



# JACKSON DISTRICT LIBRARY HEALTHY EATING CLASSES

Intervention Contacts: Sue Weible  
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Fiscal Agent: Jackson District Library, 517.788.4087

**Total amount granted from 5HF:  
\$4200**

**Total expenses paid with 5HF funds\*:  
\$ 4150.82**

\* If full amount of the grant was not necessary to provide the approved services, a check from the fiscal agent must be enclosed for any unused funds over \$100-Please make check payable to 5 Healthy Towns Foundation- Include a Final Expense Report

<b>Intervention start date:</b> March 2016	<b>Intervention end date:</b> February 2017	<b>Date funding received:</b> May 20, 2016	<b>Element:</b> <ul style="list-style-type: none"><li>• Eat Better</li><li>• Socially Connect with Others</li></ul>
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# Intervention Information

## Brief Intervention Description

- I. Primary goal : To teach healthy food preparation techniques and to offer workable recipes for home use by distributing recipe sheets to every attendee.
- II. Secondary goals:
  - a) Reach 35 – 40 regular adult attendees.
  - b) Encourage the purchase of locally sourced products.
  - c) Offer an Eastern Market outing to highlight a successful Farmers Market.
- III. Brief description of program:

Provide monthly classes featuring healthy eating topics and food preparation. Each program will include demonstrations, handouts, taste samples, and a question-and-answer period with a food professional. Each program will highlight a selected cookbook and use published recipes with modifications if necessary.
- IV. Target population: Adults

# Continuing Intervention (only complete this slide if this is a continuing intervention)

## Funding Intervention also funded in:

- Year 1: \$0
- Year 2: \$3600
- Year 3: \$3600
- Year 4: \$4200
- Year 5: \$4200

- Has the intervention made any improvements/changes from past year(s)?

Yes

Please explain: We have created an established format that works efficiently for both the library and patrons.

The Friends of the Library Group purchased a \$900 portable sound system to help amplify the speaker.

- If the amount requested has changed from the previous year please explain.

No change

## Key Evaluation Data

Please record and include the key evaluation data collected for this intervention

Units of Engagement (no units of engagement for infrastructure)

- Number of participants: 517
- Time each participant worked on or spent at each event (12 program x 1 hr. and 1 trip x 6 hr.)
- Number of classes/events held: 12 + 1
- $(487 \times 12 \text{ 1 hr. programs} = 5844) + (30 \text{ 1} - 6 \text{ hr. trip} = 180) = 6,024$  units of engagement

Other measures may include, but are not limited to:

- 12 monthly 5-page color recipe handouts (2700 pages x .25 = \$675 in-kind printing)
- Number of marketing promotional brochures distributed: 100 color
- Number of color fliers distributed: 72
- Number of surveys collected: 412

## Please include the key evaluation data collected for this intervention

- Survey results and comments: see 5HT Data Cycle 2016-17 attachment

# Testimonials



*“ I look forward to attending 5 Healthy Town programs every month for several reasons. I enjoy tasting and learning about new recipes, foods and how to make recipes more healthy. Brad’s discussion, question and answer sessions adds to our knowledge. I also enjoy seeing several new friends I have made at these events.”*

*- Betty Barry*

*“ Being part of the 5 Healthy Towns Program has helped us vary and enhance our diet. We have definitely tried different dishes using food items we have never eaten. The opportunity to share ideas about food and healthy substitutes has been greatly appreciated. The program, organized by Sue, and presented by Brad, has been **well thought out and interesting.**”*

*- JoAnn and Jim Kosinski*

**Primary Goal 1: To teach healthy food preparation techniques and to offer workable recipes for home use by distributing recipe sheets to every attendee.**

<p>Did the intervention meet specific goals listed on the intervention table?</p>	<p>Intervention met the monthly goal of providing an interesting topic using healthy recipes and ideas from selected cookbooks.</p>
<p>State what you tried to accomplish</p>	<p>Offer taste samples, printed recipes, and information that can be applied to home use.</p>
<p>How did you measure progress towards the goal?</p>	<p>Progress was measured through attendance counts, survey comments, and regular returnees.</p>
<p>Was the goal attainable?</p>	<p>Yes</p>
<p>Describe how the goal was relevant to the coalition and community wellness related needs</p>	<p>This goal directly addressed the need to eat better by offering food ideas and workable recipes intended for home use. These programs also offered a very desirable environment to meet other Grass Lake residents who have a common desire to learn more and improve their lifestyles. Many new social relationship/friendships have been developed through the monthly programs.</p>

## Secondary Goals :

- a) Reach 35 – 40 regular adult attendees.
- b) Encourage the purchase of locally sourced products.
- c) Offer an Eastern Market outing to highlight a successful Farmers Market.

