

HEALTHY FOODS FOR HEALTHY KIDS

THE FIRST STATE SCHOOL GARDEN EXPERTS



2021
IMPACT REPORT

HEALTHY FOODS FOR HEALTHY KIDS 2021 ANNUAL IMPACT REPORT

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EIN# 30-0444914

FROM THE BOARD CHAIR

REFLECTIONS ON 2021 - PEOPLE MADE THE DREAM CONTINUE

While COVID-19 still challenged our daily lives in 2021, our organization continued to adapt and expand. Fresh faces and staunch supporters made the difference.

Our first Executive Director Lydia Sarson and retiring Founder/CEO Dr. Thianda Manzara successfully navigated these challenges together along with Program Manager Jen Cipolla. We owe special thanks to the Longwood Foundation and FMC Corporation for supporting:

- our leadership transition
- program expansion into Kent and Sussex Counties
- maintenance of our existing 30+ programs in the north

The HFHK Board of Directors has always balanced strategic thinking with hands-on support. They literally dug in (as usual) with staff to advance our important work with unflagging professionalism and enthusiasm every day.

Today, we serve 40 schools and 17,000 students, with more HFHK growth and goodness to come. We are well positioned to continue to lead the School Garden Movement in Delaware.

Thanks to all of you who support our organization on behalf of the kids.

In good health!



Fran Taccone, PhD, RDN/LDN
Board Chair, 2020-2021



HEALTHY FOODS FOR HEALTHY KIDS 2021 BOARD OF DIRECTORS

Frances Taccone Griffith, PhD, RDN/LDN | Lisa Hoffman, PhD | Malina Robbins, MA | Terence Mhora, PhD
Svetlana Lisanti | Thianda Manzara, PhD | Natalie McKenney, RDN | Nancy Mercante, MA | Thalia Pappas, PhD

FROM SEED TO SCHOOL LUNCH

Our **mission** is to inspire healthier lives by providing youth with joyful school gardening experiences and the opportunities to eat the garden-fresh vegetables they've grown.

47,000+

*total pounds of
produce grown*

15,000+

*total students served
during the school year*

FROM SCIENCE TO HEALTHY LIVING

Our **vision** is a vegetable garden in every school, leading to generations of healthy families throughout Delaware.



IT'S JUST THAT SIMPLE

Students exposed to our "Education Cultivation" program don't just learn science, they learn to love vegetables. It's just that simple.

2021: A MILESTONE YEAR

2021 ushered in a whole new era for Healthy Foods for Healthy Kids, with the hiring of the organization's first Executive Director, Lydia Sarson. As HFHK said "Farewell to our Founder", Dr. Thianda Manzara, we continued to grow, including celebrating expansion into Kent & Sussex Counties.



April 2021:
DE Sec. of Agriculture celebrates HFHK's expansion into Kent & Sussex with ribbon cutting

September 2021:
McVey, Hanby & Phillip Showell join HFHK

October 2021:
HFHK says "Farewell to Our Founder" at Penn Farm

February 2021:
HFHK hires its first Executive Director

July 2021:
HFHK & volunteers rebuild gardens at Brader, Carrie Downie, & Marshall

March 2021:
Bayard, South Dover & Sussex Montessori join HFHK

August 2021:
HFHK & volunteers rebuild the gardens at Eisenberg, McVey & Wilson

October 2021:
HFHK wins Lt. Governor's Challenge: Wellness Leadership Award

OUR PROGRAM IN SNAPSHOTS: EDUCATION CULTIVATION



Volunteers & HFHK build the garden.



Second grade prepares the soil.



Kindergarten & first grade
plant the seeds.



Third grade waters the garden.



Fourth and fifth grades
harvest the vegetables.



The entire school enjoys the harvest!

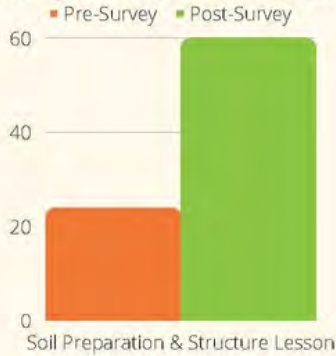


Fifth grade composts and cleans up.

OUR PROGRAM IN NUMBERS: CULTIVATING EDUCATION

Why garden education matters...

