

PART I - FACE SHEET

APPLICATION FOR FEDERAL ASSISTANCE		1. TYPE OF SUBMISSION: Application <input checked="" type="checkbox"/> Non-Construction															
Modified Standard Form 424 (Rev.02/07 to confirm to the Corporation's eGrants System)																	
2a. DATE SUBMITTED TO CORPORATION FOR NATIONAL AND COMMUNITY SERVICE (CNCS):		3. DATE RECEIVED BY STATE: 12-JAN-11	STATE APPLICATION IDENTIFIER:														
2b. APPLICATION ID: 11AC123730		4. DATE RECEIVED BY FEDERAL AGENCY:	FEDERAL IDENTIFIER: 09ACHOH0010004														
5. APPLICATION INFORMATION																	
LEGAL NAME: Children's Hunger Alliance DUNS NUMBER: 057534273		NAME AND CONTACT INFORMATION FOR PROJECT DIRECTOR OR OTHER PERSON TO BE CONTACTED ON MATTERS INVOLVING THIS APPLICATION (give area codes): NAME: Shannon Amos TELEPHONE NUMBER: (614) 341-7700 242 FAX NUMBER: (614) 341-7701 INTERNET E-MAIL ADDRESS: samos@childrenshungeralliance.org															
ADDRESS (give street address, city, state, zip code and county): 370 South Fifth Street Columbus OH 43215 - 5408 County: Franklin																	
6. EMPLOYER IDENTIFICATION NUMBER (EIN): 237303509		7. TYPE OF APPLICANT: 7a. Non-Profit 7b. Community-Based Organization															
8. TYPE OF APPLICATION (Check appropriate box). <input type="checkbox"/> NEW <input type="checkbox"/> NEW/PREVIOUS GRANTEE <input checked="" type="checkbox"/> CONTINUATION <input type="checkbox"/> AMENDMENT If Amendment, enter appropriate letter(s) in box(es): <input type="text"/> <input type="text"/> A. AUGMENTATION B. BUDGET REVISION C. NO COST EXTENSION D. OTHER (specify below):		9. NAME OF FEDERAL AGENCY: Corporation for National and Community Service															
10a. CATALOG OF FEDERAL DOMESTIC ASSISTANCE NUMBER:94.006 10b. TITLE: AmeriCorps State		11.a. DESCRIPTIVE TITLE OF APPLICANT'S PROJECT: Healthy Kids Healthy Communities															
12. AREAS AFFECTED BY PROJECT (List Cities, Counties, States, etc): Ohio Cities: Cincinnati, Cleveland, Dayton, Akron, Columbus and Toledo		11.b. CNCS PROGRAM INITIATIVE (IF ANY):															
13. PROPOSED PROJECT: START DATE: 09/12/11 END DATE: 08/10/12		14. CONGRESSIONAL DISTRICT OF: a.Applicant <input type="text" value="OH 015"/> b.Program <input type="text" value="OH 015"/>															
15. ESTIMATED FUNDING: Year #: <input type="text" value="2"/>		16. IS APPLICATION SUBJECT TO REVIEW BY STATE EXECUTIVE ORDER 12372 PROCESS? <input type="checkbox"/> YES. THIS PREAPPLICATION/APPLICATION WAS MADE AVAILABLE TO THE STATE EXECUTIVE ORDER 12372 PROCESS FOR REVIEW ON: DATE: <input checked="" type="checkbox"/> NO. PROGRAM IS NOT COVERED BY E.O. 12372															
<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 20%;">a. FEDERAL</td> <td style="text-align: right;">\$ 272,735.00</td> </tr> <tr> <td>b. APPLICANT</td> <td style="text-align: right;">\$ 213,409.00</td> </tr> <tr> <td>c. STATE</td> <td style="text-align: right;">\$ 0.00</td> </tr> <tr> <td>d. LOCAL</td> <td style="text-align: right;">\$ 0.00</td> </tr> <tr> <td>e. OTHER</td> <td style="text-align: right;">\$ 0.00</td> </tr> <tr> <td>f. PROGRAM INCOME</td> <td style="text-align: right;">\$ 0.00</td> </tr> <tr> <td>g. TOTAL</td> <td style="text-align: right;">\$ 486,144.00</td> </tr> </table>		a. FEDERAL	\$ 272,735.00	b. APPLICANT	\$ 213,409.00	c. STATE	\$ 0.00	d. LOCAL	\$ 0.00	e. OTHER	\$ 0.00	f. PROGRAM INCOME	\$ 0.00	g. TOTAL	\$ 486,144.00	17. IS THE APPLICANT DELINQUENT ON ANY FEDERAL DEBT? <input type="checkbox"/> YES if "Yes," attach an explanation. <input checked="" type="checkbox"/> NO	
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18. TO THE BEST OF MY KNOWLEDGE AND BELIEF, ALL DATA IN THIS APPLICATION/PREAPPLICATION ARE TRUE AND CORRECT, THE DOCUMENT HAS BEEN DULY AUTHORIZED BY THE GOVERNING BODY OF THE APPLICANT AND THE APPLICANT WILL COMPLY WITH THE ATTACHED ASSURANCES IF THE ASSISTANCE IS AWARDED.																	
a. TYPED NAME OF AUTHORIZED REPRESENTATIVE: Shannon Amos		b. TITLE: Enrichment Mgr	c. TELEPHONE NUMBER: (614) 341-7700 242														
d. SIGNATURE OF AUTHORIZED REPRESENTATIVE:		e. DATE SIGNED: 11/21/10															

