were practicing the life skills of cooking and language translation.

### Connecting Food Justice and Social Studies

2nd graders at Langley Elementary began class with a discussion of activism. As Sam aptly described, activists are "people who help change the world in a good way." Students then talked specifically about food justice activism, read about different food justice activists, and made posters of the food justice activists they were most inspired by.

### Using Math for Square Foot Gardening

Amidon-Bowen 3rd graders used a Square Foot Gardening chart to plan out their ideas for what to grow in the spring in their school garden. Matthew said "gardeners use the Square Foot Gardening technique to know how many seeds to get," and Lauryn said it's used to "figure out how much space plants need to grow."



“*FoodPrints is the best class in the world. Why you ask? Because we learn new things, try new things, and make new things. My class looks forward to FoodPrints all year round.*

– 4th Grader, Marie Reed ES



# What are students saying about FoodPrints?

As part of our two-year food literacy evaluation with George Washington University, more than 200 students shared their learning and experiences in FoodPrints in spring 2024. Student reflections illustrate our program's goals to empower students and families with the knowledge and skills to access and cook fresh fruits and vegetables and to create positive food environments in our partner school communities. Below are highlights of students' reflections.



"I liked gardening because it was a new experience for me and we learned lots of useful information on how to grow plants and food." – Burroughs ES

"One thing I enjoyed about FoodPrints this year was going outside to the garden and picking vegetables, and then washing them, and then cooking with them!" – Beers ES



"In FoodPrints, I liked learning how to use a box grater and how to peel potatoes." – Langley ES

"Because of cooking in FoodPrints, I can now offer to help my mom with cooking at home." – Beers ES



"One thing I did not like about FoodPrints this year is that we did not get seconds of the Pesto Pasta! I wish we could have gotten fifths of the Pesto Pasta!" – Beers ES

"We worked together to make recipes and we tried new things. The food was delicious!" – Amidon Bowen ES



"When I go to middle school I am going to miss FoodPrints because we do things I've never tried before like doing a water filtration experiment to understand more about water conservation." – Beers ES

"We really liked learning about and playing with the worms!" – Langley ES



***Carrots – they're just the best! They're very sweet, which you would not expect from something you pulled out of the ground. That's what FoodPrints does: It helps you learn how to be more curious when it comes to food.***

– 5th grader, School Within School

# What are parents and teachers saying about FoodPrints?

More than 80 stakeholders wrote to the Mayor and DC education leaders to help advocate for city funding for FoodPrints for the 2024-25 school year. Below are highlights from their statements of support:



"I've observed the students' interactions in FoodPrints – it helps them work on their social-emotional skills in a low-stakes instructional environment...These experiences allow our students to grow up and become responsible students with healthy emotional, physical, and food conscience skills." – Tiffany Campbell, Ph.D., School Psychologist, Garfield Elementary, Ward 8



"FoodPrints ayuda a reforzar la educación alimentaria y nutricional de nuestros estudiantes y consecuentemente el hogar donde residen sus alumnos." – Manuel Gilberto Ramos, Parent, Marie Reed Elementary, Ward 4



We are so excited about our new partnership with FoodPrints at Malcolm X – especially how it extends our classroom learning! Our new garden will be transformational for our school to get our students outside and growing and harvesting food." – Principal Zara Berry-Young, Malcolm X Elementary School, Ward 8



"At home we struggle to get our son to try new foods and to understand which foods are healthy and help him grow, so FoodPrints has been important for our family because it gets our son excited about nutritious eating, trying new things, and making his own food." – Lindy Fulford, Parent, John Burroughs Elementary, Ward 5



*FoodPrints has introduced my children to vegetables they would never think of trying at home. I have seen pictures of them enjoying salads, carrot muffins, and kale. I do not know what magic powers the FoodPrints instructors possess, but they have opened up a whole new world of foods for my kids.*

– Carmen Wren, Parent, Whittier Elementary, Ward 4

# Local and National Attention for FRESHFARM's Food Education Program



## Visit from DC Mayor Muriel Bowser

In November 2023, Mayor Bowser visited Kimball Elementary School, where 15 FoodPrints students showcased joy and learning in FoodPrints by guiding the mayor through various stations including: cooking Sweet Potato Quesadillas and Colorful Kale Salad, grinding wheat berries into whole wheat flour, making corn tortillas using a tortilla press, tasting autumn apples, and harvesting sweet potatoes in the school garden.

> [Watch the Mayor explore these different stations with our students.](#)



## News coverage

The Washington, DC, NBC4 station filmed a full FoodPrints class and several interviews with students, parents, and FRESHFARM staff both in English and Spanish at Marie Reed in May 2024. The station ran two stories from this filming.

> [Watch the In the Community segment on FoodPrints.](#)



*"It's fun to grow things because you get to water them... you get to harvest them, and when you eat them, you can taste the power of the things you did."*

- Saya Finlay, 4th Grade, Marie Reed ES



## National Food is Medicine Summit

The U.S. Department of Health and Human Services invited FoodPrints staff and students to showcase our hands-on food education model at the first-ever Food is Medicine Summit on January 31, 2024.

> [Watch our students teach members of Congress](#) how to make delicious salads and sort plants by the parts we eat.



# RESEARCH FINDINGS

## Enduring Impact of Our Food Education Model

A study by George Washington University researchers demonstrated the FoodPrints program creates lasting impacts in the lives of youth participants. Years after participating in the program, young people appreciate fresh food, remain open to trying new foods, and have confidence to make informed food decisions. The Journal of Nutrition Education and Behavior published this research in January 2024 in an article titled "[Participant Perspectives on the Impact of a School-Based, Experiential Food Education Program Across Childhood, Adolescence and Young Adulthood.](#)" The format of the study was uniquely focused on [youth perspectives](#), pulling from focus groups with 78 current and former FoodPrints students.

*"That same excitement and joy that came from FoodPrints has carried over into the way that I'm able to enjoy cooking now."*

*"FoodPrints teachers showed us how we could buy food on a budget in a way that is practical and also best for my body."*

### Student Year-End Reflections Illustrate Our Goals

When more than 200 students shared their learning and experiences in FoodPrints in spring 2024, their reflections illustrated our program's goals to empower students and families with the knowledge and skills to access and cook fresh fruits and vegetables and to create positive food environments in our partner school communities.

*"Because of cooking in FoodPrints, I can now offer to help my mom with cooking at home." – Beers ES*

*"I liked gardening because it was a new experience for me and we learned lots of useful information on how to grow plants and food." – Burroughs ES*

When these same 200 students voted on their favorite parts of the FoodPrints program, more than 80% of respondents gave the overall program the highest possible rating. Results of student votes on four specific program elements were the following:

Cooking: 98% loved  
or liked it

Teamwork: 82% loved  
or liked it

Gardening: 87% loved  
or liked it

Eating: 93% loved  
or liked it