

Manchester Wellness Coalition | Plan Year 4

NAME OF THE INTERVENTION	Community and School Garden
CWF Element* to Impact	Eat Better
Fiscal Agent	Manchester Community Schools
Tax I.D	
Implementation Contacts (2 or more required)	Ruth VanBogelen, Sara Swanson
Contact phones and emails	
Date Funding Required	February 2016
Implementation Date	March 2016
Estimated Completion Date	November 2016
Total Amount Requested from CWF	\$2500

Criteria	Descriptions
<p>1. Please provide a brief description for the intervention program you are proposing and indicate the target population.</p> <p><i>Typically one paragraph and 3-5 sentences</i> <i>Target population options: youth, adult, seniors, disabled, etc.</i></p>	<p>This will be the 4th year and we think the last year this project will request funds from the Manchester Coalition. These plans are for the 2016 garden. We anticipate that this project will be financially sustainable after 2016.</p> <p>The project will have 2 components:</p> <ol style="list-style-type: none"> 1. Gardening with students age 1 – 4th grade Preschool gardening starts in March with indoor grow stations, continues when plants and seeds are planted in the outdoor gardens. We plan to work with 7 pre-school classes K-4th grade – students prepare and plant the Klager school garden, plant a section of the community garden which is used by students all summer. We plan to work with 7 Klager classes 2. Community Garden – garden plots are available to rent in the community garden. The sizes are 20' x 20', 10' x 10', 4' x 4' and we also have two 4' x 8' raised beds for those with physical limitations. <p>Target population – all ages</p>
<p>2. How does this intervention fit into the 1 and 5 year goals and plans of the Coalition?</p> <p><i>Please be specific and refer to the current documents stating the Coalition's 1 and 5 year plans and goals.</i></p>	<p>Goal III. Eat Better (EB) – we know from health data that only 8% of our adult residents eat the recommended 5 servings of fruits/vegetables per day so we are trying to create an environment where produce is abundant at least during the Michigan growing season. Do you know that the top reason we don't eat enough produce? It is because we don't think about it. Thus, we have to add</p>

<p><i>Should include specific health/wellness indicators.</i></p>	<p>some reminders around town in Year 4.</p>
<p>3. What are the specific goals for the intervention? <i>Specific goals: For each goal address these 5 points so that the goals are SMART goals)</i></p> <ul style="list-style-type: none"> • <i>State what you are trying to accomplish,</i> • <i>How you will measure progress toward and accomplishment of your goal</i> • <i>Who is responsible for collecting the data?</i> • <i>Why you think the goal is attainable</i> • <i>Describes how the goal is relevant to the coalition and community wellness related needs.</i> • <i>What is the timeframe for achieving the goal?</i> • <i>See http://www.wikihow.com/Set-SMART-Goals</i> 	<p>Goal 1. Pre-school gardening with 7 pre-school classes for a total of approximately 90 students and 15 teachers. Specific goals -30% of the families with students and/or teachers in these preschool classes participate in vegetable gardening during the summer months. Parents will sign up for the type of summer gardening they want to be involved in. A) they already have a garden, but would like plants and seeds (plants the students have grown indoors would be used), B) they would share a plot at the community garden with other pre-school families, C) they would like to do a square foot garden or container garden at home, D) students will continue going to preschool during the summer and will harvest from the school garden. Families would take pictures once a month and report to how well their gardening efforts are going. (the committee is always available for questions). Goal 2. Elementary school gardening at Klager school with approximately 175 students during May and 50 students and their families during June – August. Specific Goal is for at least 7 classes to participate in preparing and planning the garden and 50 students and their families to help maintain and harvest from the garden. A calendar of volunteering will be maintained in May and a logsheet will be keep for June, July and August to monitor participants. Goal 3. Community Garden Plots – specific goal is to rent out one of the 40x80 gardens and all the raised beds. Data is registrations. Gardeners will also be asked to log in pounds of produce harvested.</p>
<p>4. What are the key data that will be collected, analyzed, and used to evaluate the intervention? <i>Should include:</i></p> <ul style="list-style-type: none"> • <i>Units of Engagement</i> <p><i>Might also include survey data, and other measures such as pounds of produce grown, miles of trail maintained, number of books distributed, etc.</i></p>	<p>Goal 1. Monitor the families that are gardening as per one of the options provided to see that they are using the produce not just letting it go to waste. Pounds of veggies produced. Goal 2. Record number of students participating at the start, but more important how many return in June, July and August to continue gardening and harvest. Pounds of veggies produced. Goal 3. Number of people gardening at the community garden. Pounds of veggies produced.</p>
<p>5. What are the estimated of the Units of Engagement for the intervention? <i>Unit of engagement = number of people per event * number of events * timeframe for the event (e.g., 30 minutes would be 0.5 hours)</i> <i>Example : 100 people * 6 events * 1 hour per event =</i></p>	<p>Goal 1. 90 students X 15 minutes x 10 weeks = 225 + 45 students + 45 family members x 30 minutes x 15 weeks = 382. Total of 607 Goal 2. 175 students X 30 minutes x 3 visits = 262 + 50 students + 50 family members x 30 minutes x 15 weeks = 425. Total of 687 Goal 3. 20 plots 40 gardeners x 1 hour per week x 15 weeks = 600</p>

