



Sponsored by Parkview Health and St. Joseph Community Health Foundation

HEAL (Healthy Eating Active Living) Program

We know all people need quality, nutritional food to lead a full, active, healthy life. However, Allen County residents living in communities without nearby grocery stores and/or affordable farm stands face challenges in accessing quality, affordable food and in knowing how to include it in their diet.

In Allen County, there are 48,900 residents identified as food insecure (13%), with 58% of this population eligible for WIC and SNAP nutritional assistance. Those who are food insecure in Allen County include about 16,520 children, or 17.2% of residents under age 18 (feedingamerica.org). According to the Alliance for a Healthier Indiana, nearly 1 of every 3 adult Indiana residents is obese, putting them at risk for chronic health conditions, such as stroke, type 2 diabetes, heart disease and cancer.

HEAL was created in 2014 as a jointly-funded collaboration between **Parkview Health** and the **St. Joseph Community Health Foundation** to address the above-stated issues and to improve health outcomes in Allen County.

Our HEALing Kitchen Program:

One component of HEAL is the Our HEALing Kitchen curriculum. It was designed as a “Train-the-Trainer” program to help all populations, especially those who are vulnerable or with limited resources, to prepare healthy and nutritious meals.

Program goals include:

1. Improving educational knowledge in the form of menu planning, healthy recipe preparation, and cooking techniques in an eight-session, instructor-led cooking course.
2. Increasing knowledge of nutritional information through education on fruits and vegetables, buying fresh/local foods, and impact on wellbeing.
3. Assisting participants in adapting a lifestyle that includes an increased daily consumption of highly nutritious fruits and vegetables, achieved by education and hands-on experience.

From 2016 through 2019, the program awarded 122 grants for local organizations to host the cooking course, resulting in 163 classes throughout Allen County. About 1,750 adults and youth have participated in Our HEALing Kitchen. In 2020, participants may choose to offer the program either during the summer months (June – September) or the fall months (September – November).

Participants receive:

- Training, coaching, and access to the HEAL Professional Team.
- Our HEALing Kitchen curriculum, including facilitator guides, participant guide for healthy living recipes and tools, and supplemental information.
- Printed recipe cards, HEAL market coupons, and other incentives.
- Pre- and Post-Surveys for data collection and progress reports.

Community organizations may participate in the programming in two ways:

1. **Apply for a grant**, to underwrite the costs of providing an Our HEALing Kitchen program to a vulnerable and/or primarily lower income population. Grants typically range from \$500 to \$1,000 and include funding for food and cooking supplies, kitchen rental, necessary cooking utensils and equipment, and a final class celebration and incentives. The deadline for application is April 6, 2020. The application questions are attached, but official applications must be submitted online. **Visit SJCHF.org and click on the Grants menu for further directions to the online portal.**
2. **Join as a HEAL Fellow**, which offers full access to all training and programming. However, Fellow organizations agree to underwrite the costs of providing the Our HEALing Kitchen class. A Fellow's contribution is typically valued at between \$500 to \$1,500. **For more information, please contact HEAL Program Manager Laura Dwire at ldwire@sjCHF.org.**

FOR MORE INFORMATION:

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2020 Our Healing Kitchen Grants

All grant applications must be submitted online. To submit a grant application, visit SJCHF.org and click on the Grants menu for further directions to the online portal. Applications are due by April 6. Below is the information required to apply for grant funding.

Program Overview

Amount Requested

Grant funding is typically between \$500 and \$1,000.

Program Name

Please provide a one-sentence description of the department or program within your organization that will host Our HEALing Kitchen classes.

Authorization

Has your organization's Executive Director/CEO/Pastor authorized this application? Choices: Yes or No

Name of Executive Director/CEO/Pastor, Business Address, Phone

Program Coordinator's Name, Email, and Phone

This is the person who will be responsible for coordinating the classes, collecting the data, and conducting any additional activities. This person is required to attend a 2-hour orientation class.

Facilitator's/Teacher's Name, Email, and Phone

This is the person who will be trained, prepare the lessons, and teach the class. This person is required to attend a 2-hour orientation class and a 2-hour demonstration class. This may be the same person as the coordinator.

Unduplicated Number of Individuals Served by Program Annually

What is the estimated number of participants you expect to have in the class?

Brief Description of Individuals Served by Program

Describe the group of vulnerable, at-risk people whom you would like to reach in the Our HEALing Kitchen class and how you think they will benefit.

Organization Information

Organization Mission Statement

Describe the applicant group and its primary purpose/mission.

Organization Overview

Please provide an overview of your organization's history, values, staffing, programs, and recent distinctions. Please include your organization's expertise and experience in serving vulnerable, at-risk and/or low-income populations.

Program Description

Class Schedule

During which weeks do you plan to offer the classes? Day and time? (The schedule can be typed in the application or uploaded.)

Facility

Where do you plan to offer the cooking classes? Please provide the name and address of the kitchen and classroom area, as well as a description.

Program Intent

Explain why your organization is interested in offering this programming, including any other similar programming that you offer.

Completed Program Budget

Agreement: I agree to do the following:

- Designating someone from their organization to teach the classes. New facilitators must attend a 4-hour training session. Program coordinators and returning facilitators must attend a 2-hour training session.
- Enrolling program attendees to participate in the classes and track their attendance. The goal is for each person to attend **at least six** of the eight sessions.
- Providing food and cooking supplies for each class, as detailed in the curriculum.
- Collecting data, specifically: At second and seventh class, ask all participants to complete the **Survey of Eating Patterns /Consumption Patterns.**
- Hosting a final celebration meal that is planned, organized, and prepared by participants for families or community for the 8th class session.
- Submitting a grant report after the final class. Document testimonials and stories for the final report.
- Collecting photo releases on all participants unless a special restriction exists. Allow HEAL Initiative to photograph, track program and interview participants to tell the story of the program.