

# SEED TO SUPPER



Arizona SNAP-Ed Proctor Guide

# CONTENTS

Seeds to Supper at a Glance.....	1
Completing Seeds to Supper Surveys.....	3
Submitting Seeds to Supper Surveys.....	4
Appendices.....	6

Appendix A: Seeds to Supper Pre-and Post- Survey Hardcopy

Appendix B: Seeds to Supper Pre-and Post- Survey Links

Questions? All questions regarding this Proctor Guide or the Seeds to Supper Survey in general can be directed to Anvi Bhakta:

[anvi24@arizona.edu](mailto:anvi24@arizona.edu)



This material was funded by the US Department of Agriculture Supplemental Nutrition Assistance Program- Education (SNAP-Ed) through Arizona SNAP-Ed within the Arizona Department of Health Services (Agreement No. ADHS16-099661). This institution is an equal opportunity provider. The University of Arizona SNAP-Ed Evaluation Team operates out of the University of Arizona, College of Agriculture and Life Sciences, School of Nutritional Sciences and Wellness.



# SEEDS TO SUPPER AT A GLANCE

## What is Seed to Supper?

- Developed by the Oregon Food Bank
- Designed for adults gardening on a budget
- Comprehensive beginning vegetable gardening curriculum
- Provides tools to connect with others in community, grow in confidence and successfully grow a portion of their own food

## What is the Seed to Supper Survey?

- Include pre- and post-surveys
- When LIA staff implement the full series of Seed to Supper, participants take the same survey before the first session (pre) and after the last session (post)
- The survey helps us understand how the curriculum supported residents' nutrition and garden behaviors
- If the complete series is taught, surveys should be offered, except on tribal lands. SET is currently not able to collect and analyze surveys from tribal lands, per our HSRB agreement. Reach out to Anvi with questions.



# COMPLETING SEED TO SUPPER SURVEY

## 1 Training

Make sure you have completed the Seed to Supper survey training and passed the Certification Quiz with 100%.

## 2 Choose your survey method

**HARDCOPY.** If doing in-person classes, you may opt to provide a hardcopy of the survey located in (Appendix A) and in the Arizona SNAP-Ed Google Drive.

**ONLINE LINK.** If doing digital classes, provide the QR code/ link to the survey. The QR code and the link are the same for the pre and post survey (Appendix B).

## 3 Distribute the survey

Schedule enough time & know when you will give surveys:

Be sure to schedule enough time to administer the Seed to Supper survey. It generally takes around 5-10 minutes to complete all steps:

1. Giving the instructions
2. Providing the surveys
3. Allowing sufficient time to complete the survey
4. Collecting surveys or submitting online

Some adults will take longer or have questions, so building in additional time can be helpful.

When to provide the pre-surveys

Participants must complete the survey before the learning content of the series begins.

However, completing a survey first thing may not facilitate comfort within the group of Seed to Supper participants. Before asking participants to complete the pre-survey, here are a few strategies to help participants feel more comfortable in the space. You can:

- Sets up the room to be comfortable & welcoming
- Post series objectives or an agenda
- When participants arrive, introduce the series and any housekeeping details
- Group introductions
- Group agreements/norms for the series.

When to provide the post-surveys

After completion of the last lesson.

# COMPLETING SEED TO SUPPER SURVEY

## Introducing the survey

- Describe the purpose of the survey (e.g., to understand how the curriculum supported them)
- Go over “Important to know” items on the front page of the survey. These bullet points are also part of our Human Subjects Protection because they let participants know that the surveys (and the questions within them) are optional, and that their personal information, including their name, will be kept private.

**Thank you for completing this survey! Seed to Supper is designed to help people learn how to grow a portion of their own food on a limited budget. Your answers will help us learn more about you and how this class can help you. The survey should take about 10 minutes.**

- No one in this class will see your answers.
- Your name will not be shared with anyone.
- All questions are optional. You can skip a question if you do not want to answer it.
- You can stop taking the survey at any time.
- If you do not want to take the survey, you can still be part of the class.
- If you are under the age of 18, you cannot take the survey, but you can still be part of the class.

