



Grant Follow-Up Report for Organizations

Organization Information

Date: 12/20/2013

Fiscal Agent: Jane Pacheco

Intervention Contact: Jane Pacheco

Title: Board President, Program Chair

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Program Information:

Intervention Name: Kid's Cooking Camp - A summer 'camp-style' program in a 4-day 3-hour per day format with a morning session for grades 1 – 3 and an afternoon session for grades 4 – 6. Kids Cooking Camp provides, at an affordable cost, a fun collection of cooking sessions for kids focused on healthy food choices. Kids learn basic kitchen skills as well as kitchen safety. Each day focuses on a different meal or recipe type and includes sampling of all that is prepared.

Number of individuals participating in this intervention: 17 children participated in the 2013

Check List

X The Grant Funds were utilized as designated

X Funds were disbursed to vendors of equipment or services and/or to nonprofit organizations providing direct services; no cash awards were made to clients.

X This report is being submitted within the time requested in the grant award letter.

Attachments

X A complete expense report that demonstrates how the grant award was used. If this is an Interim Report, please indicate expenses to date.

If the full amount of the grant was not necessary to provide the approved services or programs, a check from the agency is enclosed for any unused funds above \$100.

Amount Returned - [Click here to enter text.](#) Reason - [Click here to enter text.](#)

X A photo(s) of the program (if appropriate). Photos will not be returned.

X Completed Photo Release Form

Narrative Responses

1. Referring to the goals described in your intervention (or any revisions submitted subsequent to the grant award), please indicate the following:
 - a. What were your major accomplishments?

The specific goals for the program were to increase enthusiasm and appreciation for healthy food choices; increase skill in food preparation and safety; promote behaviors that can influence a family's eating habits in the direction of healthier choices for both children and adults.

- b. What measures were used to determine effectiveness
Habits and skills acquired as a child influence a person's future attitudes and behaviors. We asked parents of campers about changes in the children's attitudes and behaviors related to healthy eating/cooking during and after the camp experience.
- c. Was this intervention effective? (Please provide supporting data)
The camp was well received by the students and families. We did not receive any negative feedback and have several written testimonials (attached) indicating the student's anticipation of using their new found knowledge and excitement for healthy cooking at home.
- d. What were the unexpected results or key learnings?
In addition to a returning instructor, (Judy Radant), Callie Gavorek joined our group as a second instructor for the camp. Due to her working relationship with the Chelsea Farmer's Market she was able to cross promote, at the Farmer's Market, some of the same recipes created for the Cooking Camp during a series of Kid's Cooking demonstrations at the market. The relationship also spurred a two part series of CCK cooking demos at the Farmer's Market and fostered communications regarding future collaborations.

2. Describe any setbacks encountered during the period of this grant

The only setback could be described as excess capacity. We had two instructors and a variety of volunteers at the ready to serve more students.

- a. How did these setbacks impact the intervention?
The smaller class size gave the students more hands on experience.
- b. How were these setbacks addressed?
Longer lead-time and better marketing will introduce this program to a wider audience.

3. Indicate if program goals were altered in any way and why.

no

4. Should this intervention be continued?

We are hopeful that attendance will grow each year this camp is in existence. More parents will be likely to view providing children with the opportunity to learn to cook healthy food as a beneficial summer activity. More children will view cooking as an activity that is both fun and productive. It's likely that the program will always require some underwriting to keep camp costs affordable for families.

5. If yes what steps are being made to ensure the sustainability of the intervention beyond this grant period?

We are discussing partnerships with the school district (Community Education), the Farmers Market, and the Chelsea Senior Center. We've had a few meetings to discuss the possibility of collaborative programming to reach a greater audience without unnecessary duplication.

6. If your program involved collaboration with other organizations, please comment on the value the collaboration.

In 2013 we were able to work with the school district to rent space, the Intergenerational Garden to use some of the summer harvest and we marketed the camp to the community at large through a number of 4H, scouting and parenting groups.

7. How did this intervention impact the organization responsible for implementation?
 This intervention supports our mission to educate, inform, and support members of our regional community to create a healthy, local and sustainable food culture. It provides a valuable opportunity for young people to have a fun hands-on learning experience that can easily be duplicated and implemented at home.

8. If fiscal agent is different than those responsible for implementation, use this space for feedback from the fiscal agent, if any
 n/a

X Approval of Exec. Director or Equivalent Jane Pacheco

Intervention: Kids Cooking Camp, Year 2 (2013)

Total estimated program cost: \$2,450

Item Description	Actual expenses	In-kind efforts*	Actual Income
Instructors	\$1,280		
Rent: Beach food lab	\$370		
Food and cooking supplies	\$300		
Printed class otlpgioloilc'PRgzllPRgzllngRzDffmRROgDsriffz:VfDRfi:IIDZODRDZ			