



## **Summer Institute in Program Evaluation: June 3 – 7, 2013**

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### ***Case Study Submission***

#### **Organization:**

**Program Name: CanU Food and Nutrition Program**

#### **Reason for evaluation:**

*Briefly explain why you are evaluating this program (intended audience and use).*

This program is being evaluated to assess the impact of the CanU Food and Nutrition Program on participants, parents, volunteers, coordinators and U of M practicum students. Results will be used to improve program delivery; inform funders of program impact and progress; and assess to what degree program objectives are being met.

#### **Program Description:**

*Provide background information on your program and/or organization.*

CanU is a Winnipeg-based Canadian charity and offers a free, 14 week, high quality, experiential program at the University of Manitoba. CanU is a partnership between departments and students at the University of Manitoba, Winnipeg elementary schools, and 'at-risk' elementary and middle school students (predominantly Aboriginal and newcomer). CanU students are selected from five inner-city schools based on potential and economic and social need. CanU is entering its third year after 2 successful pilot years (18 CanU children in Year 1; 38 children in Year 2; 100 projected for Year 3). The program offers an impressive 2:1 university mentor to CanU participant ratio. CanU is able to maintain a low operating budget thanks to the high number of volunteers and gifts in kind from its sponsors. CanU is based on research concerning the positive social and educational impacts of Hope Theory, Out-of-School Programs, Childhood Nutrition, Sport, Literacy, Mentoring and Volunteerism. For more information on CanU go to: <http://canucanada.org/bigideas/inner-city-winnipeg/>

#### **Program Goal:**

*What is the program's overall aim?*

CanU is an innovative, mentorship-focused sport and education program whose aim is to combat social and educational challenges often experienced by children living in poverty.

#### **Program Objectives:**





*If you have a logic model – attach and refer to the logic model. If not, please state the short and long term objectives of your program. Objectives should indicate a desired change. In other words, they are not activities or products but the intended outcome of your activities on the target audience.*

**Short-term objectives:**

- Increase experiential food and nutrition learning opportunities for CanU participants
- Increase knowledge of food and nutrition (including food safety and foods from other cultures)
- Increase basic food preparation skills
- Increase positive attitudes toward new and healthy foods
- Increase positive attitudes towards educational goals (including post-secondary education)
- Increase positive attitudes towards the CanU Food and Nutrition Program by parents
- Assess the perceptions and experiences of volunteers, coordinators and practicum students with respect to the CanU Food and Nutrition Program

**Long-term objectives:**

- Increase in healthy nutrition-related behaviours (choosing healthy foods; choosing fewer unhealthy foods)
- Increase in routine preparation of basic, healthy foods at home
- Increase in family meals
- Increase in food security
- Increase in positive health outcomes
- Increase in school completion and entry into post-secondary education

**Target Audience:**

'At-risk' elementary and middle school students (predominantly Aboriginal and newcomer). CanU students are selected from five inner-city schools based on potential and economic and social need. One hundred students are projected to participate in 2013/14.

**Key activities:**

*Describe the primary activities carried out to achieve your objectives*

The CanU Food and Nutrition Program involves 13 weeks of programming where children are bussed to the University of Manitoba once a week (there are two cohorts) for intensive programming including physical activity, education, science and food/nutrition. Children participate in hands-on activities including food preparation, handling equipment, nutrition education, as well as engaging in socialization through "CanU Café" where they share a meal each week. This occurs in the Barbara Burns





Foods Lab in the Human Ecology Building on Fort Garry Campus, University of Manitoba. This evaluation is being conducted on the food/nutrition component described here.

**Data Collection:**

*If you are currently collecting any information about your program on a regular basis, please describe.*

Current data collection is focused on monitoring activities (attendance, demographics).

**Evaluation Questions**

*What would you like the evaluation to tell you (what do you want to know as a result of the evaluation)?*

Whether the above short-term objectives have been met.

**Implementation Plan**

*Please describe how you plan to implement the evaluation framework once it is developed.*

CanU staff and volunteers, in partnership with a Master's student, will implement the framework during the 2013-14 program.

**Contact Information**

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