Figure 2. Change in total mean test scores for 2nd grade

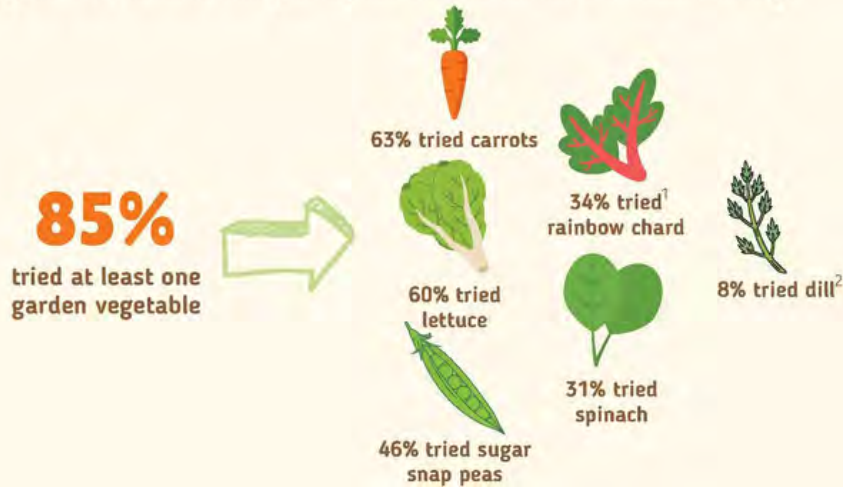


The total mean scores for all 2nd grade students increased by 150%*

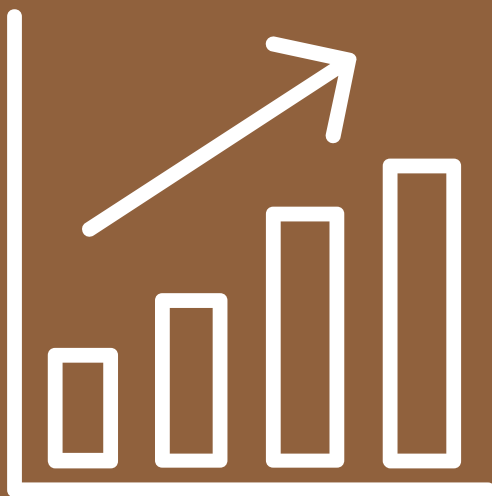
Science knowledge increased!*

Students eat their veggies!*

Of the 134 students who participated in the Harvest Celebration survey...



*HFHK, unpublished, 2021-2022



2019 2020 2021 2022

As our gardens grow so does the need for garden supplies (in dollars):

- 2019: \$9,881
- 2020: \$11,825
- 2021: \$56,303
- 2022: ~\$76,000 (projected)

SCHOOL SPOTLIGHT: THE MCVHEY GARDEN

"A Way to Come Together"

By Maggie Kite, K-5 English as Second Language (ESL) teacher at McVey

The McVey garden was set to be revived in the spring of 2020. We had our rebuild scheduled during the initial two-week shutdown. We were ready, but the world as we knew it disappeared. The students and I were so excited for this project. I worried we'd miss the planting window and return to school too late. Little did I know, we wouldn't return to school that year, or that next year would not be full-time in person.

After the tumultuous 2020-2021 school year, HFHK contacted me to say they wanted to do a garden rebuild over the summer. I knew it was finally time. Amazing volunteers from the community and HFHK, along with our district facilities staff, made it happen – on the hottest day of the summer! The garden was rebuilt and I couldn't wait to tell my students.



On August 12, 2021, FMC & WSFS volunteers joined HFHK to rebuild the McVey garden

“My students are all language learners and the best way to learn language is to use it in authentic situations.”

When the children returned to school full-time this fall, I told them the news. Since I work with grades kindergarten through fifth grade, many of them were part of the initial planning and were overjoyed to hear it would be a reality for us this year. Pandemic schooling is missing so much. There are no field trips, presentations or assemblies. This garden was all of that for us.

It was the “special” part of our days. My students are all language learners and the best way to learn language is to use it in authentic situations.

The students were able to take the language they learned in science and reading in their classrooms and make meaningful connections in our garden. We used language to plan, to understand, to write, to research about our garden. They felt so proud as they watched the plants grow. I saw children who often seemed timid in the traditional school environment seemed confident in the garden; they were leaders in the garden. I saw children who sometimes struggled to express themselves persevere in their attempts to tell us about their gardens in their home countries. After over a year of separation, the garden gave us a way to come together.

