Request for Proposals

Evaluation of the

Farm to School BC program

Deadline for Proposal Submission: August 10, 2018

Contact Person: Richard Han, Provincial Manager

Prov.manager@farmtoschoolbc.ca

The Public Health Association of BC is seeking proposals for qualified and experienced individuals or companies to conduct an evaluation of the Farm to School BC program (F2SBC).

The Program:

Established in 2007, Farm to School BC (F2SBC) is a K-12 school-based, healthy eating program administered by the Public Health Association of BC (PHABC), which brings healthy, local, culturally appropriate and sustainable food practices into classrooms. By linking schools to their communities and mobilizing stakeholders, the program empowers students, builds school capacities, strengthens community relations, fosters food literacy skills, and strengthens local food systems.

Three core elements of Farm to School BC are:

1. Healthy, local food
2. Hands-on learning
3. School & community connectedness

Farm to School BC activities look different in every school, school district, community and region. From microgreens, school garden beds to beekeeping, tower gardens and aeroponic systems, the programs are driven and maintained by a Farm to School team identified at each school and community.

Currently, there are five established Farm to School BC Regional Hubs across the province

- Capital Region (School Districts 61, 62, 63, 64)
- Kamloops Region (School District 73)
- Nanaimo North Region (School Districts 68, 70)
- Northwest Region (School Districts 54, 82)
- Vancouver Region (School Districts 38, 39)

The regional hubs are coordinated by local Community Animators and supported by a network of stakeholders including public health dietitians and community partners. F2SBC provides grants to schools within and outside the regional hubs to help them plan and implement F2SBC activities. To date, 163 schools have received funding to implement and sustain their respective Farm to School program.

Program objectives:

- To increase fruit and vegetable consumption amongst participating school aged children (K-12).
- To increase student knowledge about the local food system, local foods, and nutritional health.
- To enhance student skills in the areas of food procurement, processing, and cooking.
- To strengthen local farm, school, and community partnerships.
- To develop promising practice models that are self-financing, eco friendly and have the potential to be implemented elsewhere.

Research project details:

1. Evaluation on Students' Health and Learning Outcomes: August 2018 to December 2019

An evaluation to be conducted in the 2018/19 school year to determine impact of F2SBC on evidence-based healthy eating indicators and assess health outcomes (including but not limited to):

- Willingness to try fruit and vegetables of participating students
- Students' preference for fruits and vegetables grown at school

- Students' intention to eat fruits and vegetables
- Increased daily consumption of fruit and vegetables for students aged 12+ years
- Students in grades 3, 4, 7, 10 and 12 reporting that at school, they are learning to care for their physical health (for example, getting healthy food and exercise)
- Better social and emotional health of participating students
- Increased school connectedness
- Awareness of healthy local food
- Sustainability of the F2SBC programs funded through F2SBC since 2014

Methods:

A mix of quantitative (e.g. surveys) and qualitative (e.g. focus groups, interviews) can be used to assess the impact of F2SBC on participating students and schools.

Because the program is customized by schools to meet their unique needs, the evaluation approach and tools need to be developed to fit the F2SBC model as implemented in BC public schools. Please refer to the Appendix A for a full list of schools participating in the program since 2014. Please refer to Appendix B for potential metrics to consider in the evaluation.

Proposed target groups:

- Students (including but not limited to Grades 3, 4, 7, 10 and 12)
- Teachers
- School administrators
- Dietitians
- Community partners

Research project term: The successful applicant must be available to start planning for this evaluation as soon as confirmed by PHABC (late August 2018) and willing to work with an Advisory Group to finalize evaluation design and tools.

