

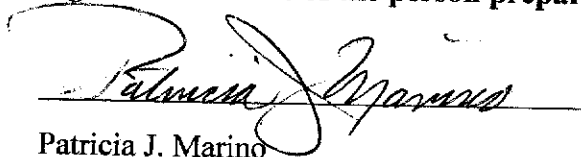


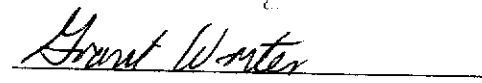
Final Grant Report: One-Year Grant

Eden Health District

Grantee Organization Name: Boys & Girls Clubs of San Leandro
Program or Project Name: Healthy Choices, Healthy Habits Program
Application Number and Grant Amount: #16-001, \$15,000.00
Beginning and Ending Dates of Grant Period: January 1, 2017 – December 31, 2017
Organization Contact Person and Phone Number: Pat Marino; 510-483-5581 (Main Phone); 510-435-9614 (Mobile)
Date: December 27, 2017

Signature and title of the person preparing the report:


Patricia J. Marino


Title

Please respond to the following items in a narrative report that is no more than four pages long.

Please list the objectives of your grant and describe how the project did or did not meet each one.

1. Continue to improve the BGCSL gardening programs at 12 school sites

The HCHH Coordinator has visited all 12 school garden sites and reviewed with Site Directors the key improvements needed at each site. Included in this review was the assessment of supplies, equipment needed as well as specific changes that would help the garden program to be more effective at each site since some sites have more space available than others. The Coordinator helped the Site Directors to design what would work for them. For example, the Garfield School worm farm has been a big hit. Students helped to build the composter working with the Site Director and using the Squirmy Worm Composter book as a guideline. Colonial Acres School did in fact redesign their full garden expanding to 10 large garden boxes, incorporating herbs in two of their areas and adding an amazing sprinkler system designed by Aaron Freitas. Hesperian Elementary School added three large garden boxes that are used for demonstration lessons. Hillside has renovated 7 garden boxes with irrigation for all boxes. Produce 101 continues to provide a Wednesday community produce stand in front of the elementary school to provide free and reduced-price produce for not only the school community but the neighboring community. During December, work began on re-establishing several herb gardens in anticipation of good rainy weather.

2. Provide consumable supplies to current gardens to rotate 100 students per site week



The HCHH Coordinator assessed the Garden status at all 12 sites in early January and February and their particular needs for supplies and equipment. The constancy of rain prevented sites from preparing beds until early March; however, with supplies and equipment in hand, sites began preparation for planting. Purchases included everything from compost, top soil, picket fence panels to steer manure, smart pots, gloves, and other materials. A supply and materials budget was prepared for each site since sites were at varying levels of preparation. At every garden, starter plants, soil, and fertilizer was purchased; we replenished hand tools, garden tools, gloves, watering cans, hoses and more.

3. *Daily rotation of each grade level through the garden weekly*

All 100 youth at each of the sites rotated through the garden weekly in small groups doing preparation work, clearing weeds, and more. During the amazingly long rainy season, youth worked on indoor seed planting projects and one school, Garfield, began a Worm Farm. With better weather in the second half of the year, students planted a variety of produce from carrots, turnips, lettuces of course, strawberries in the early spring and pumpkins which became pumpkin patches in October at several sites.

4. *Provide twice monthly student-parent cooking classes during the regular after school program hours (5-6 p.m.) to include nutrition education, meal planning and cooking*

Student classes were held at all sites weekly as part of their regular enrichment. Most sites have found, however, that twice-monthly student-parent cooking classes were difficult to achieve because of parents' work and other activities, but found that one-time per month seemed to work better. A larger parent/child cooking class was held three times over the year at Colonial Acres. Recipes called "Hide and Eat" were used where garden produce was used differently, for example, a zucchini and pasta dish. One child said he wouldn't eat zucchini, but combined with garlic, onions and pasta, he ended up loving eat. Recipes during these classes are provided to the families. In the second half of the year, the Coordinator continued to purchase consumables items such as additional food items - spices, vegetables and fruits not available in the gardens, and some small equipment to enable youth to have a better cooking experience.

5. *Provide one community outreach event at the Colonial Acres Community Gardening Program, Produce 101, to engage the broader community in the gardening program*

The HCHH Coordinator provided a community outreach every Wednesday as part of the Produce 101 garden at Colonial Acres to the community. In addition, Produce 101 provided three Saturday community garden and pumpkin patch days this past October culminating with a Halloween parade around and through the garden. Other pumpkin patches at Hesperian and Hillside also brought in families from the neighborhoods.



Provide 3, 2-hour Nutrition Education Workshops including a cooking demonstration for San Leandro/San Lorenzo parents on Saturdays in the fall, winter and late Spring

Because of a change over in staffing during the late fall of 2016 with two key personnel leaving and a new Director of Human Resources and Programs being hired, the HCHH Coordinator concentrated on assessment of garden status, cooking classes rather than focusing on Nutrition Education Workshops for the first part of this year. One nutrition workshop was held in the early fall for parents in late September 2017.

