
REQUEST FOR PROPOSALS TO IMPLEMENT FIT KIDS 2020 PLAN STRATEGIES



Remit Electronic Copy of Completed Application to:
Making Kane County Fit for Kids
c/o Michael Isaacson at:
isaacsonmichael@countyofkane.org

Due Date: Friday, May 24, 2019

SPECIAL HEALTHY EATING & ACTIVE LIVING PROJECT SUPPORTERS



Oberweiler Foundation

Making Kane County Fit for Kids

FIT FOR KIDS 2020 PLAN IMPLEMENTATION PROJECTS

General Purpose

Making Kane County Fit for Kids (Fit for Kids) is making funding available to community organizations to support projects in Kane County that increase physical activity and healthy eating in the various sectors of the community described in the Fit Kids 2020 plan.

To change the environment in Kane County to be more health supporting, it is critical that multiple sectors are involved including community groups, education, faith communities, government, healthcare, social service providers, worksites and more. Each of these areas represent important components of the overall system that influences the health of Kane County children.

Brief History and Description of the Making Kane County Fit for Kids

In 2008, the Kane County Board launched the Making Kane County Fit for Kids Initiative at the Fit for Kids Leadership Summit. Following the Summit a public-private partnership, the “Fit for Kids Funders’ Consortium” was established. In 2017, Making Kane County Fit for Kids became a 501c3 not-for-profit organization. Organizations with members on the board include: Fox Valley United Way, Kane County Division of Transportation, Kane County Health Department, Northwestern Medicine- Delnor, Rush Copley Foundation and the United Way of Elgin.



By combining forces, these partners believe they can most efficiently and effectively raise and disperse funds to support the comprehensive, coordinated; community-based initiatives needed to Make Kane County Fit for Kids and implement the Fit Kids 2020 Plan. As of January 2019, Making Kane County Fit for Kids has made over \$700,000 available to community partners to support local efforts to reduce obesity in the community and implement the Fit Kids 2020 Plan. These funds have been and will continue to be made available to community organizations, municipalities and coalitions that implement strategies consistent with the Making Kane County Fit for Kids goals.

The **Fit Kids 2020 Plan** is a strategic plan to reverse childhood obesity in Kane County by 2020 and was published in 2011. The **Fit Kids 2020 Plan** represents the work of over 80 community stakeholders, meeting over 6 months, contributing well over 1,000 hours of volunteer time. Workgroups dedicated their time to researching, meeting and discussing potential strategies and action steps. This process shows the investment and dedication of the participants in the future of Kane County.

Nine sector-specific Fit Kids 2020 workgroups created this written set of policy level strategies and action steps. Implementation of the more than fifty strategies will lead to local systems, policy and environmental change in Kane County public and private institutions, communities, schools, and families that, together, will assure the conditions for healthy eating and active living across Kane County. The Fit Kids 2020 plan can be viewed at:

http://www.makingkanefitforkids.org/site/data/FFK_2020_Plan.pdf

Eligible Applicants

This funding is available to organizations located within Kane County and may include non-profit organizations, schools, and units of local government. Funding will not be made available to individuals. Funding will be used exclusively for projects that implement strategies as described in the Fit Kids 2020 Plan that relate to environmental and systems changes that lead to an increase in physical activity and healthy eating.

Project Eligibility

Agreements will be entered with organizations for projects ranging between \$500 and \$15,000. At this time Making Kane County Fit for Kids expects to distribute up to \$60,000 with the average awards anticipated to be around \$5,000.

Applicants must show how system and policy changes will be implemented because of receiving funding.

All projects must include data collection and project impact evaluation. This includes providing data to Fit for Kids that includes: demographic data of target population served by the grant, participation numbers and outcome data. Upon execution of the grant agreement, a meeting to discuss data collection must occur within 30 days. Representatives from local universities serve on a formal evaluation team that provides expert input to assure the best data is being collected.

Fit for Kids Representatives will work closely with applicants to assure successes are documented. In addition to data collection, this will include collecting photographs, stories and videos of those impacted by the project. These materials will be utilized to highlight the great work going on in the community to improve health.

Additionally, to be eligible for funding, the organization's governing board must have reviewed and formally endorsed or adopted the **Fit Kids 2020 Plan**. If the organization has not yet endorsed or adopted the Plan, the applicant's narrative must address the process that is underway for review and organizational endorsement or adoption must be secured within the first three months of the project period.