## Independent or guided survey completion

Participants may feel confident completing the surveys independently, or they may benefit from you guiding them through the surveys. If you begin with one method but find that participants are not responding well, it is fine to shift to the other method:

- Guiding Method: Read each question aloud to series participants. Allow participants to move ahead at a faster pace if they prefer.
- Independent Method: Allow participants to work independently starting at the front of the survey packet after hearing the “Important to Know” information.

## What to do while participants take the survey

Your job when giving the surveys is to make sure series participants can respond to the survey questions without feeling forced to answer something they don't know or may feel uncomfortable answering. SET seeks honest, individual answers. Comprehension of survey items may vary by literacy level or familiarity with survey-taking. We encourage you to help participants, if needed, by reading questions aloud, or translating or defining words. However, you should not influence participants' responses by emphasizing a particular answer choice or showing favoritism toward an answer describing healthier behaviors.

## 4 Collecting the survey

**Survey Collection:** SET has found that it helps to collect surveys as participants finish them. This avoids crowding and allows participants to complete the surveys at their own pace.

**First and Last Names:** Check that participants' full names are printed clearly on the front page as surveys are handed in.

**Note:** You do NOT need to check that all survey questions have been answered, as participants can skip responses or stop taking the survey at any time.

## 5 Submitting the survey

Submit all pre- and post-surveys by July 30<sup>th</sup>.

### MAIL SURVEYS TO SET

Arizona SNAP-Ed Evaluation  
1718 E. Speedway Blvd #311  
Tucson, AZ 85719

### ONLINE SURVEYS

Submitted surveys will come directly to SET

## FREQUENTLY ASKED QUESTIONS

“  
If a new participant shows up to session #2, should I give them the pre survey?”

No. If participants join the series late, they are welcome to participate but should not complete the survey, because they missed the first lesson's content.

“  
Can I use the surveys as a learning tool for participants?”

Yes. You could pass pre surveys back to participants at the last lesson after they complete the post survey and have them compare their answers from pre to post. Just make sure to submit both the pre and post survey to SET after the last class!

“  
Can we offer surveys to workshop participants on tribal lands?”

No. SET currently does not have permission to collect or analyze surveys completed by participants on tribal lands.

## APPENDICES

Appendix A: (Hardcopy) Seed to Supper Pre- and Post- Survey

Appendix B: (QR Code/ Link) Seed to Supper Pre- and Post- Survey

Appendix A:  
(Hardcopy)  
Seed to Supper Pre- and Post-  
Survey





## Seed to Supper Pre-Survey

**Thank you for completing this survey! Seed to Supper is designed to help people learn how to grow a portion of their own food on a limited budget. Your answers will help us learn more about you and how this class can help you. The survey should take about 10 minutes.**

- No one in this class will see your answers.
- Your name will not be shared with anyone.
- All questions are optional. You can skip a question if you do not want to answer it.
- You can stop taking the survey at any time.
- If you do not want to take the survey, you can still be part of the class.
- If you are under the age of 18, you cannot take the survey, but you can still be part of the class.

**Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

### 1. How many years have you been gardening?

- |                                             |                                  |
|---------------------------------------------|----------------------------------|
| <input type="radio"/> None, I am a beginner | <input type="radio"/> 6-10 years |
| <input type="radio"/> 1-2 years             | <input type="radio"/> 10+ years  |
| <input type="radio"/> 3-5 years             |                                  |

### 2. Why are you interested in learning how to garden? (check all that apply)

- |                                                                     |                                                              |
|---------------------------------------------------------------------|--------------------------------------------------------------|
| <input type="radio"/> To improve my health and nutrition            | <input type="radio"/> To connect with people in my community |
| <input type="radio"/> To reduce food costs/save money on food bills | <input type="radio"/> To reduce stress                       |
| <input type="radio"/> To become more self-sufficient                | <input type="radio"/> To grow food for my family             |
| <input type="radio"/> To learn a new skill                          | <input type="radio"/> Other reasons (please specify): _____  |