Deadline for submission of final evaluation report:

December 13, 2019

The contract would include:

- Project management: The overall responsibility for administering the evaluation project. Support from F2SBC team (i.e., animators and provincial manager) may be provided within capacity
- Review background materials, gain input and structure evaluation
- Development and testing of evaluation tools
- Implementation of evaluation activities
- Data collection and analysis
- Writing of the evaluation report (includes round of review and edits before submission of final report)
- Presentation of findings to key stakeholder groups (up to 2)

The contract fee: negotiable

The expression of interest should include:

- A resume
- Sample of similar work
- An outline of interest in the contract
- An outline of the proposed plan with proposed sample sizes, metrics and timelines for completing this evaluation
- An outline of estimated cost, including travel expenses, hourly rate, allocation of hours and any other related anticipated costs

Request for Proposal Deadline: August 10, 2018, at noon.

Submit Proposals to: Richard Han, Prov.manager@farmtoschoolbc.ca

Appendix A – Farm to School BC School List

Farm to School BC (Capital Regional Hub)

School Name	Funding Period	Grades	School Population	Activities
Royal Bay Secondary School	F2S Start-Up Grant 2014-16	9-12	800	Culinary arts program, salad bar, school garden
Rockheights Middle School		6-8	210	School garden
Torquay Elementary School		K-5	233	Harvest meal, school garden
West Mont Montessori		K-8	180	School garden
Port Renfrew Elementary School		K-5	35	Hot lunch program, school garden
Lau Welnew Tribal School		K-12	220	Lunch program and school garden
Reynolds Secondary School		9-12	1100	Salad bar and school garden
Victoria High School		9-12	850	Salad bar and school garden
Esquimalt High School		9-12	600	Culinary arts program, school garden
Oakland's Elementary School	F2S Expanding Grant 2017	K-5	486	Microgreen, school garden
Bayside Middle School		6-8	565	Salad bar and school garden
Salt Spring Elementary		K-5	180	Harvest day, School garden
Mayne Island School		K-5	29	Harvest day, School garden

Farm to School BC (Kamloops Regional Hub)

School Name	Funding Period	Grades	School Population	Activities
Logan Lake Secondary School	F2S Start-Up Grant 2014-16	5-12	115	2014-2016: Microgreens, hot breakfast program, school garden 2017: School garden
Barriere Elementary School		K-7	225	School garden: growing during the summer and preserving and cooking with garden produce in the fall
Clearwater Secondary School		8-12	200	School garden, microgreens, homemade apple cider vinegar
Skeetchestn Community School		K-12	Approx. 50	School garden
Brocklehurst Middle School		7-9	665	School garden, community garden, Gleaning Abundance Program, salad bar, composting, vermicomposting, preserving garden harvest, making and selling smoothies/parfaits, microgreens, field trips
NorKam Secondary School		10-12	731	School garden, composting, microgreens, field trips, salad bar
Arthur Hatton Elementary School		E	243	Microgreens, school garden, field trips, Gleaning Abundance Program recipients, preserving the harvest, cooking with the harvest, making meals for school-wide events, vermicomposting, composting, growing traditional plants
Four Directions Secondary School		8-12	60	Microgreens, growing traditional plants in transportable raised beds (to move off site in the summer)
Kay Bingham Elementary	F2S Expanding Grant 2017	K-6	300	Field trips, microgreens, growing tomato plants and sold them (donated money to local farm)
Kamloops School of the Arts		K-12	466	School garden, field trips
Raft River Elementary		K-7	268	Pollinator garden, school vegetable garden, composting, making

				calendula salves (and other garden-based art)
Falkland Elementary School		K-8	93	Installing greenhouse on school grounds, use food in hot lunch program
Hillcrest Elementary School		K-5	316	Field trip to local farm, pollinator garden

Farm to School BC (Nanaimo North Regional Hub)

School Name	Funding Period	Grades	School Population	Activities
Maquinna Elementary School	F2S Expanding Grant 2017	K-7	356	Garden, Events.
Departure Bay Elementary School		K-7	291	Education, garden
Georgia Avenue Elementary School		K-7	349	Education, garden
John Barsby Community School		8-12	650	Education, garden
Coal Tyee Elementary School		K-7	353	Education, garden
Brechin Elementary School		K-7	200	Education, garden

Farm to School BC (Northwest Regional Hub)

