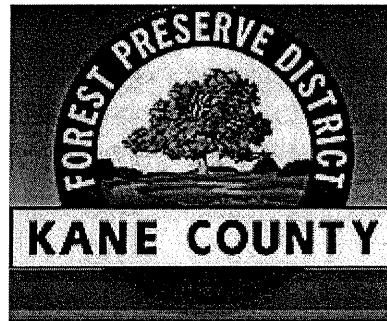


Making Kane County
Fit for Kids

Kane County Fit for Kids Funders' Consortium



United Way of Elgin



**FIT KIDS 2020 PLAN IMPLEMENTATION GRANTS
Application Packet- Fall 2012**

Remit Electronic Copy of Completed Application to:
Making Kane County Fit for Kids Funders' Consortium
c/o Michael Isaacson at: isaacsonmichael@co.kane.il.us

Due Date: November 13, 2012

Making Kane County Fit for Kids Fit Kids 2020 Implementation Program 2012 Application Guidelines

General Purpose

Funding is being made available through the Fit for Kids Funders' Consortium to implement interventions that will bring about a reversal in childhood obesity within Kane County. These interventions will create local systems, environmental and policy change as outlined in the Fit Kids 2020 Plan. These grants will address one of the six threats to community health identified in the newly adopted Kane County 2012-2016 Community Health Improvement Plan – obesity.

Description of the Making Kane County Fit for Kids campaign

The Making Kane County Fit for Kids campaign was launched April 7th, 2008 with a Leadership Summit convened by the Kane County Board Chairman and attended by more than 100 executive leaders from Kane County municipalities, school districts, park districts, businesses, the faith community, health care providers, health and social service agencies, as well as local and state elected officials. The Leadership Summit provided participants with an in-depth briefing on the childhood obesity epidemic and called for a sustained, county-wide mobilization through implementation of 4 strategic action principles that go to the heart of the systems, policy and environmental changes needed to reverse the epidemic:

1. Providing parents and children with reliable, up-to-date information in multiple settings regarding healthy physical activity and eating habits;
2. Supporting a culture of wellness and health promotion in our workplaces, schools and other institutions;
3. Assure that fresh fruits and vegetables are affordable and accessible to all families in our community;
4. Develop land use, planning and other public policies that foster and support physical activity for all in our community.

Following the Summit, a public-private partnership, the "FFK Funders' Consortium" ~~was~~ established by the Executive Directors of Kane County's Health and Development Departments, together with the Superintendent of Kane County's Regional Office of Education, the Executive Director of the Kane County Forest Preserve, the President of the Community Foundation of the Fox River Valley, and the Executive Director of the United Way of Elgin. By combining forces, these partners believe they can most efficiently and effectively raise and disperse funds to support the comprehensive & coordinated, community-based initiatives needed to make Kane County Fit for Kids. As of October of 2012, the Funders' Consortium has raised over \$400,000 to support local efforts to reduce obesity in the community. These funds have been and will continue to be made available to community organizations and coalitions that implement strategies consistent with the FFK goals.

In February 2010, Making Kane County Fit for Kids hosted a Future Search Conference focused on childhood obesity. This conference was called the Fit Kids 2020 Leadership Summit. Over a hundred leaders came together for a day and one-half and held focused conversations in groups of no more than 10 participants about the things that have led to the childhood obesity issue, the present state of the problem and what needs to happen in the future to reverse this trend. The goal was to capture the thoughts and ideas from many different arenas in the County so that the health of the Kane County community, both children and adults, can become key criteria for all phases of county planning and action.

As a follow up to this summit, work began on the **Fit Kids 2020 Plan**, a strategic plan to reverse childhood obesity in Kane County by 2020. Nine sector-specific Fit Kids 2020 workgroups have worked to create this written set of policy level strategies and action steps. Implementation of the more than fifty strategies will lead to local systems, policy and environmental change in Kane County public and private institutions, communities, schools, and families that, together, will assure the conditions for healthy eating and active living across Kane County.

The **Fit Kids 2020 Plan** represents the work of over 80 community stakeholders, meeting over 6 months, contributing well over 1,000 hours of volunteer time. Workgroups dedicated their time to researching, meeting and discussing potential strategies and action steps. This process shows the investment and dedication of the participants in the future of Kane County and its residents.

