



The Sage Garden Project

Impact Report

2023-24

Our Mission:

To support year-long, robust, sustainable garden & cooking programs at elementary schools.

Our Vision:

For garden & cooking programs to be universal and a standard part of education.

Our Impact:



11,500+
students served



33
Total programs
supported

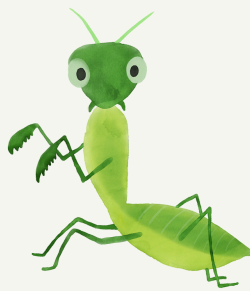


\$1 MILLION
gifted in 2023-24

Programming

33

Total programs supported



10

Different school districts

11,500+
students served



10,000+
hours of Wild Wisdom lessons taught

45+

Garden & Cooking Educators Trained



34

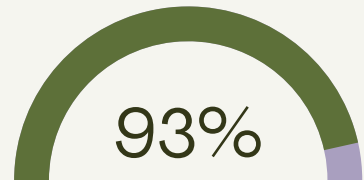
Hours of Professional Development for each educator

Wild Wisdom Curriculum

We came out with 6 new cooking & 6 new garden lessons each with 4 new recipes/activities

38

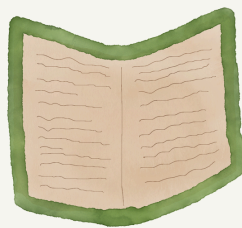
NGSS & Common Core aligned lessons in Wild Wisdom Curriculum



Sage Instructors said our curriculum increases their students' willingness to try new foods



Sage Instructors said they were very or extremely satisfied with our new Wild Wisdom Curriculum



5,800+

Garden & Cooking Lessons delivered to students

88%

Sage instructors felt curriculum aligned with NGSS & common core standards

Skills Learned by Students

- Trying new foods
- Problem Solving
- Collaboration & Teamwork
- Composting
- Planting & Harvesting
- Reading recipes
- Kitchen tool safety
- Measuring
- Cooking at home
- Garden Ecology
- Interconnectedness

*As shared by garden/cooking educators

3,000+ recipes made by students



Sage Instructors said Wild Wisdom Lessons increase students' curiosity about the natural world

Research

IRB Research Project with Occidental College

11

Clairemont Elementary
Schools surveyed



**Year 3 of
3-year
research
project
complete**



700+

3rd & 5th Grade
Students surveyed

30+

Classroom Teachers
surveyed

The 4 outcomes being measured are:



Willingness to try new fruits and vegetables



School attendance



Participation in school lunch

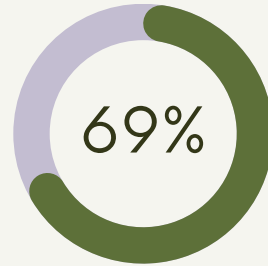


Social and emotional learning
opportunities to all learners

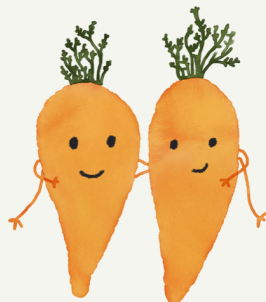
Community

1840 lbs

Harvest distributed
amongst 7 schools that
weighed what they grew



Garden/Cooking Programs
distributed surplus harvest to their
community (teachers, staff,
neighbors, families)



18

SDUSD schools
connected to the
Harvest of the Month
program by our
cooking coordinator

Partnership with Sprouts Healthy Communities Foundation

Executive Director, Kimberly Orias, served on the Core Planning Team for the **National Growing School Gardens Summit** hosted by Sprouts Healthy Communities Foundation

\$35,000+

in Sprouts Gift Cards given to supplement fresh produce for the cooking lessons at our supported schools



13

SGP Educators & Team brought to the 2024 Growing School Gardens Summit

14

Sprouts locations shopped at by garden & cooking educators

SPROUTS™
HEALTHY COMMUNITIES
FOUNDATION

7

SGP Educators & Team presented at the 2024 Growing School Gardens Summit

3

Cooking Carts provided to our newly funded schools

3

SGP Supported Schools proudly shown as field trips during the Growing School Gardens Summit



2

Sprouts Day of Service Workdays at 2 of our supported schools with 27 local Sprouts employees



"[The Sprouts gift cards] allow us to feed kids. They experience that as love and care - something they very much need."

- Garden/Cooking Educator

Partnership with Sixth College UCSD

This year we partnered with
Sixth College's CAT3CE Course

660 hours

of volunteer time spent in
garden & cooking classes



22

Sixth College
Student Volunteers

8

**SGP Supported
Elementary Schools**
where Sixth College
honor students were able
to volunteer weekly

Skills Learned by Volunteers

- Independence
- Leadership
- Collaboration
- Time Management
- Teamwork
- Communication
- Working with children
- Patience
- Gardening
- Classroom Management

*As shared by Sixth College students



"Kids are smart! They understand what's happening in the climate around us and by explaining what's happening in easy terms with actionable solutions we can raise a future of better climate stewards." - Sixth College Honor Student

What Principals are saying...

Out of 16 principals surveyed....



100% feel that Sage Garden Project has had helped create opportunities for my students to practice patience & persistence.



100% feel that because of Sage Garden Project programming students are eating more fruits & vegetables and are willing to try new foods



100% feel that the students identify the garden as a safe space on campus

"Our garden fosters a sense of belonging. The equity brought about by our garden program allows every single student to experience the engaging earth science lessons. Every child loves garden, plans in garden, cleans in garden, prepares food in garden and eats in garden. They depend on one another in garden. It's the most beautiful thing!"