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Executive Summary

The Healthy Kids, Healthy Communities (HKHC) AmeriCorps program addresses the needs of at-risk children in Ohio to improve their nutritional intake, decrease food insecurity, reduce obesity rates and increase health related education. Members teach nutrition education and physical activity programming to children attending afterschool programming in Akron, Cincinnati, Cleveland, Columbus and Dayton as well as assist with expanding access to nutritious foods through USDA Child Nutrition Programs.

Rationale and Approach

Compelling Community Need

The Healthy Kids, Healthy Communities (HKHC) AmeriCorps program addresses the needs of at-risk children in Ohio to improve their nutritional intake, decrease food insecurity, reduce obesity rates and increase health related education through expanded access to nutritious foods and quality nutrition and physical activity programming.

Rising poverty rates mean that food insecurity in Ohio is increasing. In 2008, one in six Ohio children lived in poverty (2008 American Community Survey). The United States Department of Agriculture (USDA) defines food insecurity for households as the lack of access by all members at all times to enough food for an active, healthy life. Low-income households frequently run out of food or are forced to consume cheaper calorie-dense foods that are high in sodium, sugar, and fat, but low in important nutrients. Compounding the problem, many low-income parents and caregivers lack access to nutrition information and do not know the importance of a nutritionally balanced diet for their children (USDA, 2000). As a result of these two factors, many Ohio children suffer from poor nutritional intake. Poor nutrition has been shown to impair children's cognitive development and ability to learn. Malnourished children are also more likely to experience health and behavioral problems, miss school and score lower

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on achievement tests (Tufts University School of Nutrition, 1995; Schwimmer, J.B. et. al., 2003; Kleinman, R.E. et al., 1998; Murphy, J.M. et al., 1998)..

Poverty and poor nutrition are, furthermore, associated with childhood obesity which is increasing at an epidemic rate, particularly among minority and low-income children. More than one in three (35.6%) Ohio youth ages 10 through 17 -- or 500,000 youth -- are overweight or obese. Obesity rates among Ohio children decline as income rises, ranging from 26.2% of those at or below the federal poverty level to 11.4% of those over 300% of the federal poverty level. Low-income families often live in a cycle of binge eating and skipping meals based on their income flow. This cycle lends itself to a large quantity of cheap, high-calorie, poor quality food being consumed. To add to this issue, low-income neighborhoods often lack safe places to play or exercise. Additionally, because of the greater impact of unemployment and poverty on African-American and Hispanic communities, obesity rates are higher among minority populations. Over half of African-American children and 42.5% of Hispanic children in Ohio are overweight or obese, in contrast to 32.0% of white children and 7.7% of Asian-American children. (2008 Ohio Family Health Survey) Obese children are more likely to become obese adults (Serdula, M.K. et al, 1993) and to develop high blood pressure, coronary heart diseases, Type 2 Diabetes, asthma and some forms of cancer (Crawford, P.B. et al, 2001; Srnivasan S.R., et al, 2007; Rodriguez M.A., et al, 2002).

Children's Hunger Alliance (CHA) chose to focus on food insecurity, poor nutritional intake and childhood obesity because of their devastating impact on children's health, mental and physical development, academic performance and future employment. CHA identified these needs based on our experience with low-income families and children over the last ten years. In 2004, CHA began linking afterschool and summer sites with nutrition education and fitness activities through our current AmeriCorps programs. Prior to adding the enrichment component, CHA began expanding access to healthy food utilizing federal food programs among afterschool and summer sites. Program and agency

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evaluations, agency experience, observation and the results of focus groups and community surveys led CHA to believe a comprehensive approach was needed to address the interrelated problems of childhood food insecurity, poor nutritional intake and obesity.