This is the third round of Fit Kids 2020 Plan Implementation Grants. Previous awards have focused on system, policy and environmental change. A list of previous grantees is available at www.makingkanefitforkids.org.

Eligible Applicants

This funding is available to organizations located within Kane County and may include units of local government and non-profit organizations. While for-profits can be part of a collaborative team, the payment needs to go to certified non-profits or units of local government. Funding **will not** be made available to individuals. Funding will be used exclusively for projects that implement strategies as described in the Fit Kids 2020 Plan.

Project Eligibility

Contracts will be entered with organizations for projects ranging between \$250.00 and \$10,000 and are to be completed within 12 months of notification. The total number of projects will depend upon the total number of eligible projects and the funds the FFK Consortium has available to award. At this time we expect to distribute up to \$100,000 in this funding cycle and the vast majority of awards are anticipated to be in the range of \$500.00 and \$5,000.00. Awards between \$5,001.00 and \$10,000.00 are anticipated to be made only to organizations 1) with proven track records in achieving systems, policy and environmental change across one or more populations/communities in Kane County; and 2) that are proposing a project that will have significant systems, policy and/or environmental change in one or more communities in Kane County.

To be eligible for funding, the organization's governing Board must have reviewed and formally endorsed or adopted the **Fit Kids 2020 Plan**. If the organization has not yet endorsed or adopted the Plan, the applicant's narrative must address the process that is underway for review and organizational endorsement or adoption must be secured within the first six months of the project period.

A project must address one or more strategies as identified in the Fit Kids 2020 Plan and directly contribute to local systems, environmental and policy change. Programs or initiatives that are solely directed as health education/behavior change efforts without direct connection to systems, environmental and/or policy change do not qualify for funding.

Evaluation Criteria

Applications that meet eligibility requirements and are received by November 13, 2012 will be evaluated by members of the Fit for Kids Funders' Consortium on a competitive basis according to the criteria listed below. Projects determined to be the most responsive to these criteria will be considered for funding.

| Criteria | Description |
|--|--|
| Utilization of Fit Kids 2020 Strategies | Priority will be given to projects that effectively implement the strategies outlined in the Fit Kids 2020 Plan, which can be found at www.makingkanefitforkids.org . |
| Creation of lasting change through systems, environmental and/or policy change | Consideration will only be given to proposals that include interventions that go beyond a time-limited program. Intent is that intervention will create a lasting change and not simply be a time-bound program, but rather be self-sustaining once established with this grant funding. Projects that can be expanded or replicated in other communities are encouraged. |
| Project Readiness | Priority will be given to projects that are ready to proceed or face the fewest obstacles that could prevent their timely completion. Factors considered under this criterion will include whether or not the applicant has obtained site control and the appropriate zoning, and the extent to which environmental issues might hinder completion of the project. Extra consideration will be given to projects that provide direct or indirect matching funds and/or leverage other funding sources. |
| Community Impact/Urgency | Priority consideration will be given to projects expected to have the greatest beneficial impact on high-risk or at-risk populations, including low-income and racial/ethnic minority populations. |

Submission Requirements

Applications for Fit for Kids funds may be either typewritten using forms provided in this packet or downloaded from www.makingkanefitforkids.org. In addition to the required forms, a number of supporting documents are required. (An application checklist is provided at the end of the application packet for reference purposes.) Applicants should be certain to properly complete and submit all required application materials, as insufficient data could reduce the competitiveness of an otherwise eligible project.

Applications for Making Kane County Fit for Kids funds are due by **4:30 PM Tuesday, November 13, 2012**.

All application materials must be received by 4:30 pm, on the due date. Please submit an electronic copy of the completed application to isaacsonmichael@co.kane.il.us. The FFK Funders Consortium reserves the right to request additional information regarding any application submitted.

For Further Assistance

The staff of the Kane County Health Department is available to answer questions regarding application procedures, project eligibility requirements, and the Making Kane County Fit for Kids campaign in general. Please contact Michael Isaacson, Assistant Director of Community Health, at 630-208-3140 or isaacsonmichael@co.kane.il.us for further assistance. Information is also available at www.makingkanefitforkids.org.