<p><i>600 units of engagement.</i></p> <p><i>Note- if participation is not part of the key data, describe how you will measure engagement of community members.</i></p>	<p>Total of 1880</p>
<p>6. Who (specifically) will be responsible for what aspects of intervention implementation?</p> <p><i>Please provide names for those responsible for:</i></p> <ul style="list-style-type: none"> • <i>Obtaining all required permits and permissions and all other communication required</i> • <i>Deciding on dates, times, locations</i> • <i>Marketing – both developing and distributing marketing materials</i> • <i>Recruiting necessary volunteers</i> • <i>Developing tools to collect data and pictures</i> • <i>Analyzing data collected</i> • <i>Developing plans for how to improve the intervention (on-going and for subsequent years)</i> • <i>Preparing and presenting presentations and reports</i> • <i>All other specific tasks for this intervention to be successful.</i> 	<p>Ruth VanBogelen heads up the preschool and Klager projects with help from Jennifer Fairfield, Sara Swanson, and Sabrina Blaine.</p> <p>Sara Swanson heads up the Community Garden including all communication with gardeners. Sara also heads up the Seed catalog at the library ensuring it is stocked as needed.</p> <p>Andy Supers and Mark VanBogelen do the repairs and maintenance at all the gardens and do or organize volunteers for construction projects.</p> <p>Ron Milkey tills the gardens.</p> <p>Libby Beaudoin assists with a variety of tasks at the gardens.</p> <p>Ruth collects data and writes the reports and prepares the presentations.</p> <p>The garden committee meets monthly from January – May to make all plans and to coordinate activities and tasks</p>
<p>7. Does implementation of this intervention require approval from an organization other than the fiscal agent or organization implementing the intervention?</p> <p><i>Yes or No. If yes, please indicate all organizations requiring approval and indicate if approval has already been granted. If it hasn't been granted, when will this be done. Include the name(s) of the approver(s).</i></p>	<p>The School is the fiscal agent and they established the protocols for turning in invoices and provide us with accounting records. The Garden committee works with the Director of Manchester Early Childhood Centers, Teachers at the Manchester Cooperative Preschool and the Klager Principal and Teachers to plan schedules.</p> <p>True Value posts a donation sign for us during May, June and July – asking customers to add \$1 to their bill at check out. In 2014 this raised \$90. Other donations are accepted from community members and donations include money but also garden supplies and equipment.</p>
<p>8. With whom will you collaborate on this intervention including assistance with implementing the program, assistance with financing the program and organizations which might financially support this intervention (long term sustainability).</p>	<p>Manchester Community Schools – does not charge us for use of the land</p> <p>Manchester District Library – helps distribute community garden applications and hosts the seed catalog</p> <p>Manchester Farmers Market and Garden Committee work together to host events at the Farmers Market.</p>

