

Dear Mayor Patelides, Members of the City Council &
Finance Committee,

I want to first give a heartfelt thank you for your continued support of our Feed a Healthy Mind outreach programs.

Through your generosity, we are able to outreach to more and more children and families each year, working to ensure every child has access to healthy foods and has a fighting chance at a healthy & successful future.

As you know we have been holding our programs afterschool in local Title I Elementary schools. We are switching things up a bit this year, going directly into the communities hardest hit by food insecurity and an abundance of health and behavioral conditions surrounding what children are or are not eating.

This year we are targeting parents and the families overall. Parents are the ones who purchase & prepare food for their families so it is imperative that we reach out to as many parents and caregivers as possible and educate them on the importance of proper nutrition and healthy cooking.

Our work will first begin on Obery Court and spread to the other public housing communities in Annapolis. Our outreach programs will be strong, educational and delicious!

I know that you have a vested interest in the health of the children and families of our great City and want to ensure that everyone is healthy, happy and thriving.

Again I thank you for your continued support & your partnership in our Feed a Healthy Mind programs.

Sincerely,

Melissa Sherwood
Executive Director
Feed a Healthy Mind



City of Annapolis
 Office of Finance
 160 Duke of Gloucester Street
 Annapolis, MD 21401-2517

Finance@annapolis.gov • 410-263-7952 • Fax 410-263-7529 • TDD use MD Relay or 711 • www.annapolis.gov

Community Grant Application
 Deadline: January 22, 2016

Organization name FEED A HEALTHY MIND
 Contact MELISSA Sherwood Title Executive Director
 Address 4 Rockwell Ct. Annapolis, Maryland 21403
 Phone 443-949-9496 Fax _____ Email Feedahealthymind@gmail.com
 Federal ID # 46-1002727
 Incorporation Date 8/12/12 501(c)(3) Registration date 1/31/14
 Project title FEED A HEALTHY MIND COMMUNITY OUTREACH PROGRAMS
 Project location _____

Amount requested \$ 10,000.00
 Other funds \$ _____
 Total project amount \$ 25,000.00

Certification

"I certify that I have reviewed this application and that to the best of my knowledge and belief, all the information provided in this application is true."

Melissa A. Sherwood _____ January 22, 2016
 Signature of Chief Executive Officer Date

Print name Melissa Sherwood Title Executive Director
 Address 4 Rockwell Ct. Annapolis, Maryland 21403
 Phone 443-949-9496 Fax _____ Email Feedahealthymind@gmail.com

EXECUTIVE SUMMARY

Provide a brief summary of your project. Please be sure to include the following items: purpose of the project, number of people to be served, and how the city grant funds will be used.

Our project will consist of the following:

Teaching healthy eating, nutrition & cooking to Obery court residents.
We will hold weekly classes for parents and have ongoing feeding programs for the children of the Community.

The purpose of our project is to ensure that each and every child has access to healthy foods and that we stave of the alarming rates of food insecurity, childhood obesity & Type II diabetes.

Our goal is to serve 100 people per week throughout the year.

We will be cooking weekly meals with residents, which they will carry home to share with their family.

The City grant funds will be used to buy healthy foods and cooking supplies

PERFORMANCE HISTORY

If you received Community Grant funds last year, please evaluate progress you have made in implementing those projects. Please discuss any factors that may have hindered your progress.

Feed a Healthy Mind did receive city grant funds last year (\$3,000.00)

We made overwhelming strides implementing our programs.

We were able to hold afterschool enrichment programs, weekly feeding programs & provide nutrition, cooking and health information and outreach. We also were able to provide weekly meals & snacks to over 100 school aged children from Obery court throughout the summer.

RATIONALE (20 Points)

Describe the issue or problem to be addressed including the size and/or severity of the problem. Provide the demographic data and geographic information used to determine the extent of the problem.

The immediate problems to be addressed are as follows.

FOOD INSECURITY: 43,730^{plus} people in A.A. County are food insecure.
Of this 16.3% or 20,210 are children.

