

# Manchester Wellness Coalition | Plan Year 7

<b>NAME OF THE INTERVENTION</b>	Community & School Gardens
<b>5HF Element to Impact: Eat Better, Move More, Connect with Others in Healthy Ways, Avoid Unhealthy Substances (select minimum of 1)</b>	Eat Better
<b>Fiscal Agent</b>	Manchester Community Schools
<b>Tax I.D</b>	
<b>Implementation Contacts (2 or more required)</b>	Ruth VanBogelen, Andrew Supers
<b>Contact phones and emails</b>	
<b>Date Funding Required</b>	Feb 2019
<b>Implementation Date</b>	March 2019
<b>Estimated Completion Date</b>	November 2019
<b>Total Amount Requested from 5HF</b>	\$1400

Criteria	Descriptions
<p><b>1. Please provide a brief description for the intervention program you are proposing and indicate the target population.</b></p> <p><i>Typically one paragraph (3-5 sentences)</i></p> <p><i>Target population options: youth, adult, seniors, disabled, etc.</i></p>	<p>This project provides gardening in Manchester in several ways completely with volunteers:</p> <ol style="list-style-type: none"> <li>1. Education and hands on experience for preschool children (age 18 – 5). We garden with both Manchester Early Childhood Center (MECC) and the Manchester Cooperative Preschool. Gardening starts in March and we use indoor GrowLab. In the playground area there are nine 2x4’ raised beds for outdoor gardening. This may change in 2019 – when preschool moves to the Klager student and Coop preschool moves locations.</li> <li>2. Elementary school gardening. In the school year 2018-19, the elementary school will house preschool through 2<sup>nd</sup> grade instead of K-4. We may include all grades in the indoor gardening program or may continue with outdoor gardening for grades K-2. In past years, for K-4, we do one classroom lecture, offer one session for preparing the garden, and one or two sessions for planting. The Klager gardens includes a set of six 3’x14 raised beds near the playground and a 45x80’ garden next to the community garden. The students are allowed to harvest from the garden all summer. In particular the summer kids camp visits the large garden once a week in July and August to harvest and take home vegetables. In September and October, the produce is picked on Tuesdays and Thursdays and delivered to the Senior Lunch Program – used both to prepare the meal and for seniors to take home.</li> </ol>

	<p>3. Community Garden. Community members can rent a plot to have their own garden(all ages). Plot sizes are 4x4, 4x8, 10x10 and 20x20 – all offered at a low cost. Gardeners must use organic gardening methods. Water for the garden is on an automatic sprinkling system.</p> <p>4. Seed Library at the Manchester District Library – We stock the seed library with many packets of seeds. Some seed packets are donated and in addition, we purchase bulk seed and dispense into small bags. The seed library is very popular and we have learned to stock it 3 times in the spring.</p> <p>5. Take home gardens. Once a year, we host an event at the Farmers Market so that customers of the market receive a salad bowl planter with soil and can plant seeds or plants. The plants are either from the vendors or from the preschool gardening.</p>
<p><b>2. How does this intervention address the needs identified by your community and the coalition?</b>  <i>Please be specific and refer to local data (i.e. HIP, MiPHY, PAC, NEAT, etc.) and/or the coalition strategic plan. Should include specific health/wellness indicators.</i></p>	<p>The project addresses HIP data on consumption of fruits and vegetables. From 2015 data, 74% of the residents do not consume the recommended 5 servings a day. For young children, 0% consumes the recommended 5 servings a day. The MiPHY data also reveals that teens do not consume 5 servings either. The other HIP data point is the number of residents who are overweight or obese (68%).</p>
<p><b>3. What are the specific goals for the intervention?</b>  <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"> <li>• <i>State what you are trying to accomplish,</i></li> <li>• <i>How you will measure progress toward and accomplishment of your goal</i></li> <li>• <i>Who is responsible for collecting the data?</i></li> <li>• <i>Why you think the goal is attainable</i></li> <li>• <i>Describes how the goal is relevant to the coalition and community wellness related needs.</i></li> <li>• <i>What is the timeframe for achieving the goal?</i></li> <li>• <i>See <a href="http://www.wikihow.com/Set-SMART-Goals">http://www.wikihow.com/Set-SMART-Goals</a></i></li> </ul>	<p>Goal 1 – Preschool gardening provide gardening education and hands-on experience for all preschool classes in Manchester (ages 18 months -5). Goal is to hold eight 15 minutes sessions with each class in March, April and early May. The number of classes and students varies each year but typically is 5-6 classes and 5-18 students per class. The students will learn about soil, seeds, roots, harvest pea leaves for tasting, and watch and water the plants growing indoors and then planting and transplanting into outdoor gardens. Small raised bed gardens are in the playground area and students are encouraged to pick and eat produce during outdoor time. Students also water the plants all summer. There is no attempt to have the preschool students weigh the produce instead typically the students pick and eat right away.</p> <p>Goal 2. Elementary age gardening. With changes in the school, we will determine by March 2019 whether the indoor gardening will be just for preschool age students or if we expand to K-2. The specific goals are at least 3 sessions with each class which includes a classroom lecture, garden prep and planting. Students are encouraged to harvest all summer and students in the MECC Summer Kids Camp visit the large garden at least once a week (and do weigh produce) and visit the Klager Garden most days of the week. The specific goal will be to harvest between 500-1000 pounds of produce from the kids garden.</p> <p>Goal 3. Community Garden. Goal is to have a combination of repeat gardeners and new gardeners – to harvest 500-1000 pounds from this garden. Any plots not rented are planted and the produce is either taken by other gardeners or taken to the church for the Senior Lunch Program.</p> <p>Goal 4. Seed Library. Stock the library with seeds for commonly planted vegetables. Stock with more than 100 seed packets. Monitor how many seed packets are left in August. Ask people to fill</p>