School Name	Funding Period	Grade	School Population	Activities
Hazelton Secondary School	F2S Expanding Grant 2017	8-12	370	Tower garden
Silverthorne Elementary School		K-7	163	Salad Bar
Muheim Memorial Elementary School		K-7	300	Salad bar, field trips
Ecole Mountainview Elementary School		K-6	178	Microgreens
Mountain View Christian Academy		K-6	24	Garden expansion, field trip

Farm to School BC (Vancouver Regional Hub)

School Name	Funding Period	Grades	School Population	Activities
Templeton Secondary	F2S Start-Up Grant 2014-16	8-12	794	School garden including raised beds and a tea garden, and a salad bar program
St. Francis of Assisi		K-7	215	School garden and curricular ties to food systems & environmental education
David Thompson Secondary		8-12	1650	Fresh Roots hosts a schoolyard farm on the school grounds
Queen Elizabeth Annex		K-3	100	School garden/fruit trees,
Windsor House		K-12	162	Farm program (including vegetable production, chickens/other animals, bees, and other activities)
Tupper Secondary		8-12	1000	Microgreens, herb boxes and garden boxes, cooking with local foods/school-grown foods
Sir Charles Kingford Smith		K-7	~339	School garden, First Nations Project, food/environmental education;
Sutherland Secondary		8-12	800	Schoolyard farm via Edible Garden Project
Tomekichi Homma	F2S Expanding Grant 2017	K-7	560	School gardens
Rockridge Secondary		8-12	950	School garden and compost, selling veggies and incorporating it into leadership programming
Archibald Blair		K-7	329	School garden

Farm to School BC (Provincial)

School Name	Funding Period	Health Authority Region	Grades	School Population	Activities
Godson Elementary School, Abbotsford	F2S Start-Up Grant 2014-16	Fraser Health	K-5	334	Kitchen supplies, cooking class
Sardis Secondary School, Chilliwack			10-12	1273	School farm
Yarrow Community School, Chilliwack			K-6	300	School garden, kitchen supplies
Dessert Sands (formerly Ashcroft Secondary), Ashcroft		Interior Health	K-12	250	Breakfast and lunch program, kitchen supplies, garden expansion
Christina Lake Elementary School, Christina Lake			K-7	74	Salad bar, tower garden
LV Rogers Secondary School, Nelson			9-12	800	Salad bar, greenhouse, local farmer connection
Lucerne Elementary/Secondary School, New Denver			K-12	99	Kitchen equipment, salad bar, greenhouse
Parkway Elementary School, Penticton			K-5	~250	Outdoor learning centre (garden)
Prince Charles Secondary School, Creston			8-12	525	Greenhouse, farm visits, salad bar
South Nelson Elementary School, Nelson			K-5	185	Salad bar, farm tours
Wild Flower School, Nelson			K-9	120	Field trip, greenhouse, garden
Bowser Elementary School, Bowser		Island Health	K-7	175	Garden
Fernwood Elementary School, Salt Spring Island			K-5	118	Garden, compost, greenhouse, irrigation, shed, hot lunch program
Gabriola Elementary			K-7	100	Gardening, food

School, Gabriola Island					skills, hot lunch program
Lake Trail Community School, Courtenay			7-9	300	Garden, fruit trees, salad bar,
Ucluelet Elementary School, Ucluelet			K-7	170	Greenhouse, school garden, outdoor classrooms
Gitsegukla Elementary School, Gitsegukla		Northern Health	K-7	96	Preserving food, First Nations traditional foods, community garden
Kispiox Community School, Kispiox			K-7	102	Salad bar, school garden, farm visits
Telkwa Elementary School, Telkwa			K-7	115	Fruit tree, cooking skills, community garden
Parkland Elementary School, Quesnel			K-7	64	Kitchen equipment, garden, greenhouse, fruit trees, chicken coop
Smithers Secondary School, Smithers			S	750	Greenhouse, outdoor garden, meal program
Wells Barkerville Elementary School, Wells Barkerville			K-7	20	Greenhouse
Gibsons Elementary School, Gibsons		Vancouver Coastal	K-7	325	Community garden, outdoor classroom
Kelly Creek Community School, Powell River			K-7	116	School garden, meal programs
Coquihalla Elementary School, Hope	F2S Expanding Grant 2017	Fraser Health	K-6	365	Garden, aquaponics, First Nations Elders
Boston Bar Elementary/Secondary (Fraser Valley)			K-12	56	Greenhouse, healthy lunch, cultural foods, language promotion with First Nations
Brantford Elementary, Burnaby			E	370	Garden expansion, cooking class, farm visit