Previous Projects

Examples of previous projects that have been funded include:

- Installation of bike racks to support active transportation
- Support for community gardens to increase community engagement and access to healthy food
- Purchase of coolers to allow better access to fresh produce
- Procurement of kitchen equipment to support healthy eating and cooking education
- Installation of street signage and pedestrian timers to support safe, active transportation
- Installation of playground equipment to support physical activity
- Purchase of heartrate monitors to support more moderate to vigorous physical activity in PE

Check www.makingkanefitforkids.org for additional examples.

Review Criteria

Applications that meet eligibility requirements and are received by May 24, 2019 will be evaluated on a competitive basis according to the criteria listed below.

Criteria	Description
Fit Kids 2020 Priorities	Priority will be given to projects that effectively contribute to the strategies outlined in the Fit Kids 2020 Plan.
Evaluation and Assessment	Projects must include data collection and project impact evaluation. This includes providing 3 types of data: <ul style="list-style-type: none">• demographic data of target population served by the grant• participation data• outcome data
Project Readiness	Priority will be given to projects that are ready to proceed or face the fewest obstacles that could prevent their timely completion. Factors considered under this criterion will include whether or not the applicant has obtained site control and the appropriate zoning, and the extent to which environmental issues might hinder completion of the project. Extra consideration will be given to projects that provide direct or indirect matching funds and/or leverage other funding sources.
Community Impact/Urgency	Priority consideration will be given to projects expected to have the greatest beneficial impact on high-risk or at-risk populations, including low-income and racial/ethnic minority populations.
Sustainability/Lasting Change	Only those projects that create lasting change will be considered. One-time educational interventions will not be considered.

Submission Requirements

Applications for Fit for Kids funds must be submitted electronically using the forms provided in this packet. In addition to the required forms, a number of supporting documents are required. (An application checklist is provided at the end of the application packet for reference purposes.)

Applicants should be certain to properly complete and submit all required application materials, as insufficient data could reduce the competitiveness of an otherwise eligible project.

Applications for Making Kane County Fit for Kids funds are due by **4:30 PM on Friday, May 24, 2019.**

Please submit an electronic copy of the completed application to isaacsonmichael@countyofkane.org. Making Kane County Fit for Kids reserves the right to request additional information regarding any application submitted.

For Further Assistance

The staff of the Kane County Health Department and Fit for Kids are available to answer questions regarding application procedures, project eligibility requirements, and Making Kane County Fit for Kids in general.

Please contact Michael Isaacson, Assistant Director of Community Health, at 630-208-3140 or isaacsonmichael@countyofkane.org for further assistance.

Additional information is also available at www.makingkanefitforkids.org.

**Making Kane County Fit for Kids
Fit Kids 2020 Plan Implementation Call for Projects
2019 Application**

APPLICATION INFORMATION

Project Name: Safe Passage to Mastodon Island

Project Location: Mastodon Island at Phillips Park in Aurora

Applicant Name: City of Aurora Parks Department

Applicant Address: 1000 Ray Moses Drive

City, State, Zip: Aurora, IL 60505

Contact Name and Title: Gio Santana, Superintendent of Parks

Phone: (630) 256 - 3730

Fax: (630) 256 - 3739

E-mail: gsantana@aurora-il.org

Project Period: June 1, 2019 – May 31, 2020

PROJECT FUNDING

- | | |
|---|-----------|
| 1. Total cost of project identified above: | \$ 12,000 |
| 2. Total funds available (or to be secured) from other sources: | \$ 2,000 |
| 3. Amount requested from Making Kane County Fit for Kids: | \$ 10,000 |

Attach a budget for the project. Include all project expenses and funding sources. Indicate the status of each funding source (i.e. yet to apply, application pending, funding committed, etc.).

FIT FOR KIDS GRANT PROJECT GOALS GRID AND QUESTIONNAIRE

Project Summary: *(Provide a general statement explaining the problem/opportunity the project will address and identify the benefits of implementing the project)*

The City of Aurora Parks Department is about to open the new Mastodon Island Play Area and Nature Path at Phillips Park in Aurora. We expect these new family-friendly spots at Aurora’s largest park to draw thousands of visitors throughout the year. To ensure the safety of their trip to the park, we will create a safer pedestrian crossing from the main parking area leading to Mastodon Lake and the Mastodon Island Play Area. Traffic signals, warning beacons and street markings all will be installed to make it safer to get to Mastodon Island and to the trail around Mastodon Lake.

