



School Health Project Funding- Derby 2017-2018 Mini-Grant Application

Funding Opportunity

The Valley Initiative to Advance Health and Learning in Schools (VITAHLS) is a partnership between the Yale-Griffin Prevention Research Center, Griffin Hospital, 5 Valley School districts (Derby, Ansonia, Seymour, Shelton, and Naugatuck), and other community organizations. The purpose of VITAHLS is to reduce the prevalence of childhood obesity and promote health and academic readiness among students in grades Pre-K through 12. To achieve this goal, the VITAHLS partnership works together to develop, implement, evaluate, and sustain school-based activities focusing on nutrition and physical activity.

To help schools address health issues they find important in their communities, **VITAHLS is awarding \$1,500 per district to support projects that lead to healthier food choices and/or increase physical activity among students, staff, or families.** Depending on the total amount of funding available, the number of applications received, and the amount requested by each applicant, we may fund one project or multiple projects in each district. Thanks to a donation from the Ansonia/Derby Health Committee, an additional \$1,000 is available to preschool/Pre-K programs in Ansonia and Derby only.

Projects may take place in a single school or multiple schools within a district. Projects involving multiple VITAHLS-participating districts are also encouraged. Superintendents will be asked to review all applications involving their district, provide approval for the proposed projects, and rank their priorities for funding. Superintendent approval is required for an application to be considered. The Superintendent's ranking will be considered in decision-making, but does not determine which applications will be funded.

KEY DATES	
September 5 th	Funding opportunity announced
September 26 th	Application deadline. Applications accepted no later than 5pm.
October 3 rd	Funding decisions announced.

Criteria for School Health Projects

- The project focus must be related directly to nutrition and/or physical activity.
- There must be demonstration of support for the program by school- and district-level administrators.
- The project must have the potential to be sustainable beyond support from VITAHLS.
- The project must be a brand-new initiative or a significant expansion of an existing program.
- There must be a plan for evaluating the success of the project.
- All funding must be used by the end of the 2017-2018 school year (district-specific).

Examples of projects

- Healthy cooking classes
- School gardens
- Walking and running clubs
- After-school exercise activities (soccer, basketball, etc) using school facilities (fields or gyms)
- Fitness contests for staff
- Student-led health promotion campaigns

- “Smarter Lunchrooms” cafeteria makeover

Any number of other ideas may be appropriate. Be creative! Contact us if you want to discuss your idea before submitting.

Instructions:

Please complete the application form as thoroughly as possible. Type your responses under each question. Use as much space as needed, but please be brief and succinct.

Submit your application by 5pm on Tuesday, September 26th 2017 to: kim.doughty@yalegriffinprc.org

If you have any questions about the application process, please contact Kim Doughty, VITAHLS Coordinator: kim.doughty@yalegriffinprc.org or 203-732-1265, ext. 305.

Today's Date: 9/17/17

Tell Us About Your Project

1. **What is the name of your project?** Farm to Table Family

2. **In which school district will this project take place?**

- Ansonia Derby Naugatuck
 Seymour Shelton Multiple school districts- specify:

3. **What group(s) will be targeted by this project? (Check all that apply.)**

- Pre-K students Students in grades K-8 High school students (9-12)
 School faculty and staff Parents of students

4. **In what school or schools will the project take place?**

Irving Elementary School

5. **Who will be primarily responsible for making this project happen and oversee the day-to-day operations of it?**

Name: Jennifer Olson
Job title or affiliation with school system: Administrator
Address: 9 Garden Place, Derby, CT
Phone Number (Work): (203) 736-5043
Phone Number (Cell): (203) 558-7010
Email: jolson@derbyps.org

6. **Who are the key leaders of this project?** Select up to four leaders (but can be less). These people will work with the person who is responsible for the planning and implementation of the project.

Person 1
Name: Christine Ortiz
Job title or affiliation with school system: PE/Health Teacher
Address: 9 Garden Place
Email: cortiz@derbyps.org

Person 2
Name: Jessica Cahill
Job title or affiliation with school system: School Nurse
Email: jcahill@derbyps.org

Person 3
Name: Natalie Glidder
Job title or affiliation with school system: Nutrition/FoodCorp

Describe the Project

7. Briefly describe your project idea.

Children in fourth grade, who attend Irving Elementary School will participate in a Farm to Table family experience. The children, a member of their family, and school staff will visit a local farm to learn about a variety of fruits and vegetables. After handpicking the fruit of their choice, an instructional cooking class will be held for all participants at Irving Elementary School, provided by Natalie Glidden, FoodCorps Service Member. Families will be asked to provide their favorite berry recipe and a Farm to Table Recipe Book including all submissions, will be distributed to families.

8. Describe your target population. Who will benefit from this project?

Irving Elementary School is a Title I school located in an urban setting. Approximately 85% of the children receive free or reduced lunch and breakfast, and there are over forty referrals for potential food insecurity made to the Connecticut Foodbank Sponsored, Backpack Program Coordinator, each school year. This project will touch the homes of over one hundred families.