Connaught Heights Elementary School, New Westminster			K-5	190	garden
Agassiz Elementary Secondary, Agassiz			E/S	282	Hydroponic system
High Road Academy, Chilliwack			K-12	450	Greenhouse, blenders, salad bar
Kidston Elementary, Coldstream		Interior Health	E	315	Garden bed, shed, teaching wall
Begbie View Elementary, Revelstoke			K-7	268	Microgreen, smoothies
W E Graham Community School, Slocan			K-12	85	Local lunch, microgreen
Our Lady of Lourdes Elementary School, West Kelowna			E	135	Growing tower, garden
South Central Interior Distance Education, Merritt			K-12	759	Kitchen equipment
Falkland Elementary, Falkland			E	93	Greenhouse, hot lunch, kitchen equipment
Hillcrest Elementary, Salmon Arm			E	316	Garden tools, books, supplies, farm visit
Mark R. Isfeld Secondary, Courtenay		Island Health	S	1000	Salad bar
Bowen Island Community School, Bowen Island			E	331	Farm trip, garden supplies
Hart Highlands Elementary, Prince George		Northern Health	K-7	355	Tower gardens
Mamquam Elementary, Squamish		Vancouver Coastal Health	E	306	Greenhouse expansion
Valleycliffe Elementary, Squamish			E	180	Garden expansion
Bella Bella Community School, Bella Bella			K-12	214	Garden, entrepreneurship class, link to First Nations culture
Bella Coola Elementary			?	98	Garden, local

School, Bella Coola					farmer and elder visits
James Thomson Elementary, Powell River			E	285	Garden expansion, irrigation, food production
Roberts Creek Community School, Roberts Creek			K-7	240	Garden expansion irrigation, purchase plants
Kinnikinnick Elementary, Sechelt			E	230	Garden beds, storage, fencing
Ecole du Pacifique, Sechelt			E	75	Farm tour, kitchen supply, school garden, composter, farm visit

Appendix B – Potential Metrics for F2SBC

	Knowledge	**Attitudes**	**Behaviours/Outcomes**
HEALTH	Nutrition knowledge Awareness of where food is grown and what FV are grown when Knowledge of nutrition, food systems and resource conservation	Attitude towards healthy eating/FV Preference for FV Willingness to try FV grown in gardens Likert scale re: salad bar program Talking about FV, nutrition, gardening with friends/family/teachers	Increased exposure to fresh produce Increased preference for FV Increased FV consumption (weekly average) Access to healthy local food Self-efficacy to garden Eating a wider range of foods Improved family dietary patterns Improved student's nutritional intake Frequency of physical activity Sedentary time Parental outcome (improved dietary behaviours)
EDUCATION	Identification of fruits and vegetables Environmental awareness	Engaged learning Attitude towards school/learning Life skill scores (teamwork, self-understanding, leadership, decision-making, communication,	Alertness/concentration Life skills Educator Engagement

	Knowledge	Attitudes	Behaviours/Outcomes
		volunteerism)	
SCHOOL CONNECTEDNESS		Pride in school garden Experience with the program Sense of belonging	Interpersonal relationships Increased peer relationships Sense of ownership and attachment to school garden Sense of school community # of students, teachers, parents involved in school gardening activities Teacher engagement Parent engagement
MENTAL HEALTH		Sense of purpose/value Positive relationships	Self-esteem

FV: Fruit & Vegetables