### 3. What makes it difficult for you to garden? (check all that apply)

- ☐ Not enough space to garden
- ☐ Not enough time to garden
- ☐ Not enough knowledge/ need more information
- ☐ Not enough gardening experience / lack confidence
- ☐ Not able to do physical garden work/need help with labor
- ☐ Don't know where to get garden supplies or tools
- ☐ Can't afford to buy seeds, starts or garden inputs
- ☐ Nothing makes it difficult
- ☐ Other reasons (please specify) \_\_\_\_\_

**4. Do you eat more than one kind of vegetable each day?**

- ☐ No                      ☐ Yes, sometimes                      ☐ Yes, often                      ☐ Yes, always

**5. How often do you eat fresh fruits and vegetables? Please choose the answer closest to how often you eat these foods.**

- ☐ 1 time per day                      ☐ 3 times per day                      ☐ 1 time per week                      ☐ 5 times per week

**6. Where do you currently get most of your fruits and vegetables? Please select the answer that best describes where you get most of your fruits and vegetables.**

- ☐ Grocery Store                      ☐ Food Pantry  
☐ Community Garden                      ☐ Farmers Market  
☐ Home Garden                      ☐ Other (please specify): \_\_\_\_\_

**7. What do you hope to gain from this class? Select all that apply.**

- ☐ New gardening knowledge and information  
☐ Hands-on gardening experience  
☐ Low-cost gardening resources  
☐ An opportunity to connect with other gardeners in my community  
☐ Other (please specify): \_\_\_\_\_



## Seed to Supper Post-Survey

**Thank you for completing this survey! Seed to Supper is designed to help people learn how to grow a portion of their own food on a limited budget. Your answers to these questions will help us learn more about you and how this class helped you. The survey should take about 10 minutes.**

- No one in this class will see your answers.
- Your name will not be shared with anyone.
- All questions are optional. You can skip a question if you do not want to answer it.
- You can stop taking the survey at any time.
- If you do not want to take the survey, you can still be part of the class.
- If you are under the age of 18, you cannot take the survey, but you can still be part of the class.

**Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**1. Do you eat more than one kind of vegetable each day?**

- ☐ No      ☐ Yes, sometimes      ☐ Yes, often      ☐ Yes, always

**2. How often do you eat fresh fruits and vegetables? Please choose the answer closest to how often you eat these foods.**

- ☐ 1 time per day      ☐ 3 times per day      ☐ 1 time per week      ☐ 5 times per week

**3. Identify how you agree with the following statements:**

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
This course was a good way for me to learn the basics of vegetable gardening.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I now feel more confident about growing some of my own food.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I plan to grow some of my own food this season.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
This course has helped me connect with others in my community.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
This course has given me new gardening information and knowledge that I can put to use.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
Through taking this course, I have gained some hands-on gardening experience.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Through taking this course, I know how to access low-cost gardening resources in my community.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Through taking this course, I have increased the amount of time I spend being physically active.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I plan to share some of the information I learned in this class with others.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I would recommend this course to others.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**4. Did this course meet your expectations? Please explain.**

**5. What did you like most about this course?**

**6. What did you like least about this course?**

**7. What would you suggest changing to improve this course?**

Appendix B:  
(QR Code/ Link) Seed to Supper Pre-  
and Post- Survey



# Seed to Supper: Pre-Survey

## Survey Link and QR Code

[https://uarizona.co1.qualtrics.com/jfe/form/  
SV\\_8cypRc1jl8xw9f0](https://uarizona.co1.qualtrics.com/jfe/form/SV_8cypRc1jl8xw9f0)



# Seed to Supper: Post-Survey

## Survey Link and QR Code

[https://uarizona.co1.qualtrics.com/jfe/form/  
SV\\_3t6ojefFNeIre62](https://uarizona.co1.qualtrics.com/jfe/form/SV_3t6ojefFNeIre62)