9. What type of positive change do you hope to see in your target population as a result of this project?

Many Irving School families find transportation to be a major barrier in accessing fresh produce at an attainable price. By creating a field trip experience that promotes awareness of local farms is an invaluable tool that can continue to be utilized by families throughout the school year. The field trip will provide parents/guardians with the knowledge and basic skills to access and utilize fresh produce in a variety of ways, and to select healthier food options when given a choice. Each family will be asked to turn in their favorite, healthy recipe that incorporates the fruit they select at the farm. A community recipe book will be created and distributed to all families in attendance to encourage variety within their diets. Cultivating a family experience will also enhance relationship building among families and between the school and its community. By doing so, all members involved are engaged and invested in the well-being of the population, and are more likely to continue to make positive lifestyle choices. Irving Elementary School has an established School Based Farmer's Market that families will be transitioned into in order to continue free access to fresh produce. Introducing families to a multitude of resources in their community will undoubtedly increase their health successes.

10. What will you do to make your project happen?

Activities: What needs to be done to achieve this project?	Who will do this? (Specific names wherever possible; if not, use descriptors such as project coordinator, classroom teacher, school nurse, volunteer, etc.)	Explanation (if necessary)	Date activity will be complete
Coordination of Trip (farm, bus, permission slips)	Christine, Jessica, Natalie		12/1/2017
Attend Trip	Pre-k & Grade 4 Children, their parents & Staff		5/2018 TBD
Cooking Class	Natalie, Jessica & Christine		5/2018 TBD
Create a Derby Family Cook Book /continued support and access to fresh produce via Farmer's Market	Natalie, Jessica & Christine		5/2018 TBD

11. How will you determine whether your project's goals have been achieved? Provide at least 3 SMART objectives (Specific, Measurable, Achievable, Relevant, Time-based) and indicate how the outcomes will be measured.

1. At least 90% of children in Grade 4 and 15% of their parent/guardians will attend the Farm to Table field trip on designated date (TBD). Measured by: Number of children and parent/guardians in attendance
2. 100% of children in Grade 4 who attended the field trip and 100% of their parent/guardians who attended the field trip will complete the Farm to Table cooking class. Measured by: Number of children and parent/guardians in attendance
3. Participation in the Irving School Farmer's Market will increase by 15% between, May 2018, and December 2018. Measured by: Number of those in attendance and distribution of goods
4. Students and families participating in Farm to Table Families will experiment with at least one new fruit or vegetable per month from May 2018 to December 2018. Measured by: Fruit/Vegetable pre/post-test and questionnaires
5. Students and families participating in Farm to Table Families will visit the Irving School Community Garden 3 times during summer vacation to plant and pick fresh fruits and vegetables. Measured by: Sign-in sheet @ the Irving School Community Garden.

12. How can this project be sustained beyond the 2017-2018 school year without additional funds from VITAHLS?

The goal of this project is to pilot the first annual **Farm to Table Family** experience for children and their families. To combat food insecurity and promote healthy lifestyle choices, Irving Elementary School, in partnership with the Connecticut Foodbank, hosts a monthly School Based Farmer's Market, to provide families with fresh, nutritional food at no cost. The building

administrator, school nurse and physical education teacher will continue to cultivate relationships with community partners including the Valley United Way and local farms who share our values and goals. This will alleviate a large portion of the financial responsibility of the school or individual families.

Proposed Budget

The maximum amount you may request is \$1,500 ~~PLUS \$1,000 for pre-k involvement.~~

Itemized Expenses:	Dollar amount (\$)
1. Field Trip Fee (Children, Parents, Staff) 60 Fourth Grade Children @ \$4/each 30 Family Members @ \$4/each Staff Free to Chaperone	360.00
2. Equipment T-shirts 60 Youth Size @ \$ 7.00/each 40 Adult Size @ 7.00/each	700.00
3. Supplies 200 Plates @ \$12.00 200 Cups @ \$12.00 100 Napkins @ \$5.00	29.00
4. Transportation 3 Buses @ \$100/each	300.00
5. Printing and copying of cook book	200.00
6. Food for Cooking Class	100.00
TOTAL:	1689.00

Budget Justification

1. Fee for children and families to attend and access farm fresh foods @ \$4/each.
2. T-shirts for all children, parents/guardians and staff will be created to reflect unity and deliver a clear message about healthy food choices.
3. Supplies (Cups/Napkins/Plates) for the cooking class provided to children and families.
4. Bus Transportation to and from the local Farm.
5. Printing/copying of field trip flyers, permission slips, recipe cards & health promotion material surrounding healthy food choices.
6. Supplemental food items such as yogurt and additional ingredients to incorporate in the seasonal cooking recipe.

Signatures

Grant Applicant (Individual responsible for proposed project)

Date

School Building Administrator

Date

District Superintendent

Date

Additional Signatures (if more than one building or school district will be involved)

Title

Date

Title

Date

Title

Date

Title

Date

Title

Date