



2019 HEAL Fellow Program

In 2016, St. Joseph Community Health Foundation and Parkview Health launched the “Our HEALing Kitchen” (OHK) cooking and nutrition classes. Since then, 64 local organizations, churches, and governmental agencies have hosted Our HEALing Kitchen classes, equipping over 1000 adults and youth with knowledge and skills to live healthier lives.

Trusted staff or volunteers from hosting agencies are trained to teach and facilitate the hands-on classes and offer it to people in their neighborhoods and spheres of influences. The curriculum is provided, along with recipe and resource guides for all of the participants. Over 20 lessons covering health, nutrition, preparation, storage, and planning are included in the guide.

By becoming a HEAL Fellow, you will be part of a movement to decrease chronic diseases in Allen County by empowering residents to select, prepare and eat healthy foods. *Health.gov* links the following chronic conditions to poor nutrition and diets: heart disease, stroke, obesity, cancer, osteoporosis, and diabetes. By joining the HEAL movement, your organization can build a healthy community and transform the lives of your participants, friends, family, and neighbors.

What does a HEAL Fellow receive for its investment?

1. **Our HEALing Kitchen Recipes & Resource Guides** (*15 copies*). The OHK Recipes & Resource Guide is a colorful, user-friendly guide with many photos and graphics illustrating how to plan meals, making healthy choices, preparing easy, affordable meals, storing fruits and vegetables and living healthy lives. *Additional copies available for \$25.00 each.*
2. **Our HEALing Kitchen Facilitator Guide.** This user-friendly book guides the OHK facilitator in teaching and educating the learners. It uses easy-to-follow symbols that direct the teacher with hints on what to say, do, and ask the group for highest retention and engagement.
3. **Facilitator Training.** HEAL Fellows may send up to two individuals to participate in two, two-hour trainings educating them on basic nutrition, food preparation, and effective teaching strategies. Training sessions are conducting in Fort Wayne, and hosted by Parkview Health.
4. **Consultation.** By becoming a HEAL Fellow, you will have access to the HEAL Team for 12 months from contract date, which includes a registered dietician, trained instructor, and program manager, to answer any questions you have regarding implementing the training or using the materials throughout 2019.
5. **Access.** HEAL participants will have access to recipes, newsletters, HEAL market information and monthly newsletters covering key health issues, tips and tricks, and events throughout 2019.

2019 HEAL Fellow Program Cost Structure

HEAL Fellowship for a non-profit organization in Allen County	\$ 750.00
HEAL Fellowship for a non-profit organization outside of Allen County	\$ 900.00
HEAL Fellowship for a for-profit organization	\$ 1000.00