2022 Our HEALing Kitchen Program
Supported by Parkview Health and the St. Joseph Community Health Foundation

Background
We know all people need high-quality, nutritious food to lead full, active, and healthy lives. However, Allen County residents living in communities without nearby grocery stores and/or farm stands face challenges in accessing quality, affordable food and in knowing how to prepare and include it in their diet. Additionally, many of the more than 50,000 Allen County residents who are food insecure must also manage chronic diseases, such as hypertension, coronary heart disease, diabetes and more. In 2014, in order to help address the health challenges faced by lower-income and food insecure residents, Parkview Health and the St. Joseph Community Health Foundation created **Our HEALing Kitchen**. From 2016 through 2021, the program awarded 144 grants for local organizations to host the cooking and nutrition course, resulting in 194 sessions of 6 to 8 classes throughout Allen County. During that same time, more than 2,500 adults and youth participated in Our HEALing Kitchen.

Our HEALing Kitchen Program
Our HEALing Kitchen was designed as a "Train-the-Trainer" program to help all populations, especially those who are vulnerable or with limited resources, learn to prepare healthy and affordable meals. Using the Our HEALing Kitchen curriculum, developed by Parkview Health dietitians, organizations host a session of 6 to 8 cooking classes for anywhere from 8 to 12 students. Organizations designate a program facilitator who receives training and coaching, as well as the materials needed to teach a successful series of classes. Students may be youth or adults, and they all receive a full-color Our HEALing Kitchen guide, more than 200 pages that are filled with nutrition information and healthy and affordable recipes.

Program Goals
- ✓ Improve participants' knowledge of nutrition and healthy eating.
- ✓ Improve participants' knowledge of how to prepare nutritious, affordable meals.
- ✓ Encourage increased consumption of nutritious fruits and vegetables.
- ✓ Provide a fun and welcoming environment for all participants.

2022 Grant Details
- Organizations may apply for a grant (typically $500 - $1,500 for one session, which is a series of 6 to 8 classes) to underwrite the costs of providing an Our HEALing Kitchen program to vulnerable and/or primarily lower income populations. Grants cover the costs of food and cooking supplies, necessary cooking utensils and equipment, and a final class celebration and incentives.
- In 2022, participants may choose to offer the program anytime from June through December. A Summer application will need to be completed for organizations requesting to offer sessions June-September 15. A Fall application will need to be completed for organizations requesting to offer sessions September 16-December.
- **Applications will be accepted from March 1 until April 1, 2022.** The application questions follow this information, but official applications must be submitted online. **Visit SJCHF.org and click on the Grants menu for further directions to the online portal.**

More Information
- Mary Tyndall, general questions about the program, mtyndall@sjchf.org
- Marla Rust, questions about the online application and grants portal, mrust@sjchf.org

Our HEALing Kitchen
Information Needed for Grant Application

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 accepted until April 1, 2022. Below is the information you will need to fill out in the online application.

Application Overview
- Grant amount requested (typically $500 - $1,500 for one session of 6 to 8 classes)
- One-sentence description of the department or program that will host the classes
- Authorization by organization's Executive Director/CEO/Pastor
- Executive Director/CEO/Pastor's name, business address, phone
- Program coordinator's name, email, phone (person responsible for overall management of the classes)
- Facilitator's/Teacher's name, email, phone
- Number of individuals estimated to take the Our HEALing Kitchen classes
- Age of individuals who will take the classes (adults, youth, or both)
- Brief description of individuals served by program (preference given to those offering the classes to new Our HEALing Kitchen students)

Organization Information
- Organization mission statement
- Organization overview, including expertise and experience in serving vulnerable, at-risk and/or low-income populations

Program Description
- Anticipated class schedule(s) (more than one session of classes may be offered)
- Description of facility where cooking classes will be held
- Explain why your organization wants to offer the cooking classes
- Estimated program budget (may take into account multiple sessions)

Agreement
Applicants must agree to the following:
- Designate someone to facilitate/teach the classes; they must attend a two-hour training session. Organizations that use facilitators/teachers who already have a relationship with the organization or participants will be given preference.
- Enroll program attendees to participate in the classes and track their attendance. The goal is for each person to attend at least 75% of the classes offered.
- Provide food and cooking supplies for each class, as detailed in the curriculum.
- Collect and turn in pre- and post-surveys from all adult participants. Online surveys will be offered, with the option of paper surveys, if necessary.
- Host a final celebration meal that is planned, organized, and prepared by participants for families or community members for the final class.
- Submit a grant report after the final session, including stories or other anecdotal information that show the impact of Our HEALing Kitchen on a participant.
- Allow St. Joe Foundation staff to photograph the classes, track the program, and interview participants to tell the story of the program.