Target Population of your organization and project Families and children

Project Goal(s)

	Methods or process to reach your goal	How will you know you met your goal? Measures and data collected
Increase the number of children/families enjoying new Mastodon Island Play Area and Nature Walk in Aurora’s Phillips Park (anticipate 100-150/day in first year)	Mastodon Island Play Area will open in Summer 2019. Number of children/families enjoying the area should grow in 2020 because of easier/safer access to Mastodon Island.	Track number of families/children going to the new Play Area for 2019; compare with number for 2020, after road safety project is installed
Increase safety of children/families at Aurora’s new Mastodon Island Play Area and Nature Walk in Phillips Park	Signage and road safety markings will be installed at the site of the main parking area at Phillips Park in Spring 2020, to assure safe crossing for children and families heading to Mastodon Island Play Area and Nature Walk.	Vehicle and pedestrian traffic accident data will be obtained and analyzed for crossing area on Wyatt Drive, from main parking lot to trail leading to Mastodon Island
Increase number of walkers/joggers – children, adults, families -- of all ages using Mastodon Lake Trail (estimated at 400/day in 2018)	Many of the walkers/joggers who now use the 1-mile trail around Mastodon Lake also park in the main parking lot at Phillips Park. Upgrades at crossing from parking lot to trail also will allow safer passage for the Mastodon Lake Trail users.	Compare number of trail users in 2019 with number in 2020, after street crossing signage and markings are installed

Project Questions

1. Provide a detailed description of your project/program, including the target population and geographic area it will serve.

Our project, Safe Passage to Mastodon Island, will allow easier and safer access to a new, large play area and nature walk site at Aurora's Phillips Park.

The new Mastodon Island Play Area and the Mastodon Island path will have their official dedication this summer. The play area is expected to draw as many as 100 to 150 children/parents each day, while the nature path through the north side of Mastodon Island will attract scores more walkers and joggers.

The main parking lot at Phillips Park, with space for about 65 vehicles, is just to the west of the entrance to Mastodon Island. Visiting families must cross the curving Wyeth Drive to get from the parking lot to the path leading to the bridge to Mastodon Island.

Our proposal is to install traffic control signals at the entrance to the parking area, allowing pedestrians to safely cross to the entrance to Mastodon Island -- and to the existing mile-long walking path around Mastodon Lake which attracts an estimated 400 to 500 walkers/joggers each day. We will install two traffic signals with warning beacons, with push button-activation for people heading to the walking path and Mastodon Island. The traffic signals will be solar powered. We also will have pavement markings/cross walk, and an ADA walkway.

2. Describe the applicant's experience in the administration of this or similar projects/programs, including the qualifications of personnel that will be directly involved in the management of this project/program.

The City of Aurora and its Parks Department have years of experience in administering grant programs. In recent years, the City has received Fit For Kids grants for several programs at Aurora's Farmers Market, and for a sidewalk near O'Donnell Elementary School, encouraging kids to walk and bike along a roadway which formerly had no sidewalks.

Our 2019 Fit For Kids grant request will ensure safe access for children and families to the new Mastodon Island Play Area. The Mastodon Island project was funded in part by a grant from the Illinois Department of Natural Resources.

The City has received several million dollars in State and Federal funding in recent years for other park projects, and for roads and bridges, public safety, downtown improvements, and the restoration and preservation of our downtown Aurora Grand Army of the Republic Memorial Museum. All of these grant-funded projects have been successfully completed.

Gio Santana, Superintendent of Parks, in the past has worked with State grant programs to improve the recycling services for Aurora residents, and for upgrading – or demolishing – abandoned properties in the community. At present, he is working with the Illinois Department of Natural Resources on the closing details of the Mastodon Island grant.

3. Is this project/program a collaborative effort with other entities? If so, please elaborate.

The City of Aurora Parks Department is the sole agency involved in this project.

Organization Questions

1. Briefly describe your organization and its history. Include website and/or Facebook page if applicable.

Aurora's Phillips Park opened in 1899, on land donated by resident Travis Phillips. The 120-year-old park on the city's southeast side covers 325 acres, with an 18-hole golf course, aquatic center, skate park, tennis and volleyball courts, pavilions, dog park, Visitors Center and the Phillips Park Zoo. Overall, an estimated one million people visit Phillips Park each year.

In 1934, an excavation project done by Civil Works Administration crews at the Phillips Park Lake discovered mastodon bones at the site. Since then, the area has been called Mastodon Lake. The mastodon bones are showcased in the Mastodon Gallery at the Phillips Park Visitors Center. The bones are believed to be 10,000 to 20,000 years old. The 188-pound mastodon skull is the largest of the artifacts; other bones on display include a 92-pound lower jaw, a 6-foot-long tusk, ribs and vertebrae. The focal point of the nearly completed Mastodon Island project is an adventure playground featuring mastodon-themed play equipment, a fossil dig area, brick plaza, shelters, small amphitheater, and an interactive mastodon display. Power for the island is generated by a windmill and solar panels with a plaza highlighting these green energy components. The north portion of the island features an accessible path in a loop with access to educational play pods, fishing outcroppings, look out decks, seating areas, and even a bag-toss court. The shoreline is being restored with native plants to reduce erosion and increase habitat restoration awareness.

