

Chelsea Friends and Family Wellness Coalition | Plan Year 7

NAME OF THE INTERVENTION	Chelsea Community Kitchen Kids Cooking Program
5HF Element to Impact: Eat Better, Move More, Connect with Others in Healthy Ways, Avoid Unhealthy Substances (select minimum of 1)	Primary: Eat Better Secondary: Connect with Others
Fiscal Agent	Chelsea Community Kitchen
Tax I.D	27-1033746
Implementation Contacts (2 or more required)	Debi Weiker; Judy Radant
Contact phones and emails	debi@bransoninc.com ; radantj67@yahoo.com
Date Funding Required	June 2018
Implementation Date	August 2018
Estimated Completion Date	March 2019
Total Amount Requested from 5HF	\$2,363.70

Criteria	Description
<p>1. Please provide a brief description for the intervention program you are proposing and indicate the target population. <i>Typically one paragraph (3-5 sentences)</i> <i>Target population options: youth, adult, seniors, disabled, etc.</i></p>	<p>After the success of our pilot program that was funded by 5HF in Year 4, Chelsea Community Kitchen (CCK) would like to continue its kids cooking classes. Classes include a winter after school cooking series for elementary grade children and a summer chef’s club for middle school children. The after school program consists of six weekly sessions and the chef’s club is a 3 day concentrated program. Students in the afterschool program learn the fundamentals of cooking (measure, mix, make), while students in the summer program go a step beyond the fundamentals to develop culinary skills, explore food sourcing, and career possibilities. All recipes center around a healthy eating focus. Students receive recipes from the programs to bring home to try out with their families. This year we hope to engage a local chef to teach a class session. As an addition for the chef’s club we would accompany the kids to the grocery store to shop for the final meal of the class, which they plan and prepare themselves.</p>
<p>2. How does this intervention address the needs identified by your community and the coalition? <i>Please be specific and refer to local data (i.e. HIP, MiPHY, PAC, NEAT, etc.) and/or the coalition strategic</i></p>	<p>According to the 2016 MiPHY, only 34.4% of middle schoolers eat the recommended 5+ servings of fruits and vegetables per day. Through these programs we hope to expose children to more healthy eating opportunities by teaching them the lifelong skills and techniques to prepare healthy, well-balanced meals themselves. As part of the strategic plan</p>

<p><i>plan. Should include specific health/wellness indicators.</i></p>	<p>(goal 2, objective 3, strategy 1, action 1), the coalition would like to increase the number of programs and initiatives that encourage families to eat 5 or more servings of fruits and vegetables per day. These programs work to achieve this. Not only does the program work to expose children to different types of produce and healthy ingredients during each class session, but we also send home all recipes from the class encouraging families to try their hand at preparing healthy meals at home together and promote healthy habits.</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>GOALS:</p> <ul style="list-style-type: none"> • Collectively between the two programs, 24 students will have the ability to execute kitchen tasks with confidence and safety as determined by observation of their abilities at beginning and end of program. Instructor and volunteers will measure via check list of skills observed using. • Increase knowledge about healthy eating and food choices as determined by oral responses at beginning and end of the program. Instructor and volunteers will measure. • Increase awareness of where food comes from as determined by oral responses at beginning and end of the program. Instructor and volunteers will measure. <p>These goals have been part of the existing Kids Cooking Camp program for the last 4 years, so we are confident they are attainable and measurable. They are somewhat cumulative, in that the more practice and experience each youth has in the program, the stronger the impact. Participating in one after school session will improve their knowledge and ability, but will not ensure a healthy lifestyle is adopted. Multiple exposure through additional sessions will increase the likelihood of the final ultimate goal.</p> <p>This intervention addresses the ‘eat better’ element as part of the coalition’s vision. As local health data has demonstrated there is a need for increased programming to promote healthy eating. The program also addresses an area of the coalition’s strategic plan.</p> <p>Timeline: The after-school program will run from January – March, 2019; the Chefs Club will run August, 2018.</p>
<p>4. What key data will be collected, analyzed, and used to evaluate the intervention?</p>	<p>After School Program:</p> <ul style="list-style-type: none"> • Units of Engagement