(cont. on next pg.)

SPOTLIGHT ON THE MCVHEY GARDEN

(cont. from previous page)

Bringing the garden and classroom connections back to life

When we harvested, the children beamed at the full bags of greens. The next day they cheered for salads. They tried foods they might never have tried before. They learned. They grew as much as the plants grew. We didn't just bring the garden back to life; we brought our classroom connections back to life with teamwork, cooperation, pride, some dirty knees – and a big salad bar! And, we can't wait to do it again!

What third graders really think about gardening

I was really happy and I paid attention to what I needed to do to harvest the vegetables. I really enjoyed eating what we grew.
-Ismael.



Growing our garden was exciting. We watched the plants grow and we made sure they had water. I felt proud of myself being a gardener.
- Alondra.



Growing the garden took a long time and I watched our seeds grow until we ate them! I was so happy that we grew a big garden and got to make salads.
-Tariq.



K-5 ESL teacher, Maggie Kite, created a storyboard with her students, thanking the volunteers.

**INSPIRING HEALTHIER
LIVES THROUGH
SCIENCE**



**WE DIG
OUR
DONORS!**

THANK YOU TO ALL OF OUR DONORS, FUNDERS & SUPPORTERS

Grantors

Christ Church Christiana Hundred
 Delaware Department of Agriculture
 Delaware Health and Social Services
 Eliason Education & Greening Fund of
 the Delaware Community Foundation
 Farm Credit Foundation
 FMC Corporation
 Highmark Delaware
 Longwood Foundation
 Nemours Children's Health
 Sprouts Healthy Communities Foundation
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 CW Wealth Management
 Judy Wright
 Libby Sullivan Trammell and George Trammell
 Lisa and Mark Hoffman
 Mary Narita
 Morgan Stanley - Laird & Connolly Group
 Navient Community Fund of the DCF
 Svetlana Lisanti and Ken Kolwicz
 Thalia Pappas
 Thianda Manzara and Jonathan Narita
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Cultivators (\$500-999)

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 Maria Taylor
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 Robert Pasteris
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 Kristine Elkins
 Laura Krylov
 Laura Lundgren
 Lucy Comstock-Gay
 Lydia and Michael Sarson
 Maria Arrigo
 Maureen McSpirit
 Melissa and Bryan Tracy
 Mr. Alan Jacobson
 Mr. Keith Wing
 Nancy Myers
 Peggy Prevoznik Heins
 Sally Barclay
 Shelly Miller
 William Biscott

Providers of In-Kind Services

PHS Corporate Services. All the truly fabulous school principals, teachers, staff, and parent volunteers who make our programming possible, especially: Christina Child Nutrition Services Supervisor Andrea Solge & Nutrition Specialist Kendall Wagner & their team, Colonial School District (SD) Nutrition Services Supervisor Paula Angelucci & Nutrition Specialist Scott Schuster & Operations Manager Tammy Roop and their team, Red Clay SD Nutrition Specialist Jessica Farrand & Manager Jessica Terranova & team. Brandywine SD Supervisor Colleen Carter & team.

A big thank you to Soliant Consulting for support with our website.

Farmers

David Marvel of Marvel Farms
 Jeremy Smith of Millville Organic Center
 Toby Hagerott of Penn Farm/Against the Grain

Partners and Networks

Coastal Gardeners
 Delaware Urban Farm and Food Coalition
 NCC Cooperative Extension: Educator, Horticulture Carrie Murphy.
 Sussex County Cooperative Extension: Nancy Mears and Tracy Wootten
 University of Delaware Business Analytics class led by Dr. Kathryn Berkow

Garden Volunteers & HFHK Board Committee Members

Alisha Beckford
 Barbara Boyce
 C. Anthony McDonald
 Cynthia Huffman
 Jenn Miller
 Judy DeVoy
 Lynn Betts

"Farewell to our Founder" Event Volunteers

Special thanks to Libby Sullivan Trammel for all her help in organizing a beautiful evening. Thank you to Toby Hagerott, Celia Hoffman, and Jordan Cipolla for going the extra mile.

HFHK Staff & Board

To Dr. Thianda Manzara, Lindsay Lancaster, Jen Cipolla, Lydia Sarson, Joe Jankowski, and the entire Board of Directors: Fran Taccone, Lisa Hoffman, Terence Mhora, Malina Robbins, Lana Lisanti, Natalie McKenney, Nancy Mercante & Thalia Pappas, none of this work would be possible without your commitment and dedication to the organization. We thank you.

