

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

APPLICATION INFORMATION

Project Name: Growing Healthy Families

Project Location: Aurora, Kane County, IL

Applicant Name: YWCA Metropolitan Chicago

Applicant Address: 2055 Army Trail Road, Suite 140

City, State, Zip: Addison, IL 60101

Contact Name and Title: Danette Connors, Vice President of Early Childhood Services

Phone: (630) 580 - 5701

Fax: (630) 629 - 7801

E-mail: danette.connors@ywcachicago.org

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

PROJECT FUNDING

- | | |
|---|-------------------|
| 1. Total cost of project identified above: | <u>\$7,513.56</u> |
| 2. Total funds available (or to be secured) from other sources: | <u>\$N/A</u> |
| 3. Amount requested from Making Kane County Fit for Kids: | <u>\$7,513.56</u> |

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)*

Children, especially children under age three, who do not get enough nutrients through healthy foods, begin life at a serious disadvantage (Feeding America, n.d.). As these children age, they are more likely to repeat a grade in school, experience developmental impairments, and experience more social and emotional problems. Because nutritious foods tend to be more expensive than unhealthy food, nearly all low-income households report purchasing the cheapest food as opposed to food that is healthy (Feeding America, n.d.). By implementing nutrition education and gardening programs at two early childhood education centers serving low-income children and families, the project will increase awareness of the importance of eating healthy food and provide families with knowledge and skills to obtain and prepare healthy, nutritious meals.

Target Population of your organization and project

The project will serve children and families enrolled in two Early Head Start – Child Care Partnership (EHS-CCP) centers in Aurora. EHS-CCP is a federally funded program providing comprehensive services to low-income children and families.

Project Goal(s)

	Methods or process to reach your goal	How will you know you met your goal? Measures and data collected
This project will promote healthy eating and increase health and nutrition knowledge among low-income children and families.	Children enrolled in Early Head Start programs at two childcare centers will engage in gardening activities and nutrition education using indoor gardens, nutrition and healthy eating curriculum, a healthy eating library, and family engagement materials.	Child participation in related activities – child attendance in classroom and participation in related curriculum activities
	Teachers will facilitate gardening experiences for children and utilize curriculum materials from	Teacher Survey Results – Teachers will be asked to complete a survey to

	<p><i>Harvest for Healthy Kids</i> to educate children on the importance of healthy eating. Teachers will also utilize nutrition- and gardening-themed children’s books to enhance curriculum activities.</p>	<p>evaluate the ease of implementation of the gardening activities, ease of use of curriculum, engagement of children in curriculum activities, and overall rating of program quality</p>
	<p>Families of enrolled children will have access to nutrition education materials, participate in healthy eating workshops, and utilize take-home activities with their children to promote healthy eating at home.</p>	<p>Parent Survey Results will show an increase in knowledge of healthy nutrition: Parents will be asked to complete a pre and post survey to evaluate the effectiveness of the program as it relates to learning new information and skills, child’s enjoyment of the program, and likelihood of implementing new skills/knowledge in daily life</p> <p>Parent Reading Logs: Parents will complete reading logs to document the time spent engaging with take-home activities with children</p>

In addition to completing the grid above, please provide short answers to the questions below.

Project Questions

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

The project will promote health and nutrition through gardening education and healthy eating experiences for children and families. Because children’s preferences develop at a young age, early childhood is the ideal time to establish healthy eating habits. Furthermore, research from the Harvard Graduate School of Education (2006) has found that family engagement, particularly for low-income students, can promote school readiness and improved academic outcomes.

The project will implement a three level approach to delivering nutrition education to children and families enrolled in two early childhood centers in Aurora. The approaches include the following three objectives:

<p>Fit for Kids Strategy #3 - Increase opportunities for health education.</p>	<p>Objective 1: Education and resources for child care teachers around planting, gardening and implementing nutrition education in the classroom.</p>
<p>Fit for Kits Strategy #2 Increase opportunities for healthy eating</p>	<p>Objective 2: Create a healthy learning environment for children where they can participate in hands-on activities to learn how to garden, identify and learn about healthy foods and have an opportunity to try these new fruits and vegetables in meals served in the classroom and at home</p> <p>Objective 3: Education and resources for parents to help them understand the impact of health nutrition on their child's development.</p>

The primary learning tool will be an indoor garden. Children will participate in planting seeds, caring for plants, and tasting food grown in the garden. Each classroom will receive gardening tools and equipment to explore the indoor garden. As children assist in caring for the garden and engage in tasting experiences to introduce new foods, they will develop an understanding of where food comes from and understand the difference between healthy and unhealthy foods. In addition to this hands-on approach, children will also experience the *Harvest For Kids* curriculum. These free curriculum materials will provide teachers the tools they need to educate children about nutrition, healthy eating, and gardening. Classrooms will also receive a supply of nutrition- and gardening-themed books.