Making Kane County Fit for Kids
Fit Kids 2020 Plan Implementation Grant
Fall 2012 Application

APPLICATION SUMMARY

Project Name: Aurora Community Garden Network

Project Location: Aurora

Applicant Name: City of Aurora

Applicant Address: 44 East Downer Place

City, State, Zip: Aurora, IL 60507

Contact Name and Title: Dan Barreiro, Chief Community Services Officer

Phone: (630) 256 - 3401

Fax: (630) 256 - 3379

E-mail: dbarreiro@aurora-il.org

Project Summary: *(Provide a general statement explaining the scope and purpose of the project.)*

Low-income families in Aurora's near East Side – one of the poorest neighborhoods in the city – struggle to afford fresh fruits and vegetables, resulting in poor nutrition for families and children. The Aurora Community Garden Network and its first-year garden project will introduce inexpensive fresh produce in two ways:

1. The primary goal of the project establishes a community garden network under the umbrella of the Aurora Health Living Council that will encourage and facilitate more edible gardening projects.
2. The project's secondary goal is to build and plant two community gardens in Aurora's near East Side in coordination with non-profit organizations in the city.

Together, the two initiatives will increase access to fresh, healthy food for some of the city's poorest children, and develop a sustainable framework for expanding the program's reach in the future.

Fit Kids 2020 Strategy Implementation: *(List each strategy from the Fit Kids 2020 Plan that is being implemented as part of this project)*

1. Food Policy:

- a. Strategy #2 – Increase access to healthy, affordable food beyond traditional grocers and restaurants
- b. Strategy #5-Encourage the expansion of community gardens

2. Faith Community:

- a. Strategy #3 - Help make healthy food more accessible and affordable for the underserved in our communities by facilitating community gardens, food donation and distribution to the underserved members of the community.

3. Economic Strength:

- a. Strategy #2 – Improve the economic strength of the family through education about nutrition health and fitness.

PROJECT FUNDING

- 1. Total cost of project identified above: \$10,600
- 2. Total funds available (or to be secured) from other sources: \$600 (in kind)
- 3. Amount requested from Fit for Kids Funders' Consortium \$10,000

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) .

PROJECT TIMELINE

Attach a schedule for completing the project. Include target completion dates for critical steps.

APPLICANT CERTIFICATION

Applicant certifies that they have read and fully understand the guidelines that govern the Making Kane County Fit for Kids 2011 grant program. Applicant further certifies that 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 Funders' Consortium, via Kane County Health Department, immediately. Applicant acknowledges that Funders' Consortium may verify any information contained in/with this application, and submission of this application shall constitute Applicant's authorization for Funders' Consortium 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, The Funders' Consortium may disqualify this application and deem Applicant ineligible to receive any funds in the future. Applicant understands that Funders' Consortium 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 the Consortium will make such determinations with the fullest discretion allowable by law. Applicant will at all times indemnify and hold harmless Consortium against all losses, costs, damages, expenses and liabilities of any nature directly or indirectly resulting from, arising out of, or relating to the Consortium's 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

Date

Name (Printed)

Title (Printed)

FIT KIDS 2020 IMPLEMENTATION GRANT QUESTIONNAIRE

Project Questions

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

Aurora's near East Side is a lively, growing neighborhood, but it is also home to some of the poorest families in the city. A 2007 study of the McCarty Burlington neighborhood, directly east of downtown Aurora, found a per capita income of just \$12,305, less than half the average per capita income for Aurora as a whole. More than 80 percent of students at the local middle school qualify for free or reduced lunch. More than 94 percent of students enrolled at the middle school are either Latino, black, or multiracial. As a result of the bleak economic picture, families face tough choices – a food's nutritional profile must weigh against its quantity and the grocery bill must weigh against rent, utilities and other household expenses.

By establishing a community garden network firmly grounded in this community, member organizations will not simply encourage healthier eating, they'll facilitate food security for some of the county's poorest residents.

This program has two main goals for 2013:

1. Establish a community garden network that will start and grow community gardens in Aurora, sharing resources and knowledge to shrink cut costs and serve as many people as possible.
2. Coordinate, build, plant and care for two community gardens in and around Aurora's near East Side, coordinating with established nonprofit organizations.