"They have created an atmosphere where students know that they should experiment with new and unusual foods. Each time they have cooking class they try something new and often take the recipe home for their families to make. I have also noticed a higher level of respect for the numerous gardens around campus since students do a lot of the planting and now have more ownership."

What Classroom Teachers are saying...

Out of 119 classroom teachers surveyed....



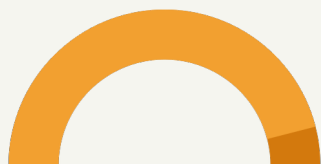
93% say that after being in the garden they have noticed a positive change in their or their students' mood



68% have tried cooking Sage Garden Project recipes at home



92% feel that Sage Garden Project has helped create opportunities for their students to practice teamwork & collaboration



92% believe that the garden & cooking program improved their students sense of pride in their school and their connection to school



95% believe that by participating in the garden & cooking programs, they value hands-on learning to a greater extent



86% believe that the garden & cooking program improved their students motivation to attend school

What Classroom Teachers are saying...

"We love this program and are so grateful for the opportunity. Many of these students live in apartments and spend much time indoors on screens. It's so nice to give them the opportunity to be outdoors working, learning, cooking, and creating in the garden."

"[A session in the garden] is a stress reliever and a break from the overstimulation in the classroom. I feel calmer and happier. My students are happier too."

"The Sage cooking classes always inspire me to make new recipes."

"Students have talked parents into starting small gardens in their apartments."

"I have a LOT of students copying the recipes as I post them in class. Parents are telling me the kids are asking to make specific things they learned how from our garden."

"My students who have difficulty focusing in the classroom are always engaged during our times in the outdoor kitchen and garden."

"Sometimes, when students are disregulated and having significant behavioral difficulties, they use the garden as a regulation area to walk and relax, use their senses to become more grounded and calmer."

"I like that these lessons make me more mindful about my food preparation and consumption. I genuinely take some of the things taught in the lessons and apply them in my own life. I now compost at home and try to reduce food waste."

"I have never seen a classroom of kids willingly eat a plate of veggies and lick their plates asking for more!"

"I have a really shy quiet student in the class. When we go to the garden, she shines. Her voice gets loud, she wants to help and share her knowledge, and everyone can see her leadership and confidence shine while we are there."

What Parents are saying...

Out of 738 parents surveyed....



93% say that their child speaks about the program at home



81% strongly agree/agree that SGP program has increased their child's interest in cooking at home



83% strongly agree/agree that SGP programming has increased their child's willingness to try new foods



90% strongly agree/agree that SGP programming has deepened their child's understanding of how things grow



83% strongly agree/agree that SGP programming has increased their child's willingness to eat fruits & vegetables



82% strongly agree/agree that SGP programming has deepened their child's understanding of basic cooking skills

What Parents are saying...

"My son regularly comes home asking us to purchase a particular fruit or vegetable, or make a particular recipe, because he tried it at the garden. He loves trying and eating things. He loves the bugs and butterflies and understanding how they contribute to our food. The garden has made a huge impact on my son's and our family's eating habits."

"My children have been so excited to learn about new recipes, new tools used in the kitchen (such as mandoline) and I feel more comfortable having them assist me in the kitchen at home. We have recreated almost every recipe they've made at school because they're always excited about sharing them at home!"

"My daughter says it is her favorite class. She looks forward to each Sage class. She wants to grow things at home now. It's also inspired me to plan a small raised garden at our home."

"My child is now my sous chef! He preps veggies and other items for meals. He also has his own plants he grows aside from my own."

"She asked to make things she learned from the cooking class at home and, when we did, she was excited to eat them. It's made her want to try new foods and like more vegetables!"

"I believe this gives many students that do not have access to a garden at home the opportunity to have hands on experience. I feel blessed that my children have this experience as we currently live in an apartment."

"Our child asked for the plastic knife set and now helps us prepare salads and fruit each night. He also started his own little garden in the backyard and tends to it everyday."

"This program has helped my child "want" to try new things. I can't say how many times I have been asked to replicate something that she has made at school. I just love that this program exist and helps little ones learn the importance of different foods."

"Understanding how food grows, tending to something and creating something delicious out of something they normally wouldn't eat has bred this newfound willingness to try new things. All of it has been invaluable to my kids this year, We are so grateful for this program."

"My daughter, the pickiest eater in the known world, has tried new foods thanks to her time learning in your program."

What Garden & Cooking Educators are saying

"I think this program should be all over California, its such a wonderful foundation for all children and their communities." - Garden/Cooking Educator

"Many parents have praised the program for helping their children try new foods. We have a few teachers who excitedly tell us that they've taken the recipes home and made it with their own families (this is especially exciting as previously some of these teachers have not been willing to try our recipes in class)." - Cooking Educator

"[Students are learning] confidence they can take charge in managing their own health and fostering the idea that they are part of a dynamic world that is a direct result of their own choices and actions. The garden being an example of that- students get to witness the power of action in tending to a living and dynamic space that they can watch grow and be nourished from." - Garden Educator

"I love when our students tell us they cooked one of the recipes at home for their families. They are extremely proud that they could contribute to their meals and it gives them a strong sense of accomplishment." - Cooking Educator



What students are saying

"I'm planting a garden at home because I want to grow a garden like the one we have at school." - 3rd grade student at Watsonville Charter School

"I can eat veggies now and I am not scared of eating them anymore!" - Student at Rowan Elementary

"What did you do that broccoli? It tastes so good!" - 4th grade student at Darnall Charter School

"I love zucchini because of you!!" - Student at Holmes Elementary talking to his Cooking Instructor