Did the intervention meet specific goals listed on the intervention table?	Attendance for 12 programs and one road trip was 517 people, an average of almost 40 people per event. (39.7)
State what you tried to accomplish	<ul style="list-style-type: none"> <li>a) The programs were designed to encourage repeat attendance and to build a widening base of food knowledge. Most attendees signed up for the regular programs, and over time, developed on-going relationship with each other.</li> <li>b) The presenter used food sources from local markets, farm stands, and ethnic stores. A shopping guide brochure, with maps and directions, was distributed to the patrons.</li> <li>c) A return trip to the Eastern Market was a summer highlight, and exposed some people to a wider variety of diverse shopping options.</li> </ul>
How did you measure progress towards the goal?	<p>Patrons surveys were central to measuring the group's interests, cumulative knowledge, and collective satisfaction. The survey was designed to be brief, user friendly, anonymous, and a requirement for taste-sampling. Almost all participants responded on a regular basis, and offered valuable feedback.</p>
Was the goal attainable?	Yes
Describe how the goal was relevant to the coalition and community wellness related needs	<p>Learning to eat better is often a gradual process. The value of the monthly programs allowed the people to make gradual, not dramatic changes, over time. Pertinent information was also shared to establish an ever-</p>



## Overall were there any major accomplishments?

Yes

- *Our biggest accomplishment is reaching a regular group of attendees. This high level of retention has allowed a base of knowledge to be established over time.*
- *Another major benefit has been the growth of new healthy relationships within the community. Many patrons established new friendships through program contacts.*

# Setbacks

Were there any setback encountered during the implementation of this intervention?

Yes

**If yes, please describe setbacks and how they were addressed below:**

Setbacks or issues identified	How they were addressed
Many patrons commented on lack of parking and competing loud noise from outside sources.	Library purchased a portable microphone system to amplify the speaker's voice
Program interruptions from outside.	Posted signage on the door.
Physical barriers from vendors.	Discussed with market director.
How will you improve or avoid these issues in the future?	

- The next year's programs will move to Tuesday evenings to avoid parking and noise conflicts.

# Collaborations

Did your intervention involve collaboration with any other organizations

Yes

The Grass Lake Chamber of Commerce/Whistlestop Association granted the library free meeting space in the depot.

Please comment on the value of the collaboration

Many attendees learned to appreciate the value of the historic building and later made use of its rental space.

# Sustainability

- Does your intervention have a sustainability plan?
  - No
- What steps are being taken to ensure sustainability of the intervention beyond 5HF funding?

Please explain:

The Grass Lake Branch has a limited yearly program budget that must cover a multiple of ages groups and a diverse set of topics.

The Eating Classes could be offered on an extremely limited basis using these funds. This could result in offering only 1 – 2 classes per year.

One option to continue this intervention would be to charge participants, but that is expected to significantly impact attendance levels.

# Media

- Provide the following documentation:
  - Acknowledgement of your grant from 5HF in any of your organization's publications such as printed programs, news releases, banners, flyers, annual reports, t-shirts, hats, etc. : See attached marketing flyers
  - Links to news articles or websites that cover the intervention: [www.myjdl.com](http://www.myjdl.com)
  - Photos of the intervention: See attached electronic file

**Cook the Book Simple Thai Food**

Enjoy Thai food from one of the most vibrant and varied cuisines in the world, featuring recipes from the book by Leela Punyratana.

Registration is required. Please call 517-522-8211 to reserve your spot.

Wednesday, March 16 at 6 pm.

Wholeshop Depot  
218 E. Michigan Ave., Grass Lake  
Hosted by Grass Lake Branch

intended for adults

www.mjdl.com

**Cook the Book The Healthy Heart Cookbook**

Enjoy samples from Joseph's Piscatella's book - featuring diverse, easy-to-follow and good-for-you recipes.

Wednesday, April 20 at 6 pm.

Registration is required. Please call 517-522-8211 to reserve your spot.

Wholeshop Depot  
218 E. Michigan Ave., Grass Lake  
Hosted by Grass Lake Branch

intended for adults

www.mjdl.com

**Cook the Book Pati's Mexican Table**

Enjoy samples from Pati Jinich's book - created by Brad West - featuring diverse, easy-to-follow and good-for-you recipes.

Wednesday, May 18 at 6 pm.

Registration is required. Please call 517-522-8211 to reserve your spot.

Wholeshop Depot  
218 E. Michigan Ave., Grass Lake  
Hosted by Grass Lake Branch

intended for adults

www.mjdl.com

**Cook the Book The American Cookbook**

Enjoy samples from Elena Rosemond-Roer's book - created by Brad West - featuring diverse, easy-to-follow and good-for-you recipes.

Wednesday, June 5 at 6 pm.

Registration is required. Please call 517-522-8211 to reserve your spot.

Wholeshop Depot  
218 E. Michigan Ave., Grass Lake  
Hosted by Grass Lake Branch

intended for adults

www.mjdl.com

**What to Cook & How to Cook It**

Enjoy samples from Anne Hamilton's book - featuring diverse, easy-to-follow and good-for-you recipes that are best for beginners.

Wednesday, Feb 15 at 6 pm.

Registration is required. Please call 517-522-8211 to reserve your spot.

