

Growing Hope Roots & Shoots 2008 Logic Model

Resources/Conditions	Activities	Outputs	Outcomes
<p>1. Target population: Ypsilanti youth in 8-12 grades. Recruited from East and West Middle Schools, Ypsilanti High School, and local youth-targeted organizations, e.g. Ozone House, The B-side of Youth, Parkridge Community Center.</p> <p>2. Systemic Issues: Ypsilanti is a federally designated low-income, medically underserved population. Population found to be more likely to be obese and less likely to eat five fruits and vegetables daily when compared to other Washtenaw County areas. 60-80% of students at each school receive free or reduced lunch.</p> <p>3. Staff/Funding: One full-time VISTA volunteer. One part-time youth intern. Supportive program creator (executive director of Growing Hope).</p>	<p>1. Structure: a. Spring after-school and Summer program. b. Bi-weekly meetings on Tuesdays and Thursdays. c. Youth determined format.</p> <p>2. Focus Areas: a. Leadership b. Entrepreneurship c. Gardening and Food Systems d. Nutrition and Health</p> <p>3. Methods: Will plan, construct, plant, maintain and harvest gardens. Will participate in purchasing and making healthy snacks with food preparation and/or cooking demonstrations to be held at meetings. Fieldtrips to area farms, farmers' markets, and businesses. Weekly participation in the Downtown Ypsilanti Farmers'</p>	<p>1. Leadership: Decide upon meeting structure and group process. Facilitate meetings. Establish and maintain community contacts. Take the lead in decision making processes. Youth will take on leadership roles within the program in the future and elect to continue involvement with Growing Hope.</p> <p>2. Entrepreneurship: Learn business planning, marketing fundamentals, and money management. Plan, pilot, and evaluate a garden-based business enterprise. Keep records throughout the program. Sell of produce/products at the Downtown Ypsilanti Farmers' Market.</p>	<p>1. Leadership: Developed strategies for effective leadership and teamwork. Increased sense of ownership of self, schools, and community. Empowerment to make individual and community based decisions. Increase in peer leadership.</p> <p>2. Entrepreneurship: Increased appreciation for and skills in time, money, business and garden management; business planning; and marketing for a farmers' market. Successful business venture. Regular youth involvement at the Downtown Ypsilanti Farmers' Market.</p> <p>3. Gardening and Food Systems: Increased skills and knowledge of gardening. Understanding of food systems and food security. Understanding of plant life cycles and the fundamentals of ecology.</p>

<p>Participation in the MSU Youth Farm Stand Program. Willing volunteer base.</p> <p>4. Client and System Strengths: Creativity and enthusiasm. Many school and community contacts and supporters. Potential for integrated learning through school, farm, and community partners. Past program years and documentation. Gardens in place. Tools and seeds.</p>	<p>Market. Partnerships with adults and/or peers to learn business and garden plan development and marketing strategies.</p>	<p>3. Gardening and Food Systems: Learn to identify common garden plants. Plan and maintain gardens. Harvest produce. Learn about greenhouse construction and function. Learn about organic gardening. Distinguish between alternative and conventional food systems. Learn seed-starting and transplanting. Practice composting and its applications.</p> <p>4. Nutrition and Health: Plan garden-based meals. Learn basic food preparation techniques.</p> <p>5. Additional Outputs: Increase over least year in the number of youth completing the program. Comprehensive and well-organized documentation of the program by youth and coordinator.</p>	<p>Ability to make more environmentally informed choices.</p> <p>4. Nutrition and Health: Increased awareness of nutrition and health as related to food choices. Heightened ability and increased intention to make healthier food choices. Increased awareness of fruits and vegetables and how to prepare them.</p> <p>5. Additional Outcomes: Greater youth involvement with Growing Hope activities and programs. Model in place for the continued replication and development of the Roots & Shoots program. Evaluation tools in place and utilized.</p>
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