

# County of Marin Community Service Fund Program Application Form

Fields labeled as "(public)" will be viewable to the public.

Request is for Fiscal Year: July 1, 2021 - June 30, 2022

**Application Date (public)** Friday, January 21, 2022

**Project Number** 4

## Organization Information

**Full Legal Name (public)** Kids Cooking For Life

**Organization URL (public)** [www.kidscookingforlife.org](http://www.kidscookingforlife.org)

## Mission

**What is the mission/purpose of your organization? (Limited to 1000 characters) (public)**

Founded in 2009 in Marin County, Kids Cooking for Life (KCL) inspires lifelong healthy cooking and eating habits through our free, after-school cooking and nutrition classes for children ages 10-18.

KCL aims to enhance health outcomes in the low-income communities we serve. We recognize that both food insecurity and obesity, disparate as they may seem, are real challenges among families and individuals who are threatened by poverty. Food filled with refined grains, added sugars, and fats, are generally inexpensive, more palatable, and readily available in low-income neighborhoods. Since KCL's inception, we have seen how our classes have become the building blocks for our students' lifelong interest in good health, nutritious food, and a love for cooking.

## Grant Request Information

**Program/Project Name (public)** Cooking with Title One schools

**Provide a very brief summary description of your project. (Limited to 250 characters) (public)** Diet-related diseases in children have skyrocketed due to a decrease in physical activity and rise in nutrition insecurity caused by the pandemic.

At KCL, we are combating this by teaching low-income students to choose healthier food options.

**Amount Requested Dollar (public)** 5000.00

**Total Project Cost (public)** 10000.00

**Being as specific as possible, describe the proposed project/program and its goal(s). Include implementation plans as related to the COVID 19 pandemic and identify what elements of the project would be paid for using County funds. (Limited to 2000 characters) (public)**

Being overweight or obese in childhood is linked to obesity in adulthood, and is linked to cardiovascular disease, joint issues from managing extra weight, and potential mental health concerns like bullying, poor self-esteem, and depression.

KCL classes provide information about chronic diseases impacted by diet and physical activity, like cardiovascular issues and diabetes, and how healthy eating can help support a lifetime of health. Children are exposed to all aspects of food preparation and sanitation, taught proper knife skills, and how to understand nutrition labels. Each class includes a lesson taught by one of our instructors who are both experienced and educated in nutrition, culinary arts, agriculture, and/or elementary education. Following the short lesson, the instructor and assistant work with the students to prepare a recipe that they enjoy in class. Examples of some recent recipes include Potato and Asparagus Frittata and Sweet Potato & Black Bean Tacos.

San Rafael classes are taught in partnership with Bay Area Community Resources which coordinates all after school programs in Title One schools in San Rafael. Classes are scheduled to be in-person though we are prepared to pivot to a virtual program as we did last year because of Covid.

Goals of the program include, but are not limited to:

- Ensure students can successfully prepare a meal for themselves and their family.
- Teach students to prepare basic recipes at home
- Help students understand and read a food label to ensure that they make healthy choices.
- Teach students to understand nutrition and the importance of choosing healthier options.

Funds from the County of Marin would allow us to teach two back-to-back classes for a semester. Funds will cover groceries, equipment and teacher instruction time.

**List all community interests that will be affected by the proposed project/program and the public benefit to be derived from it. (Limited to 2000 characters)**

KCL's programs advance wellness in low-income communities throughout Marin County. Both food insecurity and obesity may be consequences of low income and the resulting lack of access to enough nutritious food. More specifically, obesity among low-income people occurs in part because they are subject to the same, often challenging, cultural changes as other Americans (e.g., more sedentary lifestyles, increased portion sizes). In addition, they face unique challenges in adopting and maintaining healthful behaviors. Low-income neighborhoods frequently lack full-service grocery stores and farmers' markets where residents can buy a variety of high-quality fruits, vegetables, whole grains, and low-fat dairy products. When available, healthy food may be more expensive and has an increased potential for waste (for perishable items). Whereas, refined grains, added sugars, and fats are generally inexpensive, palatable, and readily available in low-income communities. By teaching young children the basics of good nutrition and providing them with information to share with their families, KCL hopes to curb the health challenges that are prevalent in the low-income communities that we serve.

**Has your organization received Community Service funds before? (public)**

Yes

**If Yes, please list the total amount received for the past three fiscal years: (public)**

	Amount (\$)	Project
FY 2020-2021	0.00	
FY 2019-2020	4800.00	After School Cooking at Laurel Dell
FY 2018-2019	3200.00	After School Cooking, Novato Youth Center and Pickleweed

**Is your organization receiving any other County funding for this project or others? (public)**

No

**Can you successfully complete your project by June 30, 2021 if you receive less than your requested amount of Community Service funds? (public)**

Yes

Applicants are encouraged to leverage funding from other non-County sources, and priority will be given to requests that represent no more than 50% of total project cost. To demonstrate all sources of project funding, including other County sources, please provide a project/program budget below.

**Please fill in as applicable, and round to the nearest dollar. (public)**

	Funding Agency	Funding Requested (\$)	Funding Received (\$)	Notes
County CSF		5000.00		
Federal Grant				
State Grant				
Individual Contributions				
Other Local Agencies	Marin Charitable	5000.00	5000.00	
In kind services				
Other				

**Total Funding Requested** \$10000

**Total Funding Received** \$5000

**Please fill in as applicable, and round to the nearest dollar.**

	Budgeted (\$)	Spent to Date(\$)	Notes
Personnel Costs	50000	2000	

	Budgeted (\$)	Spent to Date(\$)	Notes
Services and Supplies	24500		
Capital	6,600		
Other	14105		

**Total Budgeted Expenses (public)** \$95205

**Total Spent to Date (public)** \$2000

This cycle is funded by proceeds from the American Rescue Plan Act and the following questions are necessary to satisfy federal reporting criteria. All applicants are required to respond to these questions for completion of this application, but the responses will not be used in evaluating whether your project will receive Community Service Fund program funds from the County of Marin:

**Has your organization been significantly impacted economically by COVID (such as financial loss due to periods of closure, implementing additional COVID safety precautions, lost fundraising opportunities, or inability to meet payroll, rent or utilities?) (public)**

**Are you serving disadvantaged, minority or low-income residents who have been negatively impacted by COVID? (public)**

**If Yes, please provide a specific description of how the people you serve have been impacted. (public)** Covid-19 disrupted KCL's in-person model at a time when staying healthy was vital. Food insecurity was (and still is) a devastating result of this pandemic and although most of our student families were able to access free food, they were hungry for nutritious, wholesome food. If KCL did not serve these families, they would likely have consumed many empty calories and their resistance to viruses would be severely decreased.

The pandemic ushered us to bring cooking education into the students' kitchens where the impact is even greater. Through Kids Cooking @ Home virtual connections were made straight from students' kitchen countertops to ours and we are thrilled at the possibility of a bigger impact.

**Does your organization have future plans for improvements needed to mitigate the impacts of COVID or to contain its spread? (public)**

**If Yes, please provide a description of your improvement plans with quantifying statements when possible. (public)** Should schools shutter once again, we will continue to offer our very successful Kids Cooking @ Home program. Through this program, students receive their own basic

cooking kits with all the ingredients needed for the lessons and utilize their school laptops to partake in this experiential learning. An experienced KCL teacher guides them through recipe reading, measuring, chopping and mixing, which ends with a delicious and healthy meal for four, yielding enough to share with the family after class.