



FIELD TO TABLE

Theme: Neighbourhoods and Schools



WHAT IS THIS INITIATIVE ABOUT?

Children growing up in low SES environments are more likely to start with poorer inherited maternal-child health, limited access to fresh, nutritious whole foods, and increased exposure to stressors and unhealthy lifestyle habits due to poverty and unstable environments resulting in poor health trajectories.

Field to Table (F2T) is a program for children growing up in low SES environments to build a positive relationship with vegetables as a starting point to inculcate healthy dietary habits.

F2T seeks to empower children to become “producers” where they learn how to grow edibles and prepare nutritious dishes from their own harvest. Activities are purposefully built into the 7-week course for children to engage and build bonds with their peers, family as well as other adults from the community.

Aims of F2T:

1. Address children’s needs by improving their knowledge and attitudes towards vegetables
2. Strengthen home environment by equipping children with the skills to advocate for themselves and influence their family towards healthy dietary habits
3. Improve the total well-being of children

Main activities in F2T:

- Planting vegetables
- Hands-on cooking
- Field trips to community gardens/supermarket
- Celebration



IMPACT

Children growing up in low SES environment have poor lifestyle habits that affects their bio-psycho-social development

These habits are very likely to persist into adulthood

Long-term exposure (poor lifestyle habits) from young predicts an early onset of chronic disease burden and a poor health trajectory

SG LEADS study had observed that children from rental flats and HDB one- or two- room flat having poor eating habits (higher consumption of sugar sweetened beverage, oily fried food, instant noodles etc.) compared to their peers.

In pre-post surveys, F2T participants has shown significant improvements in the following areas:

- Willingness to try unfamiliar food
- Self-efficacy to ask family to buy vegetables
- Confidence in buying groceries to prepare a meal

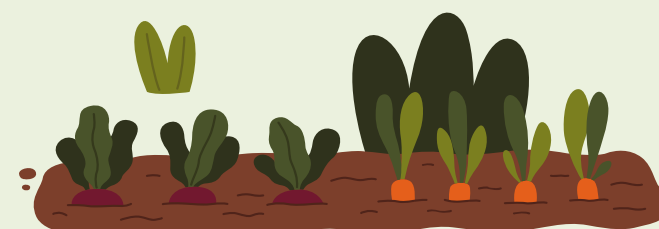


PLANS AHEAD

F2T has been piloted at 12 school and community sites, benefitting over 200 children.

Plans:

- Provide the program to all children in our communities
- Partner with schools or community groups working with children to train staffs or volunteers to be F2T facilitators
- Collaborate with interested parties to increase reach



OUR OFFER



What we have learnt from F2T:

- Power of group: Promotes encouragement and leadership (especially in mixed age groups)
- Importance of family involvement: Engaging parents, who are main decision makers on food, on nutrition
- Customisation of F2T by facilitators: Curation of activities and ownership of the program

Considering adoption?

F2T website is accessible for interested implementers to carry out F2T independently:

- Video demonstrations of gardening and cooking
- Lesson plans, activity sheets, slides and surveys
- Resource list for F2T

½ day Train-the-Trainer program is also available to equip the volunteers with the knowledge and skills needed to conduct the F2T sessions.

Scan here for F2T website:

