



Knowing, Eating, and Yearning for Sustainability

A program funded by the Community Foundation for the Alleghenies' Summer 2014 Youth Philanthropy Internship through The Heinz Endowments

Applications Due: Thursday July 31st, 2014 at Noon

Funding Opportunity:

The Community Foundation for the Alleghenies' Summer 2014 Youth Philanthropy Internship Program is requesting applications from I.R.S. designated 501(c)(3) nonprofit organizations or governmental entities to fill a community need. We are seeking an organization to develop or improve a program that will engage students, ideally in middle and high school, and families with the goal of teaching participants about sustainable food supplies and healthy living. Sustainability/affordability of nutritious foods, nutrition guidelines and healthy lifestyle, and preparing/growing healthy foods and/or meals should be emphasized. A key aspect of the curriculum will be educating the participants as to where they can easily obtain healthy foods – such as but not limited to local food banks or local community gardens. As the saying goes, “If you give a man a fish, he eats for a day. Teach a man to fish; he eats for the rest of his life.” It is our hope that participants in this program will eventually exemplify this. The educational program should also discuss with participants the importance of serving sizes and types of food that should be consumed, among other things. Participants will explore how to prepare foods in a simple, nutritious and inexpensive way. Additionally, learning how to grow nutritious foods should be included in the curriculum. This can include gardening tips, methods, and how to plant different seasonal crops. Ideally, the program will culminate with the participants achieving a sustainable lifestyle. A relationship or link with a local school district is preferred. It is anticipated that one organization will be awarded one grant of up to \$25,000; however, budgets should not be inflated to meet that amount. Consideration will also be given to awarding several smaller grants (totaling no more than \$25,000) to multiple programs.

Statement of Need:

Food insecurity in our region is a serious problem, particularly for children. **In the tri-county area of Bedford, Cambria, and Somerset counties, 1 in 5 children are *food insecure*, meaning that they are unsure when or from where they will receive their next meal. The rates in our area are, unfortunately, on par with national and state averages. Additionally, healthy foods are more expensive than unhealthy or processed foods. As a result of this, under-resourced**

families prefer to purchase these unhealthy foods. Our region suffers from a number of *food deserts*; the USDA defines a food desert as ‘parts of the country vapid of fresh fruit, vegetables, and other nutritious whole foods, usually found in impoverished areas.’ This contributes to multiple health issues including obesity and increased risk of cardiovascular disease, to name a few. This program would work to combat these issues by teaching people how to create and maintain sustainable food sources as well as healthier lifestyles. Specifically, it would ease the heavy burden placed on food banks and food pantries by giving people the tools to grow and make their own healthy meals as well as teach them nutritional guidelines so that their food consumption is sustainable.

Project Goals:

- Create or improve a sustainable awareness campaign for the region benefiting citizens and the community as a whole
- Create an educational initiative that assists families in creating their own sustainable food supply and gaining knowledge of preparing inexpensive, simple and nutritious meals
- The educational initiative should be aimed at children in middle school and high school as well as their families.
- The program should teach families and children how to create and maintain a healthy lifestyle
- Educate participants on obtaining nutritious foods affordably
- Create a green space initiative that helps families and children learn how to cultivate fresh fruits and vegetables to maintain a healthy lifestyle affordably
- The program should be marketed to the target audience in a variety of ways, including but not limited to Facebook, Instagram, Twitter, flyers and other forms of marketing.

Preferences (not limitations):

- Replicable in other districts/counties in our region
- Sessions open to anyone who wishes to attend with a particular emphasis on under-resourced families.
- Relationship or link with a local school district or organization is **highly** suggested.

Who May Apply:

Applications may be submitted by a single agency, but partnerships and collaborations will also be considered. The agency/lead agency must meet the following criteria:

- A 501(c)(3) organization located in Bedford, Cambria and/or Somerset county.
- In full compliance with all federal, state, county, and local requirements and laws pertaining to non-profits, including the USA Patriot Act and other counterterrorism laws.

How to Apply:

Applicants must submit the following:

- Agency information and application questions (below)
- Detailed project budget
- Organization’s annual financial statements
- Organization’s most recent audit
- List of board of directors
- IRS 501(c)(3) determination letter

Agency Information:

Organization Name: _____

Street Address: _____

City: _____

State: _____

Zip Code: _____

Organization Locations (if multiple offices): _____

Organization Website: _____

Primary Contact Name and Title: _____

Primary Contact's Phone Number: _____

Alternate Phone Number: _____

Primary Contact's Email: _____

Funding Request (up to \$25,000) _____

Total Project Budget: _____

Please complete the following questions in a separate document.

Application Questions:

1. Give a detailed description of your organization (and any collaborative organization, if applicable), including your goals, mission statements, and major accomplishments that pertain to this program.
2. Outline your proposed program (or program you wish to improve). Please include: objectives, location of project, targeted groups, accessibility to community members, implementation and any other pertinent information.
3. Demonstrate a level of need in the proposed location of the project, i.e., what are the statistics for your area? What need does this fill in your area? Etc.
4. How does your program plan to sustain itself beyond the grant period? How will you gain funding following the use of this grant? Through other grants, partnerships, volunteer work?
5. What are the long term goals for your program?
6. What challenges do you expect to face and how will you address them?
7. Will you be partnering with other organizations? If yes, please describe them and the role(s) they will play.
8. Does your organization have experience with youth and families?
9. How will this program be marketed to potential participants?

10. Does your program have experience with food security, education and/or green space projects? If so, please explain.
11. Do you plan to (if possible) replicate this program in other areas of our region in the future? If so, how would you go about doing so?
12. Who will be working on this program? Please include their key qualifications.

Please send proposals to:

Community Foundation for the Alleghenies
Attn: 2014 Youth Philanthropy Internship Program
116 Market Street, Suite 4
Johnstown, Pennsylvania 15901

(814) 536-7741

Or submit them electronically to:

aberzonski@cfalleghenies.org

or

awagner@heinzinterns.org

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