



U.S. Department of Education  
Grant Performance Report (ED 524B)  
Project Status Chart

OMB No. 1894-0003

PR/Award # (11 characters): Q215F110144

**SECTION A - Performance Objectives Information and Related Performance Measures Data** (See Instructions. Use as many pages as necessary.)

**1. Project Objective**      ☐ Check if this is a status update for the previous budget period.

3.a. Performance Measure	Measure Type	Quantitative Data					
The percentage of students served by the grant who consumed 2 or more servings of fruit and 3 or more servings of vegetables daily -baseline data	GPRA	Target			Actual Performance Data		
		Raw Number	Ratio	%	Raw Number	Ratio	%
			/			286/1334	21%

3.a. Performance Measure	Measure Type	Quantitative Data					
The percentage of students served by the grant who consumed 2 or more servings of fruit and 3 or more servings of vegetables daily -(Project Total)	GPRA	Target			Actual Performance Data		
		Raw Number	Ratio	%	Raw Number	Ratio	%
			/			180/737	24%

Explanation of Progress (Include Qualitative Data and Data Collection Information)

NKCES Wellness Alliance Fit 4 Life team raised the percentage of students who consumed fruits 2 or more times per day and vegetables 3 or more times per day by 8% points from baseline in year 3 and raised the percentage 3% from baseline for the project total. The Fit 4 Life team modified the 2 recommended nutrition survey mentioned in the GPRA guidance document. Students in grades K-4 were given questions #20-23 and #26 from the (School Physical Activity and Nutrition) SPAN survey. The survey was also modified in that there were accompanying pictures to illustrate what fruits and vegetables the questions were referencing. Students in 5<sup>th</sup>-12<sup>th</sup> grade were given questions #73-77 from the Youth Risk Behavior Survey (YRBS) per the GPRA recommendation. Surveys were multiple choice, and given in either physical education class or in homeroom classes during each testing window (please refer to testing windows referenced in Measure 1). The response rates are in the chart below and were well above 80% return rates simply because this survey was taken during school and only absent students were unable to take the survey. During the “baseline” data collection there were 1334 students measured by the Fit 4 Life

team. During the entire project data-collection windows, an average of 737 students participated in each data collection window throughout the 3 years. The use of the average over the course of the PEP grant was used per PEP grant GPRA instructions.

The improvement was a result of Wellness Alliance programming to increase fruit and vegetable intake. NKCES used the PEP grant funds to: allow food service staff to participate in field trips to other school cafeterias to develop more ideas and discuss healthier menu options, provide professional development for food service staff by way of working with professional chefs to develop healthier menu items and healthier cooking techniques, allow food service staff to attend the National Nutrition conference where they attended sessions focused on getting students to eat more fruits and vegetables, quarterly newsletters were sent to every family in each school that included healthy recipes that could be tried at home and supplement the new menu items in the cafeteria, the staff dietitian compiled a nutrition curriculum that the after school workers led with the students in after school programs, and nutrition teaching aids were purchased for both Health Educators and elementary libraries that can be checked out from the school library.

Site and Window #	Number of Students who consumed appropriate number of fruits and veggies	Number of participating in the program during that window	Number of students who participated in Nutrition survey	The windows response rate based on site
<b>Site 1 Southgate Baseline</b>	<b>51</b>	<b>197</b>	<b>197</b>	<b>100%</b>
Site 1 Southgate 1st measure	44	166	152	92%
Site 1 Southgate 2nd measure	57	144	134	93%
Site 1 Southgate 3rd measure	61	160	154	96%
Site 1 Southgate 4th measure	56	153	148	97%
<b>Site 2 Grandview Baseline</b>	<b>96</b>	<b>381</b>	<b>355</b>	<b>93%</b>
Site 2 Grandview 1st measure	93	345	335	97%
Site 2 Grandview 2nd measure	93	338	326	96%
Site 2 Grandview 3rd measure	101	330	320	97%
Site 2 Grandview 4th measure	114	336	328	98%
<b>Site 3 Lincoln Baseline</b>	<b>120</b>	<b>514</b>	<b>465</b>	<b>90%</b>
Site 3 Lincoln 1st Measure	121	490	441	90%
Site 3 Lincoln 2nd Measure	150	476	423	89%
Site 3 Lincoln 3rd Measure	131	487	436	89%
Site 3 Lincoln 4th Measure	175	500	448	90%

Site 4 Bellevue HS Baseline	13	129	125	97%
Site 4 Bellevue HS 1st Measure	28	87	78	90%
Site 4 Bellevue HS 2nd Measure	28	83	77	93%
Site 4 Bellevue HS 3rd Measure	15	55	50	91%
Site 4 Bellevue HS 4th Measure	14	60	56	93%
Site 5 Dayton HS Baseline	6	113	102	90%
Site 5 Dayton HS 1st Measure	9	78	70	90%
Site 5 Dayton HS 2nd Measure	11	68	57	84%
Site 5 Dayton HS 3rd Measure	13	74	67	91%
Site 5 Dayton HS 4th Measure	8	76	67	88%
Total excluding Baseline data	1322	4506		
Divide by # of Windows times # of sites (4 x 5=20)	66	225.3 225		

66/225

29%

	# Who ate fruit 2 or more times & veg. 3 or more daily	# of Participants during Window	Ratio	%
Baseline	286	1334	286/1334	21%
Year 1	57	252	57/252	23%
Year 2	57	260	57/260	22%
Year 3	66	225	66/225	29%
Total	180	737	180/737	24%