<p><i>Please include names of people in the collaborating organization that will be involved with this intervention. Indicate in the budget below – the contribution from the organization(s).</i></p>	<p>Manchester True Value – collects donations but also provide some materials reduced prices Garden Mill of Chelsea – donates seeds and other supplies, helps us purchase other supplies at cost, writes a newsletter that goes in the Manchester Mirror and the owner volunteers many hours to the school programs. Manchester Chamber of Commerce and potentially the Ypsilanti Tourism to work on the Agri-tourism Farm Garden Tour. These details will be worked out in 2015 so it is ready to start in 2016.</p>
<p>9. If this is a continuing intervention: A. How many years has this intervention been funded by the coalition? B. Have the outcome(s) been presented to the coalition and the report(s) been submitted to CWF? <i>If no, when will the presentation to the coalition be done and when will the written report and expense report be submitted to CWF?</i> C. Describe how the intervention will be improved (also include past improvements if this is the 3 or more year of funding). D. Has the amount requested from the coalition increased or decreased? Why? E. How many more years will this intervention request funds from the coalition?</p>	<p>A. 4th B. Yes from Year 1 and 2, Year 3 presentation will after this season is done C. One challenge with the school component is that students are not in school during most of the growing season, so in 2015 we introduced the Home Garden Program for the preschool students and the Family Program for Klager students – so that students could continue to garden all summer. D. The amount has varied because of special projects to improve the garden. E. We are starting in 2015 to work with the Chamber of Commerce on a Agri-tourism project to raise money for this project. The Chamber is working on several Agri-tourism project, but the Garden Committee would like to host a visit the grower day – which would be similar to a garden tour but the tour would be at local produce growers so that individuals and families could visit these local farmers that have CSA shares or that sell at many farmers markets. The goal is to educate the consumer about where the food comes from. They’ll get a look at exactly what the fields look like, how crops are harvested and prepared for the market. There would be a per person/family charge and part of these funds would go back to the Community and School garden project. We hope to start this in 2016. We have visited other garden tours to gather ideas of how to make this fun and get lots of participants.</p>
<p>10. Provide citation(s) of similar programs used as a model in developing this intervention.</p>	

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~ INSERT A BUDGET which shows all sources of income and categories for expenses. Please also indicate which expenses will be covered by the funds from the Chelsea-area Wellness Foundation.

Income	Estimates	Expenses	Estimates
MWC/CWF funds	\$2500	Garden consumables (seeds, containers, soil, mulch)	\$200 (CWF funds) \$300 (in-kind)
True Value donation For 2017 garden	\$100	Garden Supplies (hoses, etc. that last 1-3 years)	
Community Lot fees	\$400	Garden infrastructure (replacement boards for raised beds, and 1 Grolab for Coop preschool costs \$1000)	\$1500 (CWF Funds)
Other donations For 2017 garden	\$200	Garden Contractors (tilling, hauling in mulch, etc.)	\$300 (CWF funds)
In-kind	\$300	Water (lot fee income)	\$400
Volunteer hours (200 hours @\$22/hr)	\$4400	Marketing mostly for Agri-tourism which can be reused every year (yard signs, banners, etc.)	\$500 (CWF Funds)
Agri-tourism admission (to be used for 2017 garden)	\$500	Garden work (all volunteer hours)	\$4400
TOTALS	\$8400 (\$800 to be saved for 2017 garden)	Totals	\$7600

Also provide the information in the two tables below

Budget Summary	Amount	Percentage
Amount of funds from Coalition	\$2500	30%
Total funds from other sources	\$5900	70%
Marketing/Advertising	\$500	6%
Compensation – to one or more people (all volunteers)	\$4400	58%
Infrastructure (structure that lasts 5 years or more)	\$1500	20%
Other expenses	\$1200	16%

Plan Year	Amount \$\$ granted	Amount Spent	Amount carried over	Amount returned to CWF
Year 1	\$7000	\$7000		
Year2	\$2500	\$2500		
Year 3	\$7500	In progress		