

CPPW Mini Grant Recipient Update

Communities Putting Prevention to Work (CPPW)
Community Mini-Grant Update
Alisa Haushalter
Board of Health
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Through the CPPW Campaign, MPHD released a Request for Proposal to the Nashville community, seeking community participation in advancing the healthy eating active living movement. Consistent with the expectations set forth through CPPW, community organizations were solicited to submit proposals that would achieve policy, systems and/or environmental changes within their organizations and/or within the Nashville communities served by their respective organizations. The amount of funding allocated for community mini grants was \$100,000 with a ceiling award of \$25,000 per project. Technical assistance was available prior to final submission of proposals as well as throughout the project period.

The following organizations responded and were funded. A short list of successes is enumerated.

Corinthian Baptist Church, \$25,000, December 2011-February 2012

- Technical assistance provided.
- Renovation of kitchen to allow for preparation of healthy meals and snacks. Appliance purchases include Refrigerator, Stove, Commercial Style Deep Sinks, Dishwasher, Cabinet for sink and kitchen counter top
- Preparation of community garden site
- Hosted and/or presented at community meetings:
 - Healthy for the Holidays Community Breakfast
 - Community Pastors Breakfast (monthly)
 - Healthy Lifestyle Choices Forum for Women
 - NashVitality Week Community Town Hall meeting-4 faith institutions pledged to be Healthier Place of Worship and 6 pledge to be Smoke-free properties
 - MLK Parade-distributed fresh fruit and bottled water to 1000+ parade watchers
 - Healthy Meal Cooking Demonstrations
 - National Association of Real Estate Brokers for Homeowner and Homebuyer Workshops
 - Nashville City Missionary Baptist District Association Home Missions Board

African American Cultural Alliance (AACA), \$25,000, October 2011-January 2012

- Technical assistance provided.
- Established the HEAL group. 20+ youth from North Nashville were interested in learning more about healthy living and helping to improve their community.
- Led the re-landscaping of Freedom Ride Mural on Jefferson St. with Epi-Center and fifteen Belmont University students; seasonal decorations added

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- Winter crop settings at McGruder Resource Center Community gardens
- Canning classes were conducted to teach participants how to preserve garden products
- Participated in the TSU homecoming parade
- Healthy eating training “right choice” at Harpers Restaurant
- 5 k walk for Youth Organization “Say Yes to Success” at Fisk University
- Hosted multiple community walks:
 - 3- three miles Bicentennial Walk for adults
 - Two mile walk around Ft. Negley Civil War site
 - Three mile walk and nature lesson at Shelby Park Greenway
 - 3.8 mile walk for the MLK Parade
 - Partnership Health Walk (1.0 mile)
- Hosted a bicycle outing at Hadley Park that focused on helmet safety and riding tips.
- Collaborated with Mothers Over Murder (MOM) to present healthy eating cooking seminar by expert homemaker/nutritionist professional from TN Department of Education.
- Co-hosted on the radio station 92Q “Let’s Talk” Sunday morning with Ernie Allen. A youth from the H.E.A.L. kids explained the purpose of the grant activities and learning projects and how it affects the groups.
- Hosted a three day arts motivational workshop
- Launched a youth run business operation. Selected and purchased gardening and landscaping equipment, supplies and tools.

CASTLES Vanderbilt, \$25,000, July 2011-January 2012

- Partnered with Parks and Recreation staff to implement urban community gardening, physical activity and nutrition education programs
 - An urban garden was established in September directly outside the after-school program space
- Implemented 3 teaching kitchens in which children’s families were engaged in nutrition education. Local chefs Jamie Protich (Mad Platter Restaurant) and Bryan Gleason (Christopher’s Catering and Personal Chef Services) taught parents how to make a nutritious meal.
 - Federal Work Study students led a teaching kitchen for 50 children and families in August at Matthew’s House
 - Demonstrations by local chefs were held at Hadley Park Community Center on September 1 for 59 parents and children
 - Conducted a parent outreach night on November 3 for 34 children and parents
- Cooking classes took place 3 days a week on Monday, Wednesday, and Friday for approximately two-and-a-half weeks for 74 children. Each lesson was developed as 90-minute interactive classes. Each lesson accommodated around 10-20 children on a rotating basis.
- Children received a “parent newsletter” corresponding to the weekly cooking lesson.
- Implemented a bike sharing program with 24 bikes to encourage children in alternative means of transportation and physical activity.

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Good Food for Good People, \$25,000, August-October 2011

- Summer harvests were gathered and distributed amongst participants, local food security partners and a local restaurant. Total harvest provided over **870lbs** of produce.
- Physical improvements were made to the garden including
 - 65' long hoop house frame
 - Additional raised beds
 - Water catchment tanks
 - Weed suppression mulch
 - Produce washing center
 - Tool shed constructed
 - Memorial lily garden constructed
- Teacher training curricula were finalized and broadcast to the faculty of Metro middle schools
- Bellevue Middle School staff hosted an in-service at the garden and teachers were recruited for skills building training starting in September and completed in October; 3 teachers participated
- Through tours, taste-tests, harvest days and other special events garden leadership were able to create increased awareness of the garden.
- Saturday "Work Days" hosted in partnership with Hands On Nashville, Cumberland Heights, Tennessee State University and other community service facilitators served as means for teaching local food production, outdoor activity and healthy eating.
- Nine adult volunteers and 13 junior high aged students were participants in the Fall Break intensive and weekend trainings. 195 community members volunteered time at the BELL Garden during the grant period.

Good Food for Good People, \$6,000, June-October 2011

- Purchase of EBT machines and tokens for use in the Farmers Market's in West Nashville, 12 South and Woodbine neighborhoods
- News releases were submitted, e-newsletters sent out to regular patrons, posters printed and distributed, news features printed and coverage provided by most mainstream media
- Enrolled 22 vendors as potential providers
- Provided on-site training to 9 farmers/producers on the use of machines and tokens
- For the grant period a total of \$399 in EBT sales were completed
- Sustainability plans include deploying the EBT machines in the Good Food for Good People mobile vending efforts including:
 - MDHA Senior Tower markets
 - Senior Voucher redemption season in partnership with Delvin Farms
 - Middle Tennessee Veterans Affairs hospitals and convalescent homes mini-markets