Multiple organizations – Mission Possible, Family Focus, the residents of the McCarty Burlington Neighborhood, Emmanuel House and others – have already expressed a desire to join together as a community garden network that replicates the work that has been done in Elgin.

Beginning this winter, members of interested organizations will begin meeting to plan the growing season – identifying sites, planning purchases and coordinating volunteers – as well as to plan the organization of the garden network. We hope to site at least one garden on or near school property to encourage educational programming about nutrition and biology. In the spring, the organization will plant two gardens, using volunteer labor to prepare land and build any necessary infrastructure, such as signage, rain catchments, or raised beds. Member organizations will begin advertising the availability of the gardens to residents and signing up families or individuals who wish to work a plot. As families sign up, they'll be asked about their consumption of produce so that the value of the program can be assessed at the end of the season. Throughout the growing season, volunteers will monitor the gardens for any necessary upkeep, document the progress of the gardens, bring in experts for short programs on growing advice, and continue to promote the gardens to attract new member organizations for the following year. Extra produce will be collected for donation to local food pantries. In the fall, the gardens will be cleared and members will make contact with residents who participated in the program to complete an assessment on diet changes as well as to assess what changes should be made to the sites in the subsequent season. And in the following winter, the network will seek out new member organizations and garden sites, assess strengths and weaknesses of the previous season, and plan expansion in the next season.

By putting the Aurora Community Garden Network off to a good start with the proper tools, materials and plants and seeds to excite community members and build momentum, Kane County Fit For Kids will help facilitate a self-sustaining organization with the capacity to continue expanding, partnering with more member organizations to serve more families in more neighborhoods across the city and create a model that is easily replicated in communities throughout Kane County and beyond.

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. Submit resumes for key personnel with this application.

The following personnel will work with the model of the already successful Elgin Community Garden Network to build the Aurora Community Garden Network from the ground up:

1. Dan Barreiro, City of Aurora, Chief Community Services Officer: Will have oversight of grant reporting.
2. Dee Basile, City of Aurora, Farmers Market Manager: Dee will connect the Community Garden Network with Farmers and other resources to help educate participants on a wide range of topics.
3. Linda Baer, Mission Possible: Will assist with the recruitment of volunteers to work the Community Garden. Linda will work with area churches to recruit volunteers.
4. Jenette Sturges, McCarty Burlington Neighborhood Group: Will assist with the organization of the Community Garden Network and recruitment of participants. Jenette represents the McCarty Burlington Neighborhood to the Aurora Neighborhood Council, and is pursuing a master's degree in Ethics and Public Service at North Central College and a certificate in Landscape Gardening from the Morton Arboretum.
5. Violet Iniguez, Family Focus Aurora, Youth Programs Coordinator: Will work directly with families, identifying those that could benefit most from the gardens and encourage participation.

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

The garden network will consist of numerous organizations that already have community gardens or have an interest in developing community gardens. At present, participating organizations include the City of Aurora, Aurora Healthy Living Council, Family Focus, Mission Possible, and the residents of the McCarty Burlington Neighborhood Group. These entities will sign on as member organizations of the Aurora Community Garden Network in the first year and be responsible for the first two gardens' initial success, as well as for recruiting other member organizations. Other organizations, including Hesus House, Emmanuel House, Triple Threat Mentoring and the South East Neighborhood Group have also expressed interest in joining the Aurora Community Garden Network in the future.

4. *Explain how will you measure and document the performance of the project/program.*

1. Establishment of Community Garden Network: The success of this initiative will be measured by the number of partners participating in meetings and activities. The goal of the network is to share resources and expertise for the purpose of growing the number of community gardens and ensuring their success as a source of fresh food for residents. Ultimately, the success of the organization will be measured in its self-sufficiency in subsequent years.
2. Community Gardens: The success of the two additional community gardens will be measured by the number of plots planted and the amount of food donated to the local food pantries. Another measure will include the number of people (volunteers and/or families) involved with the gardens. Finally, we will measure how effective the gardens were at improving the diets of children and families with a short questionnaire before and after the growing season.

