

RESULTS FROM OUR CSA BASKETS FOR WELLBEING STUDY

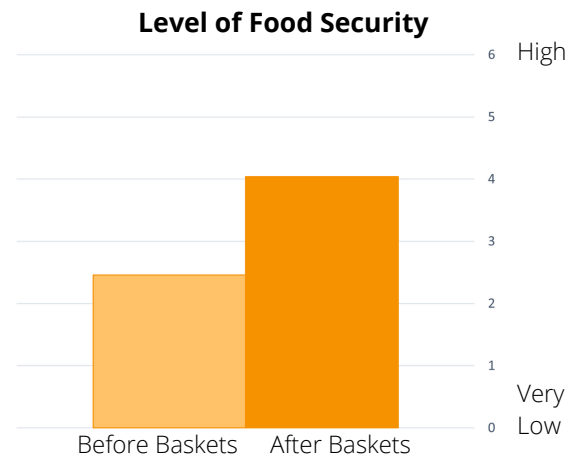


The Baskets for Wellbeing study was a collaborative effort between the Edible Prairie Project and the University of Wyoming to assess impacts of free local Community Supported Agriculture (CSA) baskets for families eligible for SNAP and WIC.

Twelve eligible families took part in the Spring Greens, Summer Baskets, and/or Fall Storage Vegetable CSA. Using a survey, we looked at levels of food security and fruit and vegetable (F&V) consumption before and after each season of the basket program. Below you can read more about what we learned from the project so far.

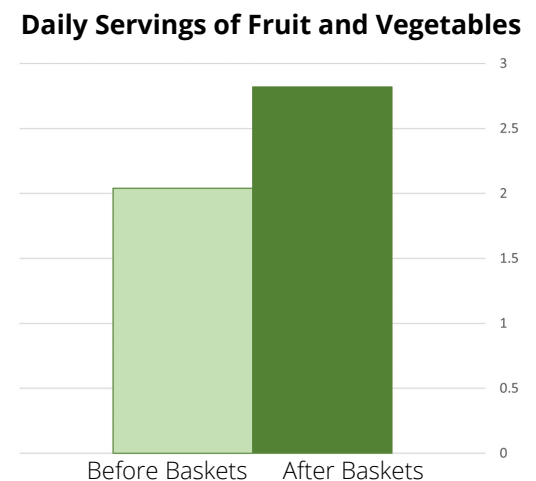
FOOD SECURITY

Food security is a measure of how sure individuals or families are that they will always have access to enough good food to eat. We measured food security on a six-point scale ranging from high food security to very low food security. Participants in the basket programs reported an average improvement in level of food security of 1.6 points on the six-point scale.



FRUIT AND VEGETABLE CONSUMPTION

The US Department of Agriculture recommends eating 5-9 servings of F&V each day. Participants reported eating around 2 total servings of F&V each day before baskets and 2.8 servings of F&V each day during the basket program.



CONCLUSIONS

This study was a pilot project, or a test run, to learn how we might do a statewide project and collect some initial data. Although the study was not designed to prove the impact of the CSA baskets, the trends we see in improved food security and fruit and vegetable consumption are impressive. We will use these results to show that it's important to fund more work like this in the future. We couldn't have done it without the time and contributions of participants, funders, and board members. Thank you!

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