	<p>out a short survey including the following questions.</p> <ol style="list-style-type: none"> <li>1. How big is your garden space?</li> <li>2. How many people eat produce from your garden?</li> <li>3. Estimate how many pounds of produce you harvest?</li> <li>4. Would you garden if free seed were not available?</li> <li>5. Any suggestions/comments?</li> </ol> <p>Goal 5. Take Home Gardens. Offer 50 gardens to customers of the farmers market and provide instruction on how to keep the garden going all summer. Put a sticker on the garden and ask people to send us comments and/or pictures about how the garden worked.</p>
<p><b>4. What key data will be collected, analyzed, and used to evaluate the intervention?</b>  <i>Should include:</i></p> <ul style="list-style-type: none"> <li>• <i>Units of Engagement</i></li> </ul> <p><i>Might also include survey data, and other measures such as number of participants, pounds of produce grown, miles of trail maintained, number of books distributed, etc.</i></p>	<p>Number of students we garden with          Number of plots rented at the community garden, how many repeat and new gardeners          Number of pounds of produce harvested          Results of seed library survey          Number of people who send comments or pictures of their take home garden</p>
<p><b>5. What are the estimated Units of Engagement for the intervention?</b>  <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 = 600 units of engagement.</i></p> <p><i>UNITS OF ENGAGEMENT DO NOT NEED TO BE CALCULATED FOR INFRASTRUCTURE (i.e. parks, sidewalks, trails, etc).</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>Number of preschool students x 8 visits x 15 minutes          Number of elementary age students x number of visits x 30 minutes          Number of people involved in the community garden x 1 hour per week x 16 weeks</p>
<p><b>6. Who (specifically) will be responsible for what aspects of intervention implementation?</b>  <i>Please provide names for those responsible for:</i></p>	<p>Manchester Community Schools – fiscal agent, tracks spending, cashes checks received and pays invoices, takes in application and money.          Ruth VanBogelen – prepares the intervention table and the report, sends in invoices to MCS, does</p>

<ul style="list-style-type: none"> <li>• <i>Obtaining all required permits and permissions and all other communication required</i></li> <li>• <i>Deciding on dates, times, locations</i></li> <li>• <i>Marketing – both developing and distributing marketing materials</i></li> <li>• <i>Recruiting necessary volunteers</i></li> <li>• <i>Developing tools to collect data and pictures</i></li> <li>• <i>Analyzing data collected</i></li> <li>• <i>Developing plans for how to improve the intervention (on-going and for subsequent years)</i></li> <li>• <i>Preparing and presenting presentations and reports</i></li> <li>• <i>All other specific tasks for this intervention to be successful.</i></li> </ul>	<p>the preschool and elementary school gardening classes, monitors the gardens for weeds, etc. Pick produce during September and October for the Senior Lunch program. Sets up the watering system in the spring and takes in down in the fall.</p> <p>Andy Supers – advertises for the community garden plots putting up posters and applications around town. Does maintenance at the gardens. Monitors wildlife and traps critters as needed.</p> <p>Mark VanBogelen – arranges for compost to be delivered and spreads compost in the garden. Does some maintenance at the garden.</p> <p>Libby Beaudoin – arranges with local farms to donate organic compost. Also in past and current year, does gardening at the Math and Science Event</p> <p>Jennifer Fairfield – orders most of the supplies needed for the garden and in past and current year, does the gardening at the Math and Science event</p> <p>Sara Swanson – organizes the Seed Library</p> <p>School maintenance staff – sets up and puts away the meter for water system</p> <p>All are experienced gardeners and provide gardening advice</p>
<p><b>7. Does implementation of this intervention require approval from an organization other than the fiscal agent or organization implementing the intervention?</b>  <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>We work closely with teachers of the classes in addition to the school serving as the fiscal agent</p>
<p><b>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).</b>  <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 Community Schools – is our fiscal agent so handles finances.</p> <p>Manchester Early Childhood Center – preschool</p> <p>Manchester Cooperative preschool – preschool</p> <p>Manchester District Library – venue for the seed library and also central location for getting community garden applications</p> <p>Manchester Farmers Market – venue for take home gardens</p> <p>Often Girl Scouts and/or Cub/Boy scouts help with miscellaneous projects at the gardens</p> <p>Manchester Community Resource Center – we offer free garden plots to customers of the Food Pantry.</p>
<p><b>9. If this is a continuing intervention:</b>  A. How many years has this intervention been funded by the coalition?</p>	<p>Yes, the garden was received funding all years (in Year 4 – funds were used for both Year 4 and 5), the amount has decreased because the infrastructure is now in place. We have reported to the coalition each year and have submitted reports to the Foundation. We have made many</p>