CHILDHOOD DIABETES (TYPE II) - Approx. 1.25 million American children have diabetes. The rates of diabetes within the African American & Hispanic communities is more than double that of the Caucasian community. Heart Attacks, Blindness, kidney disease, hypoglycemia & hypertension are all symptoms of Diabetes.

Childhood Obesity: An estimated 63.1% of adults 18 years and older in Anne Arundel County are overweight or obese. A child with one or two obese parents is more likely to grow up to be obese.

The rates of childhood obesity have more than quadrupled over the past 20 years.

PROJECT DESCRIPTION (30 Points)

Please give a detailed description of the program or project you are proposing. Please include the group of persons you plan to serve and the number of expected participants, the activities or services you will provide and location.

Our Feed A Healthy MIND Outreach Programs seek to combat the alarming rates of food insecurity, childhood obesity & Type II Diabetes in the children of our community. Our programs for the coming year will focus on nutrition education, cooking lessons & educational outreach for parents and children in section 8 housing. Our programs will target parents which will in turn benefit the children. We will begin our outreach at the Obery Court community, with the goal of reaching out to other section 8 communities in the very near future. We will be working to serve at least a hundred parents and children per week.

We will have :

- * Cooking lessons
- * Lessons in how to use social service dollars to buy health foods and build a pantry
- * Make it & Take It: weekly we will teach parents and children how to prepare healthy meals that they will carry home to share with the whole family
- * Fitness Instruction
- * Community Garden: Lessons in sustainability, gardening, canning & cooking with fresh herbs & produce.

Describe the methodology (or approach) for the proposed program/project, e.g., the procedures, tasks, techniques, or tools you will use to develop the program

We will use food to reach out to the community. Nothing brings people together better than food. We will implement our Feed A Healthy Mind curriculum to ensure optimum results. We will bring in local chefs, medical professionals, fitness experts and farmers to support our mantra of "healthy living"

Weekly literature will be handed out to families for extra health related support

We use our years of culinary instruction, chef skills and excellent →

Explain how this proposal relates to the organization's mission, goals and/or strategic plan, and other activities planned for this year.

Since its inception the goals of Feed A Healthy Mind have remained the same.

To ensure each and every child within our community has access to healthy food. As well as to ensure that no child goes to bed hungry or has to worry about where or when they will eat next.

To combat the alarming rates of food insecurity, childhood obesity and Type II diabetes.

This proposal fits directly within our Feed A Healthy Mind Goals. We also plan to expand our programs into additional communities as soon as possible.

By applying for and receiving City Funds we are working toward ensuring that we can help the maximum amount of school aged children and families as we possibly can.

We are also working on holding Monthly community outreach events where healthy meals will be served.

We will also hold summer cooking camps and offer scholarships to our underserved participants.

TIMELINE (10 Points)

Provide a timeline for implementation and all program/project activities for the project.

Date	Activity
Throughout the school year	outreach programs @ Obery Ct. / Make it & Take It
Summer 2016	Cooking Camps
Spring / Summer 2016 - 2017	Community Garden / Feeding programs, Summer Feeding Programs

Please indicate how you have determined that the timeline is achievable. We have been quite successful achieving our timeline over the past few years. Our programs work immediately because straight from the beginning we provide food to those in need. Our programs are well planned and implemented throughout the year. We will also involve community members who have a vested interest in our programs, help to push them forward, stay on task and achieve our timeline.

Describe the organization's ability to implement the request.

We have an overall plan and curriculum to implement these programs.

We have an ongoing, great working relationship with the Obery Ct community and its community leaders & directors.

We have wonderful support from families in the community who want to be healthier.

We have had the support from Mayor Pantelides, City Alderman and the City grant funding which have been a blessing in providing healthy foods. This support allows us to reach out to additional families & grow our programs.

EVALUATION (20 Points)

Clearly state the specific, goals, objectives, and measurable outcomes of the project/program.

