



2021 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 affordable 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 2020, the program awarded 130 grants for local organizations to host the cooking and nutrition course, resulting in 170 classes throughout Allen County. During that same time, nearly 2,000 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 Our HEALing Kitchen curriculum, developed by Parkview Health dietitians, organizations host a series of 4 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 filled with nutrition information and healthy and affordable recipes. Preference will be given to organizations offering the classes to a majority of students who have never taken an Our HEALing Kitchen class.

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.

2021 Grant Details

- Organizations may apply for a grant (typically \$500 - \$1,500) 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 2021, participants may choose to offer the program either during the summer months (June – September) or the fall months (September – November).
- **Applications will be accepted until June 1 and will be considered on a rolling basis.** The application questions follow this information, but official applications must be submitted online. [Visit SJCHF.org](http://www.sjchf.org) and **click on the Grants menu for further directions to the online portal.**

More Information

- Laura Dwire, questions about program curriculum, ldwire@sjchf.org
- Mary Tyndall, general questions about the program, mtyndall@sjchf.org
- Marla Rust, questions about the online application, 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 June 1, 2021 on a rolling basis. Below is the information you will need to fill out in the online application.

Program Overview

- Grant amount requested (typically \$500 - \$1,500)
- One-sentence description of the department or program that will host the class
- 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, mail, phone
- Number of individuals estimated to take the Our HEALing Kitchen classes
- 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
- Description of facility where cooking classes will be held
- Explain why your organization wants to offer the cooking classes
- Estimated program budget

Agreement

Applicants must agree to the following:

- Designate someone to coordinate and teach the classes; they must attend a training session.
- 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 class sessions.
- 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.
- Host a final celebration meal that is planned, organized, and prepared by participants for families or community members for the final class session.
- Submit a grant report after the final class session.
- Allow St. Joe Foundation staff to photograph the classes, track the program, and interview participants to tell the story of the program.