Mastodon Island is accessible from a pedestrian bridge along Wyeth Drive, which winds through the park. Our grant request to Kane County Fit For Kids would provide crossing signage at the park's main parking area, so children and families can safely cross Wyeth Drive to reach Mastodon Island.

Information about Phillips Park can be found on the City of Aurora website, at <https://www.aurora-il.org/893/Phillips-Park>.

APPLICATION CHECKLISTS

In order to be considered for funding, applicants should submit a properly completed application form, the applicable questionnaire, and a variety of supporting documents, depending on the type of project or program proposed. A checklist of the required documents for each type of activity is provided below.

- X Completed application, including project goals grid and questionnaire
- X Project budget (itemize all project expenses and funding sources)
- X Project timeline (attach a schedule for completing the project with key target completion dates listed)

APPLICANT CERTIFICATION

- X Organization has already formally endorsed the Fit Kids 2020 Plan.
- X Organization agrees to formally endorse Fit Kids 2020 Plan by October 1, 2019.

Applicant certifies that they have read and fully understand the guidelines that govern the Making Kane County Fit for Kids 2019 grant program. Applicant further certifies that all information furnished in/with this application is true and complete to the best of Applicant's knowledge and belief. If any information provided herein changes following the submission of this application, Applicant agrees to notify Fit for Kids, immediately. Applicant acknowledges that Fit for Kids may verify any information contained in/with this application, and submission of this application shall constitute Applicant's authorization for Fit for Kids to complete such verification as it deems necessary to determine the accuracy of this application and its suitability for funding. Applicant understands and agrees that if false information is provided in/with this application, which has the effect of increasing Applicant's advantage, Fit for Kids may disqualify this application and deem Applicant ineligible to receive any funds in the future. Applicant understands that Fit for Kids retains the right to reject any and all applications, and, in its sole determination, to waive minor irregularities. Applicant acknowledges by execution of this application that Fit for Kids will make such determinations with the fullest discretion allowable by law. Applicant will at all times indemnify and hold harmless Fit for Kids against all losses, costs, damages, expenses and liabilities of any nature directly or indirectly resulting from, arising out of, or relating to the Fit for Kids' acceptance, consideration, approval, or disapproval of this application and the issuance or non-issuance of funds herewith. Applicant further certifies that they do not discriminate on the basis of race, religion, color, sex, age, handicap or national origin; and that they are duly authorized by board resolution to cause this document to be executed.

Giovanni Santana
Signature

May 17, 2019
Date

Gio Santana
Name (Printed)

Superintendent of Parks
Title (Printed)

Kane County Fit For Kids

Safe Passage to Mastodon Island

City of Aurora Parks Department

PROJECT FUNDING

Attach a budget for the project. Include all project expenses and funding sources. Indicate the status of each funding source (i.e. yet to apply, application pending, funding committed, etc.).

PROJECT EXPENSE	AMOUNT
2 Helix Post Bases, supplied/installed; \$500 each	\$1,000
2 Traffic Signal Posts -- galvanized steel, supplied/installed; \$1,000, each	\$2,000
2 Flashing Warning Beacons, supplied/installed; \$1,000 each	\$2,000
2 Solar/AC cabinets with radio units/contact closure, supplied/installed; \$2,000 each	\$4,000
Pedestrian Push Buttons, Signage, Cabling, Cabinet Mounting; supplied/installed	\$1,000
Pavement marking, cross walk, ADA walk – materials and labor	\$2,000
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TOTAL EXPENSES	\$ 12,000

PROJECT REVENUE	AMOUNT	STATUS
Kane County Fit for Kids	\$ 10,000	Pending
City of Aurora	\$ 2,000	Committed
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TOTAL REVENUE	\$ 12,000	

Kane County Fit For Kids

Safe Passage to Mastodon Island

City of Aurora Parks Department

PROJECT TIMELINE

Late June 2019 – Fit For Kids grant awarded

July 2019 – Official grand opening for new Mastodon Island playground and natural area at Phillips Park

July-September 2019 – Advertising for contractors for traffic signal, warning beacon installation at main parking area for Mastodon Island

October 2019 – Contractor proposals go through City Council approval process

November 2019 – Contractor selected, materials purchased for Safety Signage project

December 2019-January 2020 – Signage, other materials delivered

March-April 2020 – Installation of Safety Signage at entrance to Mastodon Island, ahead of high use Spring and Summer seasons