In order to provide continuity between home and school, classrooms will receive Nutrition Literacy Kits. These kits, which include nutrition and gardening-themed books along with hands on materials for children to explore, will be sent home with families. As families explore nutrition-related books and materials with their children, children will be able to

connect learning at school to learning at home. These kits will also serve to educate families on the importance of eating healthy foods. To enhance the parent education component of this project, families will also have the opportunity to participate in a Nutrition Workshop. The workshop will provide hands-on learning experiences around cooking healthy foods and the importance of nutrition.

By introducing children to gardening and healthy eating experiences at school and reinforcing these lessons and activities at home, children have a greater likelihood of eating a healthy, nutritious diet. This approach will create sustainable, lasting change for the children and families of Aurora, particularly those surrounding the two early childhood centers. Not only will classrooms have the supplies needed to implement these programs for many years, teachers, children and families will have the knowledge and skills to continue healthy lifestyles in the future.

The project will be implemented in two early childhood education centers currently partnering with YWCA through the Early Head Start – Child Care Partnership (EHS-CCP) program. One center is located in downtown Aurora (Lincoln) and the other is located in the Hometown (Town Center) subdivision. Demographic data of the two center locations is as follows:

		Family Income			Family Race/Ethnicity		
Center	Funded Enrollment	Families <50% FPL	Families 51% - 100% FPL	Families >101% FPL	Hispanic /Latino	African American	Other
Town Center	24 children	47.6%	38.1%	14.3%	52.4%	33.3%	14.3%
Lincoln	32 children	50.0%	50.0%	0.0%	72.2%	27.8%	0.0%

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.

For over 140 years, YWCA Metropolitan Chicago has provided important social services to women and their families in the Chicagoland area. For the more than 20 of those years, YWCA has developed deep experience training childcare providers, administering childcare subsidies for health meal preparation, managing an extensive childcare referral program, and providing technical assistance services focusing on health and nutrition. The two proposed locations for implementation are currently partners with the YWCA through the Early Head

Start Child Care Partnership (EHS-CCP) program. As such, these centers receive additional funds and supports to sustain high-quality learning environments for children and generate positive outcomes for families.

Laurin Atkinson, Data and Compliance Coordinator – Early Head Start Child Care Partnerships, will be responsible for administering the project. Laurin has more than 15 years experience in Early Childhood Education and has spent time as a classroom teacher, curriculum coordinator, and Center Director.

Audrey Farace, Child Care Assistance Specialist, will provide training and technical assistance for the project. She has extensive experience in large-scale garden projects and nutrition education through her work with the City of Portland Public School system.

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

This project is a collaboration with the YWCA Early Head Start – Child Care Partnership (EHS-CCP) program, as the proposed locations are current childcare partners in the EHS-CCP program. Additionally, the project will leverage resources and support from the YWCA’s Tummy program, administrator of the Illinois Child and Adult Food Care Program (CACFP).

Organization Questions

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

For over 140 years, YWCA Metropolitan Chicago has provided important social services to women and their families in the Chicagoland area. YWCA has developed deep experience training childcare providers, administering childcare subsidies, managing an extensive childcare referral program, and providing technical assistance services.

Website: www.ywcachicago.org

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.

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

APPLICANT CERTIFICATION

- Organization has already formally endorsed the Fit Kids 2020 Plan.
- 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.



Signature

5/23/2019

Date

Danette Connors

 Name (Printed)

Vice President of Early Childhood Services

 Title (Printed)

Project Budget

Direct Expenses	Expense Description	Unit Price	Quantity	Budgeted Request
Garden Equipment, \$2,285.93				
	Bamboo LED Light Gardens	\$1,000.00	2	\$2,000.00
	Herb Seeds	\$14.95	4	\$59.80
	Lettuce Variety Seeds	\$13.99	6	\$83.94
	Seed Start Pots	\$18.99	1	\$18.99
	Terracotta pots	\$0.78	30	\$23.40
	Gardening Tool Kit	\$19.95	4	\$79.80
	Potting Soil	\$5.00	4	\$20.00
Curriculum Supplies, \$1,100.00				
	Curriculum Activity Box	\$550.00	2	\$1,100.00
Nutrition Library, \$400.00				
	Classroom Books	Varied	2	\$400.00
Family Engagement, \$1,627.63				
	Nutrition Literacy Kits	\$56.38	20	\$1,127.63
	Parent Workshop	\$250.00	2	\$500.00
Training and Technical Assistance, \$2000.00				
		\$250.00/hr	8	\$2,000.00
Printing/Office Supplies, \$100				
	Paper and printing materials			\$100.00
Total Direct Expenses				\$7,513.56

Project Timeline

Date	Event
June 2019	Implement curriculum
July 2019	Purchase supplies, install growing stations in classrooms
August 2019	Planting Day
October 2019	Parent Nutrition Night
March 2020	Parent and Teacher Surveys distributed
April 2020	Parent and Teacher Surveys collected
May 2010	Data aggregation, Outcomes Report completed