By educating children about proper nutrition and physical activity habits and by increasing access to healthy meals and snacks, CHA has formulated a comprehensive plan to address these issues. The HKHC AmeriCorps program teaches both evidence-based nutrition and physical fitness education at community-based afterschool and summer sites, while also assisting in expanding access to federal food programs for children, known as the USDA's Child Nutrition Programs (CNP). Low-income children who depend upon subsidized school meals may not have a source of nutritional intake during after school hours and may lose access to dependable meals altogether during the summer months. Providing both nutritious meals and snacks and enrichment programming at these sites is critical when addressing food insecurity, poor nutrition and obesity among at-risk children. Afterschool and summer enrichment and federal meal programs help these children combat food insecurity, weight gain and learning losses by regulating nutritional intake and equipping them to make healthy life-long choices.

Studies show children who participate in federal USDA meal programs consume more key nutrients and eat more appropriate portion sizes (Bruening, K.S. et al, 1999). Participation has been proven to reduce excess weight, increase school attendance and improve academic performance (Meyers, A. 2000). Yet, USDA meal programs are underutilized, as many afterschool and summer sites are unaware of the availability of these programs or need assistance with implementation. Nutrition and fitness education at afterschool and summer sites improves nutrition and reduces weight gain (Issue Brief No. 24. 2006. Afterschool Alliance). However, many afterschool and summer sites in low-income communities lack the time, resources and staffing to provide enrichment programming that promotes healthy living.

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A wealth of data documents the prevalence of poverty, food insecurity and obesity among Ohio's children. According to 2008 Census information, Ohio has three major cities among the nation's 10 poorest. Cleveland ranked 3rd, at 30.5% of residents in poverty; Cincinnati ranked 7th with 25.1% in poverty; and Toledo ranked 8th, with 24.7% in poverty. Overall, the Census reports that 1 in 10 families, and 1 in 6 children in Ohio lived in poverty last year (American Community Survey, ACS 2008). Children living in poverty are much more likely to suffer from poor nutrition and food insecurity than children living at 200% or more of the poverty level.

Additionally, a 2009 report by the Robert Wood Johnson Foundation and the Trust for America's Health ranked Ohio 15th nationally in child obesity/overweight rates (F as in Fat). This statistic is confirmed by a 2009 Ohio Department of Health study that states the child obesity/overweight rate in Ohio is 35%, as compared with a national rate of 17.5%. Another recent study of Ohio 7th graders indicated even higher obesity/overweight rates (42.7%), with low-income students who qualify for free- or reduced-price school meals at the greatest risk (7th Grade BMI Surveillance Project, 2007-2008). These children who are suffering from obesity are 4.6 times more likely to have Type 2 Diabetes, twice as likely to have poor health and 1.6 times as likely to have mental health problems (Ohio Family Health Survey, 2009).

The need for HKHC to have a statewide reach is evident. In Columbus, 18.5% of children live in poverty, as compared to 12% in 2000 (ACS, 2008). Since the 1970s, obesity rates in Franklin County have more than tripled in children ages 6-11 and disproportionately impact low-income and minority children. The current rate of overweight and obesity for children in the county is 37.7%.

Cleveland is the 3rd poorest major city in the country, with 42.1% of children at or below the poverty level (ACS, 2008). African-American communities have been hit the hardest. According to a recent

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study of 23 major cities by the Brookings Institute, Cleveland has the second highest African-American poverty rate in the country. 30.9% of children in Cuyahoga County are overweight or obese.

Located in southwest Ohio, Dayton is the largest city in Montgomery County. Currently over 46% of youth live in poverty, one of the highest child poverty rates in the country (ACS, 2008). Nearly 40% of children in the county are overweight or obese.

Located in the southwest Ohio, Cincinnati ranks 7th among poor large US cities (ACS, 2008). Children are worse off in Cincinnati than in two thirds of the nation's 50 largest cities according to a study by the Annie E. Casey Foundation. Nearly one-third of the city's children live in communities characterized by poverty, single parent households and unemployment. In Cincinnati, 31.2% of children are overweight or obese.

Toledo, the primary city in northwest Ohio and 4th largest city in the state, has a child poverty rate of 32.6% and a child overweight/obesity rate of 38.9%. Akron, the 5th largest Ohio city has a child poverty rate of 31.4% and a child overweight/obesity rate of 38.8%.

For six years, members have implemented HKHC at afterschool sites in 3 Ohio cities: Columbus, Cleveland and Dayton. During the next 3 years we will expand the program to Cincinnati, Akron and Toledo to reach children in southwest and northwest Ohio. Children in all 5 communities have over 30% child obesity rates (Obesity rates for counties come from the 2008 Ohio Family Survey).

These studies, real time observation and other resources make it imperative that CHA address the interrelated problems of poor nutrition, food insecurity and obesity through a comprehensive program that offers fitness and nutrition education and expands access to healthy foods for Ohio's underserved

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children. Studies show children who participate in CNPs consume more key nutrients, and eat more appropriate portion sizes (Bruening, K.S. et al, 1999). Participation in CNPs has also been proven to reduce excess weight, increase school attendance and improve academic performance (Meyers, A. 2000). Likewise, nutrition and fitness education at afterschool and summer sites improves nutrition and reduces weight gain (Issue Brief No. 24. 2006. Afterschool Alliance).

