



**County of Marin  
Community Service Fund Program  
Application Form**

**Application Date** September 27, 2016

**Fiscal Year** July 1, 2016 - June 30, 2017

**Organization Information**

**Full Legal Name:** Kids Cooking For Life

**Organization URL:**

**Mission/purpose of your organization:**

Kids Cooking For Life (KCL) teaches nutrition and inspires lifelong healthy cooking and eating habits through hands-on cooking classes to students from low-income communities. Since our inception in 2009, KCL has grown from serving a start-up class of 12 students at one community center to reaching over 6,000 students at schools, youth organizations, hospitals and community events throughout the San Francisco Bay Area. We believe that instilling an understanding of proper diet and nutrition through hands-on cooking and nutrition education lessons is our way to help fight the childhood obesity epidemic and the early onset of type 2 diabetes, heart disease and some cancers. Research shows that a combination of a healthy diet and regular physical activity is one of the most effective ways to address the childhood obesity epidemic and other chronic diseases, which are all rising at an alarming rate among children today.

**Grant Request Information**

**Program/Project Name:** Outreach to Pickleweed Community Center

**Amount Requested Dollar:** \$1,780.00

**Total Project Cost:** \$5,280.00

**Description of the proposed project/program, including the proposed project's goal(s), and the nature of the costs in specific terms, i.e. materials, labor costs, etc. Specifics of how the requested County funds will be used.**

KCL has established a partnership with Pickleweed Community Center which serves the Canal neighborhood in San Rafael and classes are slated to begin in early 2017. Each class will include a short nutrition lesson on a health topic, and 1-2 recipes that the students cook and then eat. In addition, a sheet with health tips and recipe will be sent home with each child. For example, the first class will concentrate on the importance of fruits and vegetables. Instructors will use USDA's "Choose MyPlate" to demonstrate serving sizes and talk about the importance of eating them from all colors of the rainbow. The students will then make recipes that are plant based. Subsequent classes will focus on sugar and healthy alternatives. Instructors include California Department of Public Health's "Re-Think Your Drink" curriculum and show children the amounts of sugar in common drinks consumed by this age group. Students will then make recipes using fresh fruits and vegetables, giving kids a true farm to table experience. To measure the success of our programs, KCL will collect data, both pre- and post-tests, as well as subjective stories, experiences, and interviews with both children and their parents/guardians. We will achieve the following positive changes: Students will cite an example of a healthy vegetable, know how to read a recipe, have the skills to make a healthy snack and choose foods that are healthy. In addition, they will learn where our food is grown and choose healthy snacks over the alternative as well as encourage their families and friends to adopt healthy habits. Our data show that 28% of students entering our classes know five key cooking and life skills that translate into eating healthier. When our students have completed an eight-week course (8 one-hour classes over 8 weeks), 97% know the five skills. The very modest budget of \$220 per class includes food, supplies, printing and instructors. At 1 class per week for 8 weeks x 3 courses: \$220 per

**List of all community interests that will be affected by the proposed project/program and the public benefit to be derived from it:**

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 (from low-income households) 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, specifically in Marin City, San Rafael and Novato.

**This organization has never received Community Service funds.**

**No County funding was received for this project or others.**

**Project/program can be completed if amount received is less than requested amount of Community Service funds.**

**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.**

<b>Project Funding Sources</b>	<b>Funding Agency</b>	<b>Funding Requested</b>	<b>Received</b>	<b>Notes</b>
County CSF				
Federal Grant				
State Grant				
Individual Contributions		\$500	\$500	
Other Local Agencies		\$2,500	\$2,500	
In kind services				
Other				
<b>Total Sources</b>		\$3,000	\$3,000	
<b>Project Expenses</b>		<b>Budgeted</b>	<b>Spent to Date</b>	<b>Notes</b>
Personnel Costs		\$3,120	\$0	
Services and Supplies		\$2,160	\$0	
Capital			\$0	
Other				
<b>Total Expenses</b>		\$5,280	\$0	