

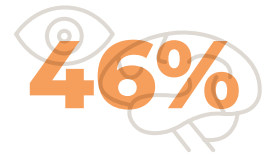
KESHENA PRIMARY SCHOOL

Food Perception Changes through Indoor Farming

A year-long study was conducted to track perception, consumption and knowledge indicators of fresh food and physical activity in the elementary school setting, targeted to a 4th grade population. The study was conducted through a program partnership between the Brown County Health Department, Goodwill Industries of North Central Wisconsin, Inc. and Fork Farms.

The study took place at the Keshena Primary School in Keshena, WI on Menominee Nation tribal lands. During the program period, 21 participants engaged in growing fresh lettuce using the Flex Farm. In addition, students were given 8 -15 minute lessons within each program period.

Students were provided a pre and post program survey as well as 24 hour food recall interviews during the program period. They were surveyed on their comprehension of these lessons and any change they experienced in their understanding and perception of fresh foods. Overall, students reported an increase in positive perceptions and consumption of fresh foods.



46%
46% increase in positive perception of fresh vegetables



33%
33% increase in consumption of fresh vegetables



Increased knowledge indicators about nutrition and healthy eating



“ We believe that growing your own food promotes healthy eating habits and a close connection to the living world around us. When placed in schools, Flex Farms give kids the opportunity to learn about agriculture while providing nutritious food to encourage lifelong healthy eating habits. ”

Alex Tyink
President, Fork Farms