Organization Questions

1. *Briefly describe your organization and its history.*

The City of Aurora is celebrating its 175 Anniversary this year. The City of Aurora is the second-largest city in the State of Illinois and is located in four counties with the majority of people living in the Kane County portion of Aurora. In addition, the Aurora Farmers Market celebrated 100 years of bringing fresh produce and commerce to the city, a milestone possible because of the city's appreciation for fresh, healthy food.

In 2008, the City, in partnership with Kane County Fit For Kids, established the Healthy Living Council, to study the epidemic of childhood obesity and how to overcome it in our community. The proposed Aurora Community Garden Network is a natural extension of this work, a concrete step to improve health and nutrition among some of the most at-risk populations in the community.

2. Who are the people or groups your organization serves?

The City of Aurora serves nearly 200,000 residents in four counties. The Aurora Community Garden Network will serve the wider Aurora community but in the first year will focus on the food-insecure residents on Aurora's near East Side. Community gardens will be placed in highly visible plots, and efforts to involve families will be concentrated on those families in need who live close to the gardens.

3. What are the specific goals and objectives of your organization and how will this project/program help you achieve those goals?

The City of Aurora is responsible for the health and welfare of its residents, and the establishment of a community garden network will help build a healthy community by increasing access to fresh foods and improving the general nutrition of its poorest residents.

This garden network will build on the work the City has already begun to address nutrition and healthy lifestyles. In 2011, the City of Aurora adopted resolution R11-298 to support the Kane County Fit for Kids 2020 Plan, and the City has been an active partner of the Aurora Healthy Living Council since its inception.

The establishment of Community Garden Network will assist in building capacity for more community gardens. The establishment of the Community Garden Network will provide an avenue for people to network and build a sense of community. Many people do not know their neighbors. Participation in the Community Garden Network will provide a vehicle for people to connect and work together. The gardens will provide people access to fresh fruits and vegetables. There are many barriers to eating fresh fruits and vegetables. Community gardens can help increase access and interest. A successful Community Garden would be one that results in surplus produce being donated to the local food pantries and homeless shelter.

In addition,

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 form and questionnaire

- Project budget (itemize all project expenses and funding sources)
- Project timeline

Project Budget:

| | Description | In-kind | Grant |
|-------------------------|---|---------|---------|
| Network Meetings | | | |
| Meeting Space | Meetings can be held at the Phillips Park Visitor Center or at other member locations. | NA | |
| Meeting Supplies | Mailings and copies to be provided by the City of Aurora. | \$100 | |
| Community Garden | Two City owned plots have been identified for use. Approximately 40 garden plots (10x10). | NA | |
| Soil Testing | | | \$150 |
| Tilling | | | \$650 |
| Garden Posts | | | |
| Soil | If needed for raised garden beds | | |
| Landscape Timbers | If needed for raised garden beds | | |
| Vegetable Cages | 6 cages per plot. 160 @ \$3.00 | | \$480 |
| Seed/Seedlings | | | \$1,000 |
| Garden Tools | Rakes, hoes, weed tillers, shovels, etc. | | \$2,000 |

| | | | |
|---------------------|--|-------|---------|
| Mulch | City provided | \$500 | |
| Signage | Signage to individual plots. | | \$1,200 |
| Water | Barrels, catchments and hoses | | \$2,000 |
| Misc | Twine, labels, netting and other incidentals | | \$200 |
| Storage | For shared tools | | \$1,000 |
| Total Budget | | | |

Project timeline:

| | 2012 | 2012 | 2013 | 2013 | 2013 | 2013 |
|-------------------------------------|-------------|---------------|---------------|---------------|---------------|-------------|
| | Nov | Winter | Winter | Spring | Summer | Fall |
| Recruit Network Participants | X | X | | | | |
| Network Meetings | | | X | X | X | X |
| Identify Parcels | | X | X | | | |
| Soil Testing | | | X | | | |
| Determine garden details | | | X | | | |
| Prepare for planting | | | | X | | |
| Plant Gardens | | | | X | | |
| Harvest Gardens | | | | X | X | X |
| Distribute Produce to Food Insecure | | | | | X | X |
| | | | | | | |