<p><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 number of participants, pounds of produce grown, miles of trail maintained, number of books distributed, etc.</i></p>	<ul style="list-style-type: none"> • Attendance • Skills Checklist • Knowledge and healthy eating oral response survey (pre and post) <p>Chef's Club Program:</p> <ul style="list-style-type: none"> • Units of Engagement • Attendance • Final meal preparation to demonstrate knowledge of advanced skills gained • Knowledge Assessment (use less sugar, using organic ingredients, portion control)
<p>5. What are the estimated Units of Engagement for the intervention?</p> <p><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></p> <p><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>After School Program: 15 students x 1.5 hours x 6 sessions = 135 units of engagement</p> <p>Chef's Club: 9 students x 6 hours x 3 classes = 162 units of engagement</p> <p>TOTAL = 297</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> 	<p>CCK Board of Directors (Debi Wieker, Jane Pacheco, Yael Dolev, and Dan Kaminsky) in conjunction with contracted support staff Michelle Craig and instructor Judy Radant will oversee the program. Debi will have the overall directing responsibility with assistance from the others on specific tasks, as determined by need and timing.</p> <p>Debi and Michelle will have responsibility for obtaining permits, permissions, most of marketing, volunteer recruitment, some data analysis and report out to 5HF and the coalition.</p> <p>Staff Judy Radant (instructor) will have responsibility for preparing and presenting instruction.</p> <p>Other items will be jointly decided by Board.</p>

<ul style="list-style-type: none"> • <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>7. Does implementation of this intervention require approval from an organization other than the fiscal agent or organization implementing the intervention? <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>No</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). <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>The program works with local farms (Robin Hills and Tantre in past years). This year we also hope to collaborate with local chefs and restaurants to provide lessons and learning opportunities for our students.</p>
<p>9. If this is a continuing intervention:</p> <p>A. How many years has this intervention been funded by the coalition?</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</p>	<p>a. The program was also funded in Year 4 using unused funds from the school nutrition program. This will be the second year the program is pursuing funding from 5HF.</p> <p>b. Outcomes from the pilot program were presented at the September 2017 coalition meeting. A report was submitted and has been filed with 5HF.</p> <p>c. Several improvements in the program have been made over the past year to the after-school program. We now organize our instruction and participation in small groups of kids (2 – 4 per group) to maximize hands-on learning. The group members do not change throughout the program as they learn to work together and develop their own dynamic. We have also increased our volunteer participation and each cooking group has a volunteer assigned to them for assistance and oversight.</p> <p>The Chefs Club content and approach is evolving, as it should. The organization of the program worked very well from the beginning, but we had to learn to ‘reign them in’ when selecting the</p>

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increased or decreased? Why? E. How many more years will this intervention request funds from the coalition?	number and variety of recipes they could prepare for the final meal. d.The request from the coalition has decreased due to increased community interest and enrollment. e.Possibly one more year, although it is difficult to project at this time. Both of these programs are still somewhat new and in a growth phase (we hope). We will have a better understanding of where we stand in terms of need and alternative funding after this year.
10. Does your intervention have a sustainability plan? <i>How the intervention will be sustained if the coalition does not grant/renew funding?</i>	Long term sustainability is based on growing the participation and increasing overall donations to CCK. We are currently pursuing alternative funding options for the program in addition to 5HF. CCK is currently seeking sponsorship opportunities from local community-service organizations.
11. Provide citation(s) of similar programs used as a model in developing this intervention.	Kids Cooking Camps have been taking place at CCK since 2012. http://growing-minds.org

~ INSERT A BUDGET which shows all expenses, revenue and in-kind contributions*. Please also indicate which expenses will be covered by the funds from the 5 Healthy Towns Foundation.

* Note: Examples of in-kind contributions include volunteer hours, use of space, items, etc. Please see attached excel budget document

Also provide the information in the two tables below

Budget Summary	Amount	Percentage
Amount of funds from Coalition	\$2363.70	30
Total funds from other sources	\$5562.28	70
Marketing/Advertising	\$165	2.1
Compensation – to one or more people	\$2712.00	34.2
Infrastructure (structure that lasts 5 years or more)	0	
Other expenses	\$5048.98	63.7

Plan Year	Amount granted	Amount Spent	Amount carried over	Amount returned to 5HF
Year 1				
Year 2				
Year 3				
Year 4	\$3072	\$3072	0	0
Year 5				