<p>B. Have the outcome(s) been presented to the coalition and the report(s) been submitted to 5HF? <i>If no, when will the presentation to the coalition be done and when will the written report and expense report be submitted to 5HF?</i></p> <p>C. Describe how the intervention will be improved (also include past improvements if this is the 3 or more year of funding).</p> <p>D. Has the amount requested from the coalition increased or decreased? Why?</p> <p>E. How many more years will this intervention request funds from the coalition?</p>	<p>improvements and seem to have a system now that works really well. Because this intervention relies heavily on volunteers, we expect the project to continue until we cannot find enough volunteers to do all the required jobs.</p>
<p><b>10. Does your intervention have a sustainability plan?</b> <i>How the intervention will be sustained if the coalition does not grant/renew funding?</i></p>	<p>If the coalition did not fund this project, only portions of the project would continue. Likely volunteers for the preschool and Klager garden parts would pay out of pocket. We have tried to apply for other grants, but almost all have requirements for a certain percentage of students receiving free or reduce lunch (based on parents/guardian income) and Manchester is significantly below the required percentage. The PTO would help. The Community Garden might go on, but watering would be very limited, tilling would be the responsibility of the gardener, amending the soil would also be the responsibility of the gardener. The seed library at the garden would stop except for seeds donated. The Take Home Gardens at the market would stop unless commercial gardening companies donated the planters. (Note – we already get the planters at cost from The Garden Mill – which is about 1/3 the price of the planter if purchased at Lowe or similar places).</p>
<p><b>11. Provide citation(s) of similar programs used as a model in developing this intervention.</b></p>	<p>Articles about the effectiveness of school gardens:  <a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4142134/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4142134/</a>  <a href="https://lib.dr.iastate.edu/cgi/viewcontent.cgi?article=1412&amp;context=etd">https://lib.dr.iastate.edu/cgi/viewcontent.cgi?article=1412&amp;context=etd</a>  <a href="http://whatworksforhealth.wisc.edu/program.php?t1=21&amp;t2=12&amp;t3=114&amp;id=278">http://whatworksforhealth.wisc.edu/program.php?t1=21&amp;t2=12&amp;t3=114&amp;id=278</a></p>

**Budget**

		<b>Proposed Expenses</b>	<b>Proposed Income</b>
Preschool Gardening -	Supplies for the pre-school gardening include planters for indoor gardening, soil, seeds, parts as needed for the gro-labs	<b>\$450</b>	
Community Garden & Klager Garden	Community Garden and Klager garden expenses include weed block, water bill, hauling compost, tilling the garden and mowing around the garden, and miscellaneous items for repairing or replacing things. There is income from the community garden – from individuals pay for plots and we work on getting donations	<b>\$1050</b>	<b>\$450</b>
Seed Library	Supplies for the seed library - \$200 for purchasing bulk seeds which volunteers divide up (much cheaper to buy in bulk than individual packages) . We also are able to get discounts by buying through The Garden Mill in Chelsea (Jennifer Fairfield, owner, lives in Manchester and is part of the garden planning group)	<b>\$200</b>	
Take Home Gardens	\$ for the planters. All other supplies are donated by others and the Farmers Market purchases some herb plants from their vendors.	<b>\$150</b>	
<b>TOTALS</b>		<b>\$1850</b>	<b>\$450</b>

**Also provide the information in the two tables below**

<b>Budget Summary</b>	<b>Amount</b>	<b>Percentage</b>
Amount of funds from Coalition	\$1400	76%
Total funds from other sources	\$450	24%
Marketing/Advertising	Very little – sometimes a little for printing flyers and applications for the community garden	
Compensation – to one or more people	\$0	
Infrastructure (structure that lasts 5 years or more)	\$0	
Other expenses	\$1850	100%

## Manchester Wellness Coalition | Plan Year 7

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Plan Year	Amount granted	Amount Spent	Amount carried over	Amount returned to 5HF
Year 1	\$7000	\$7000 -336=\$6,664		\$336
Year 2	\$2500	\$2500		
Year 3	\$7500	\$7500		
Year 4	\$2000		Funds were used for both Year 4 and 5	
Year 5		\$2000		
Year 6	\$1400		Project still underway	