6. *Expand the Healthy Choices, Healthy Habits Cookbook for distribution in 6/2017*

The HCHH Coordinator continues to obtain recipes for the Cookbook, working with Site Directors for recipes from each site and refining the artwork. This Cookbook has been one of the objectives that is evolving since the Coordinator wants to expand the type and number of recipes included. Called the "Chef B & G and the Club Kids", it is again pushed into 2018 with the hope that it can be published by June 30 2018. Examples of recipes include: fresh beets as the main ingredient, zucchini pasta, breakfast on the go – biscuit cups filled with scrambled eggs, spinach and fresh salsa, and cone to go (ice cream cones filled with yogurt, fresh berries, bananas and granola. The goal of the cookbook, as we have stated, is to introduce a wider range of produce into families' daily diet taking traditional family recipes and showing with a few changes, the outcome is still delicious but more nutritious. The Club is determined to make this a reality.

7. *Reduce student body mass index by a minimum of 3%*

Assessments from eight of the 12 sites demonstrate a reduction to date of BMIs at 1.7% in the aggregate. The two middle schools chose not to participate from the beginning since weight is an issue among adolescents and pre-adolescents. 2 schools did not have enough post-data to really indicate significant changes among their youth.

What measurable outcomes did you achieve with this project? Please list the outcomes described in your proposal. Explain how you did or did not meet each of those and explain any additional outcomes you may have achieved.

1. *90% of students and parents will increase their knowledge of healthy eating and nutrition*

In post-surveys of students and parents, 90% indicated that they understood more about healthy eating, nutrition, how to cook meals that were not costly but were healthy. Data indicated that they understood the connection of food to health and reduced obesity. Each cooking class includes information on the nutrition of the meal and the importance of preparing and eating healthy foods as a key to more healthful living; youth participate in these weekly.



**BOYS & GIRLS CLUBS
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2. *90% of students and parents will participate in a minimum of 12 parent-student cooking classes by the end of 2016-2017 school year*

78% of students and parents participated in 10 parent-student cooking classes by the end of the December 4, 2017 week. The classes were reduced to once monthly rather than twice monthly. Because of parents' work schedules, siblings' schedules or activities, youth being sick on a particular class night, this outcome was reduced. However, the HCHH Coordinator is satisfied that a good outreach was made this year to all the parent community.

3. *100% of students will participate in the gardening, cooking and nutrition program*

100% of students did participate in the gardening, cooking and nutrition program since students rotate regularly during the afterschool program in gardening and cooking and all cooking classes have a nutrition component.

4. *55% of students reduced their body mass index by an aggregate of 1.7%.*

While this outcome is not that far off the mark of the 65%, staff want to use a different method for analyzing body mass index and real fat loss.

5. *100% of school site programs will contribute 1 parent, 1 child recipe to the Cookbook.*

10 sites have contributed 1 parent, 1 child recipe. The Coordinator continues to develop this Cookbook, but it continues to be a work in progress.

If not included in response to question #2, please report:

- a) Number of individuals served with the Eden Health District funds.
 - a. 1,200 youth were served over the course of this grant with gardening, cooking and nutrition exercises.
- b) Specific geographic areas or neighborhoods served with the Eden Health District funds
 - a. Youth from the San Leandro, San Lorenzo, Ashland and Cherryland communities were served with this grant.

Describe any problems you encountered, any unexpected benefits you gained and lessons learned during this project.

The two biggest issues this year have been: the very wet weather in January through early March and the constant issue of attracting parents in the evenings or on weekends. The rain set us back for several months at the start of the year, but from March through early December the garden program continued. Having someone like the Coordinator to work with all of the sites has brought a better consistency to programming, and, while still evolving, has begun to make a difference in the quality of cooking classes, creativity in cooking lessons provided and less



duplication of supplies and equipment. So, the institution of a HCHH Coordinator position has made a big difference in programming, a major lesson learned for this program. Another lesson learned, was that we cannot rely on partners to provide nutrition workshops. We had hoped to have Kaiser provide a nutrition workshop in the fall of this year, but have not been able to connect with any representative there. We felt that their Thrive theme and past support of the Club's Healthy Choices, Healthy Habits Program, would be a logical basis for their participation. We should have had the Coordinator present both workshops. Recruiting parents for evening events continues to be difficult primarily because of either other family commitments or work. However, we know that parents who have participated have really enjoyed it, and their "word-of-mouth" has been a good marketing tool.

Would you make any changes if you were to do this project again? Please explain.

One change that staff are discussing is possibly having fewer student-parent cooking classes in the evening and providing several during the year on Saturdays to attract parents from multiple sites for a larger gathering. It was thought that parents might come to say 4 large gatherings on Saturdays during the year rather than once monthly in the evenings.

What are your plans for continuing this project in the future?

Because this program is, for the most part, grant driven, we will continue to pursue additional funding sources on a regular basis such as Whole Kids Foundation, Kaiser Permanente and Finnish Line Youth Foundation. The Club has committed to supporting the Coordinator's position with some general operating support to serve as a baseline for this position, with grants filling in. Smaller grants can be used for the food and equipment portion of the budget.

Is there anything else you would like the Eden Health District to know about your project?

To reiterate our comment in the Interim report, the support provided by the District in the past for supplies and equipment and this coming year for salary support of the Coordinator enables the Club to provide a well-organized, consistent and quality program to young people. The program is one of the few that we know of that allows youth to understand the value of food, nutrition in fruits, vegetables, etc. and how nutritious meals with healthy ingredients leads to overall weight balance and reduced obesity. That knowledge is invaluable and lasts a lifetime!