OUR PARTNER SCHOOLS

- **Bayard**
- **Brader**
- **Brookside**
- **Carrie Downie**
- **Delaware School for the Deaf**
- **Douglass**
- **Downes**
- **Eisenberg**
- **Forest Oak**
- **Forwood**
- **Freire Charter**
- **Gallaher**
- **Hanby**
- **HB DuPont**
- **Highlands**
- **Keene**
- **Lombardy**
- **Marbrook**
- **Marshall**
- **McVey**
- **Mt. Pleasant**
- **Nativity Prep**
- **New Castle**
- **North Star**
- **Odyssey Charter**
- **Phillip C. Showell**
- **Pleasantville**
- **Read**
- **Red Lion**
- **Serviam Girls**
- **Shortlidge**
- **South Dover**
- **Springer**
- **Sussex**
- **Montessori**
- **West Park Place**
- **Wilson**

Denotes 2021 NEW school

36 SCHOOLS

and growing every year

113 TEACHERS

trained in "Education Cultivation" in 2021

THANK YOU TO ALL GARDEN COORDINATORS, PRINCIPALS & SCHOOL STAFF

HFHK Garden Coordinators

Amy Joseph
Andrea Reasin
Becky Schuck
Caroline Jeannette
Colleen Sauder
Dasianee Foster
David Brown
DeEtte Kauffman
Desiree Faison
Disera Freeman
Donna Mallet
Edgard Martinez
Gina Beyer
Harmony Tuxward
Heidi Bloch

Jason Cohen
Jean Tucker
Jenae McWhirter
Jon Otto
Karen Conte
Kathie Vachris
Kelli Batten
Larry Evans
Leona Williams
Lynn Nai
Margaret Sites Kite
Maria duPont
Mary Beth French
Melissa Condit
Melissa Tracy

Mo Romeo
Natalie Alexander
Nicholas Pitts
Paul Peterson
Pat Durbano
Rebecca DeVoy Kreig
Rebecca Le Jeune
Robert Brady
Sarah Kise
Sarah Rusk
Tom Reist
Walter Gendron
Wendy Turner

Supporting Principals and Staff

Altina Herbert
Amy Selheimer
Ann Marie Swift
Anne Park
Bill Buczynski
Chrishaun Fitzgerald
Christy Kerr
Connie Short
David Distler
Deborah Ashton
Diana Golden
Dr. Doris Person
Dr. Asia Ali-Hawkins
Dr. Gina Moody

Dr. Karin Jakubowski
Dr. Tracy Woodson
Elias Pappas
Eric Stephens
Erin Cassel
Eva Harmann
Jacqueline K. Gallagher
Jason Bastianelli
Kristina Lamia
Lenita McIntyre
Lisa Coldiron
Mabel Boutte
Madeline Weckel
Maribeth Courtney

Mariellen Taraboletti
Mary McKeon
Matt Auerbach
Michael McDermott
Nicholas Wolfe
Renee Griffith
Sulaiman Miller
TeRay Ross
Tracy Novak
Victoir Cahoon
W. Nate Durant
Wendy Johns
Yachira Torres

WE ARE "THE FIRST STATE SCHOOL GARDEN EXPERTS"

Healthy Foods for Healthy Kids is the only Delaware organization that works with public schools to design and implement vegetable gardening programs that operate during school hours, fit into the academic year, support the existing Delaware science curriculum, and engage EVERY child in the school.

Our model makes it possible and practical for public schools to integrate vegetable gardening into the existing curriculum, and to strengthen science education while promoting student health.

Our long-term goal is to provide garden-based educational programs for every interested school in our state.

This is our commitment to schools, educators, parents.
This is our commitment to Delaware.

This is why we are

"The First State School Garden Experts"

2022: BEET-ING RECORDS IN EDUCATION AND EXPANSION

Watch us grow!