Wholeshop Depot  
218 E. Michigan Ave., Grass Lake  
Hosted by Grass Lake Branch

intended for adults

www.mjdl.com

**Good Mood Food**

Enjoy samples from Donald Skahan's book. Beat the winter blues with some new healthy food ideas!

Wednesday, Jan. 18 at 6 pm.

Registration is required. Please call 517-522-8211 to reserve your spot.

Wholeshop Depot  
218 E. Michigan Ave., Grass Lake  
Hosted by Grass Lake Branch

intended for adults

www.mjdl.com

# Healthy Eating Classes Marketing Flyers



**Cook the Book Holiday Cooking Around the World**

Enjoy samples from Karl A. Cornell's book.

Wednesday, Dec. 7 at 6 pm.

Wholeshop Depot  
218 E. Michigan Ave., Grass Lake  
Hosted by Grass Lake Branch

intended for adults

www.mjdl.com

**Cook the Book How to Cook Everything Fast**

Enjoy samples from Mark Bittman's book, featuring simple, stylish and flavorful recipes.

Wednesday, Nov 16 at 6 pm.

Wholeshop Depot  
218 E. Michigan Ave., Grass Lake  
Hosted by Grass Lake Branch

intended for adults

www.mjdl.com

**Cook the Book The Cuban Kitchen**

Enjoy samples from Rosalinda Bengtson's book, featuring simple, stylish and flavorful recipes.

Wednesday, Oct. 19 at 6 pm.

Wholeshop Depot  
218 E. Michigan Ave., Grass Lake  
Hosted by Grass Lake Branch

intended for adults

www.mjdl.com

**Cook the Book 400 Best Sandwiches**

Enjoy samples from Alison Levett's book.

Wednesday, Sept. 21 at 6 pm.

Wholeshop Depot  
218 E. Michigan Ave., Grass Lake  
Hosted by Grass Lake Branch

intended for adults

www.mjdl.com

**Cook the Book Pati's Mexican Table**

Enjoy samples from Pati Jinich's book - created by Brad West - featuring diverse, easy-to-follow and good-for-you recipes.

Wednesday, May 18 at 6 pm.

Registration is required. Please call 517-522-8211 to reserve your spot.

Wholeshop Depot  
218 E. Michigan Ave., Grass Lake  
Hosted by Grass Lake Branch

intended for adults

www.mjdl.com

**Cook the Book Texas Eats**

Enjoy samples from Heidi Swire's book, featuring diverse, easy-to-follow and good-for-you recipes.

Wednesday, Oct. 19 at 6 pm.

Registration is required. Please call 517-522-8211 to reserve your spot.

Wholeshop Depot  
218 E. Michigan Ave., Grass Lake  
Hosted by Grass Lake Branch

intended for adults

www.mjdl.com

Please include an itemized expense report (not budget) that demonstrates how the grant funds were used

Program	Attendance	Speaker	Food Items	Other	Total	Budget Remaining	Budget +/-
Simple Thai Food	43	\$ 150.00	\$ 132.07	\$ 32.83	\$ 314.90	\$ 3,285.10	\$ (314.90)
The Heart Healthy Cookbook	43	\$ 150.00	\$ 135.48	\$ 5.98	\$ 291.46	\$ 2,993.64	\$ (606.36)
Pati's Mexican Table	43	\$ 150.00	\$ 128.59	\$ 5.98	\$ 284.57	\$ 2,709.07	\$ (890.93)
The American Cookbook	43	\$ 150.00	\$ 134.46	\$ 8.48	\$ 292.94	\$ 2,416.13	\$ (1,183.87)
Mediterranean Vegetarian Feasts	34	\$ 150.00	\$136.64	\$ 8.45	\$ 295.09	\$ 2,121.04	\$ (1,478.96)
Texas Eats	41	\$ 150.00	\$ 96.54	\$ 8.96	\$ 255.50	\$ 1,865.54	\$ (1,734.46)
400 Best Sandwich Recipes	36	\$ 150.00	\$ 130.19		\$ 280.19	\$ 1,585.35	\$ (2,014.65)
The Cuban Kitchen	41	\$ 150.00	\$ 122.77	\$ 14.45	\$ 287.22	\$ 1,298.13	\$ (2,301.87)
How to Cook Everything Fast	41	\$ 150.00	\$ 127.33	\$ 4.99	\$ 282.32	\$ 1,015.81	\$ (2,584.19)
Holiday Cooking Around the World	42	\$ 150.00	\$ 127.28	\$ 20.44	\$ 297.72	\$ 718.09	\$ (2,881.91)
Good Mood Food	45	\$ 150.00	\$ 118.71	\$ 11.66	\$ 280.37	\$ 437.72	\$ (3,162.28)
What to Cook & How to Cook It	35	\$ 150.00	\$140.08	\$ 97.46	\$ 387.54	\$ 50.18	\$ (3,549.82)
Eastern Market Trip	24 + 6 = 30						
Income:	24 x \$6 = \$144	\$144 + \$ 600 = \$744					
Expense:		\$745					