Goals	Objectives	Measurable Outcomes
<p>FEEDING THOSE HARDEST HIT BY FOOD INSECURITY -</p> <p>Combating rates of obesity & Type II Diabetes</p> <p>Community Garden @ Obery Ct.</p>	<p>weekly feeding programs</p> <p>weekly nutrition classes</p> <p>To teach sustainability, healthy eating, canning & cooking. Also sharing the crop with the community.</p>	<p>Children eating 3 ^(meals per) meals a day</p> <p>Lower rates of obesity & Type II Diabetes - Healthier Participants</p> <p>Residents will receive fresh produce - learn how to garden and learn to be sustainable</p>

Describe the impact (long-term effects) you expect will be produced by program/project outcomes.

It goes without saying that our programs, implementing nutrition, fitness programs, cooking instruction and wellness outreach will have long lasting effects on the residents of Obery Ct. The overall health of residents & children will improve, families will learn life lessons that they can carry with them throughout their lives and pass on to the next generation.

The level of stress and worry will be taken away from children who are terrified of not having food.

Grades, self esteem, & behavior will improve.

A greater sense of community will ~~result~~ encompass the community as they work together to ensure the overall well being of their children.

This program will be the prototype for additional communities.

The goal long term is to completely eradicate food insecurity within our Annapolis community.

BUDGET DOCUMENTS (20 Points)

Include a detailed program budget that includes expenses, city funds requested and pending sources of support. Please use the attached Program/Project Budget Format.

Outline the organizations plans for securing funding from sources other than those provided by the City of Annapolis and indicate how City of Annapolis' funds will be used to leverage a request for, or use of, other grant funds.

We are currently in the process of applying for grants from many organizations.

We are working on Grants from , Walmart/Sams club , HOME DEPOT, Unity Gardens & Safeway.

We are making other organizations aware of our grant funding from the City of Annapolis and its our hope they will see the City's commitment to the children and our outreach programs and join our cause to assist with funding.

PROJECT BUDGET

Please complete the following budget chart for this project, including all budget items, the total budget for each item, and the funds that are being requested for each line item.

Budget item	City funds requested	Other funds	Source of Other funds (Federal, State, Private)	Is "Other funding" committed or requested?	Total project cost
Salaries/Benefits (list each position)	\$10,000				
Salary -	\$5,000.00	\$15,000.00 (\$1500.00)	Sams Club	requested	\$25,000.00
		\$1,500.00	Unity Gardens	requested	
		\$15,000.00	Safeway	requested	
		\$4,000.00	Parole Rotary	requested	
Contract Services	0				
Rent/Leasing Costs	0				
Miscellaneous	700.00				
Utilities/Telephone (please specify)	\$1,000.00				
phone/internet					
Equipment	\$1,000.00				
Insurance	\$900.00				
Office Supplies	\$500.00				
Printing/Postage	\$200.00				
Audit/Accounting	\$500.00				
Other (please describe)					
Storage	\$1700.00				
Health Dept Licensing	\$1,000.00				
Packaging/food containers	\$500.00				
Paper products	\$1,000.00				
Food	\$10,000.00				
Garden tools/supplies	\$500.00				
Plants/herbs	\$500.00				
Total Budget	\$25,000.00	\$8,500.00			\$25,000.00

Our Mission

Our mission is to serve individuals and families hardest hit by the alarming rates of food insecurity, childhood obesity and Type II diabetes. Drawing strength from our local and national communities, global partners, resources and experience, we promote innovative solutions and are advocates for healthy lifestyles. We facilitate lasting change by:

- Providing nutritious foods to those in need
- Educating families to strengthen their capacity for self-help
- Combating the rates of childhood obesity and Type II diabetes
- Providing nutrition and cooking education
- Teaching the importance of fitness and healthier lifestyles

Guided by the aspirations of local and national communities, we pursue our mission with excellence, skill and most of all love, because the children of our nation deserve nothing less.