2022 Gardens Built and Growing:

- Carrcroft
- Early Learning Center (IRSD)
- Heritage
- John M. Clayton
- Lewis (NCC)
- Lord Baltimore
- Milton
- Rehoboth



*Building in 2022 to
Grow in 2023:
East Millsboro
Lancashire*

8
new school
partners in
2022



2022 PROJECTS UNDER WAY

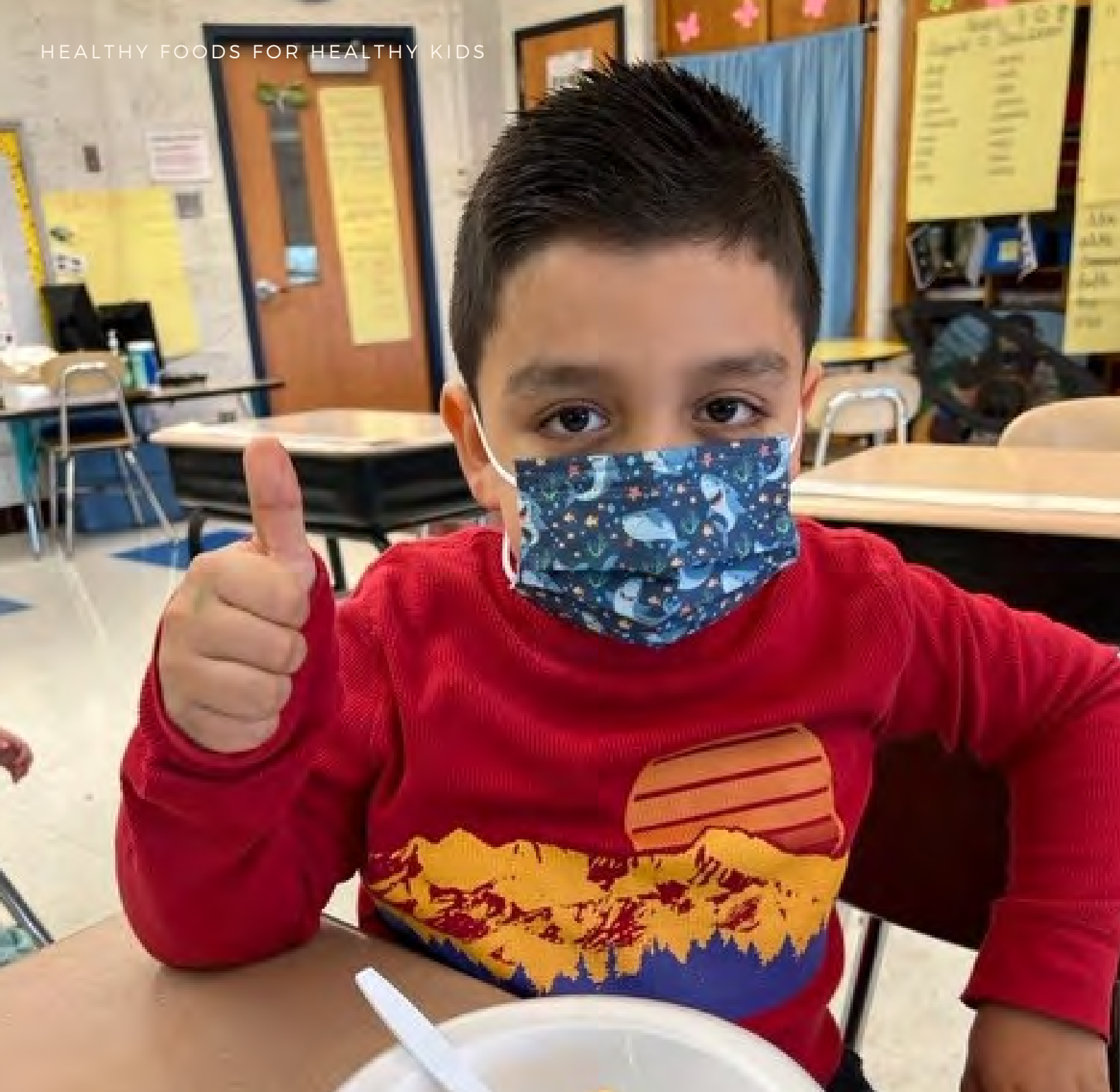
- Up to 8 new partner schools
- New website with updated teacher's portal for easier curriculum access
- Program expansion into Early Learning

Help us grow!

22%

**EXPECTED GROWTH
FOR 2022**

DONATE TODAY!



"I never trusted a turnip, but now that I have it tastes good. The veggies are delicious! I can't get enough!"

~ BRADER ELEMENTARY, 4TH GRADE STUDENT

To support our "Education Cultivation" program, please visit www.healthyfoodsforhealthykids.org to donate.

Thank you for considering Healthy Foods for Healthy Kids.