The Seed to Supper Program and Its Effect on Fruit and Vegetable Consumption Among Low-Income Beginning Gardeners in New Mexico
Sally M. Cassady
Ideas for Cooking and Nutrition, New Mexico State University

**OBJECTIVE**
To assess if participation in Seed to Supper, a beginning vegetable gardening program designed for adults gardening on a budget, leads to healthy behavior changes among participants.

**DESCRIPTION**
- New Mexico State University Master Gardener volunteers were trained to teach the program.
- Pilot Seed to Supper series were offered at SNAP-Ed eligible sites in three counties: Bernalillo, San Miguel, and Valencia in 2019.
- Each series consisted of six classroom based garden education lessons.
- Topics covered included: planning, soil, planting, garden care, and harvesting.

**RESULTS**
- Twenty-two adults completed pre and post surveys (See Figure 1).
- After completing the Seed to Supper series:
  - 62% of participants reported eating fruits more often
  - 33% of participants reported eating vegetables more often

**EVALUATION**
- Participants completed a pre and post intervention survey.
- Surveys collected information on participants:
  - gardening experience
  - learning goals
  - fruit and vegetable consumption
- Qualitative data was collected from Master Gardener volunteers via an instructor feedback form for program improvement purposes.

**CONCLUSIONS**
- Findings from this pilot test suggest participating in the Seed to Supper series can increase fruit and vegetable consumption among adults.

**FUTURE PLANS**
- The five sites that participated in 2019, plan to offer Seed to Supper again in 2020.
- For 2020, we plan on expanding Seed to Supper to additional counties across New Mexico.
- An online version of the Seed to Supper program will also be offered.

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