Description of Activities and Member Roles

The HKHC AmeriCorps program actively expands at-risk children's access to federal meal programs and nutrition and fitness education in order to meet the aforementioned needs.

Members use two evidence-based curricula, Food Folks and CATCH-PE (Coordinated Approach to Child Health-Physical Education), to effectively deliver nutrition and fitness education to children, ages 5-12, attending community-based afterschool and summer sites in Columbus, Cleveland, Dayton, Cincinnati, Akron and Toledo. Sites eligible for this programming include schools, recreation centers, churches, YMCAs, Boys and Girls Clubs, parks, libraries, housing complexes and other youth-serving agencies.

Food Folks is a nutrition education curriculum developed by a staff dietitian specifically for use in out-of-school settings. The interactive program consists of 12 one-hour nutrition lessons that focus on a nutrition concept (i.e. a food group, portion sizes), a recipe for the children to prepare and related nutrition discussion topics. Food Folks is unique in encouraging children to learn by preparing and tasting the foods they study. Members have found it necessary to involve parents or caregivers in the program to ensure the children continue to eat healthy food once the program ends. Nutritional information is sent home to parents and caregivers after each lesson. Members also design curriculum activities to provide families with the social support and environmental reinforcement needed to make long-term changes. For instance, the program culminates in Family Night, when students prepare a

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healthy meal for their families.

Members also facilitate CATCH-PE, a nationally recognized fitness program. CATCH-PE offers hundreds of age-appropriate activities to introduce children to basic movement concepts. Using a non-competitive format, CATCH-PE focuses on skills training (e.g. how to dribble a ball) so students can practice and enjoy physical activity outside of school hours. CATCH is the largest school-based health promotion curriculum ever studied in the U.S. The National Heart, Lung, and Blood Institute and the National Institute of Health conducted a study between 1991-1994 that involved 96 ethnically and racially diverse elementary schools. The results proved that CATCH promoted long term healthy behavior changes among participating children. A follow-up study (1995-1998) of 73% of the initial participants found those who received the intervention in grades 3-5 continued to pursue more vigorous activity levels compared to the control groups. CATCH-PE has also been shown to prevent the weight gain that commonly occurs in children in grades 3-5, and research indicates participating children actively encourage their parents to lead healthier lifestyles. There is also a direct correlation between implementation of CATCH-PE and lower obesity rates among minority children (Coleman KH, et al., 2005).

Distinct from volunteers and staff, 30 AmeriCorps members will directly implement Food Folks and CATCH-PE at afterschool and summer sites. On average, CATCH-PE will be conducted twice a week and Food Folks will be conducted once a week at each site for 10-12 weeks. Each lesson lasts 1 hour. Members not only deliver the curricula but serve as supportive role models and mentors by being a consistent figure at the afterschool programs, which often have high staff turnover rates.

Through six years of experience, members and staff found our program most effective when both Food Folks and CATCH-PE are provided to a site. The curriculums complement and reinforce one another,

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conveying consistent health messages and relating the connection between nutrition and activity.

In school year 2008-2009, our Cleveland office added two more members and nine sites to the program.

As a result, the number of children reached with Food Folks and CATCH quadrupled in one year.

Beginning in 2010, CHA will begin sponsoring federal afterschool and summer meal programs in Cleveland and Dayton for the first time, adding another 26 sites. As Wright Air Force Base is located near Dayton, this AmeriCorps program will serve military families in the area.

In years 2 and 3 of the funded period, CHA will expand HKHC to 3 new cities: Cincinnati, Akron, and Toledo. To reach more isolated pockets of poverty in Ohio, individual members may also be assigned to rural communities.

In addition to providing nutrition and fitness education, members will perform outreach activities to increase access to federal meal programs for at-risk children. Currently, CHA provides outreach, training and technical assistance to schools and faith and community-based organizations to expand access to federal USDA meal programs for children, including the School Breakfast Program, Afterschool Meal and Snack Program, and Summer Food Service Program, all of which reduce childhood hunger and obesity. Federal USDA meal programs are significantly underutilized in Ohio, but can increase a child's nutritional intake and provide the child with regular dependable meals. (Food Research and Action Center, 2005, Wilson N.C., et al., 2006, Bruening, K.S. et al., 1999)

To expand the School Breakfast Program, CHA partners with school officials to identify and eliminate barriers to participation, share best practices and promote the program. The number of Ohio students participating in the School Breakfast Program has risen from 211,000 to 345,000 since 2003, but there is still much work to be done as over 200,000 low-income children still do not have access to a breakfast

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program (CHA data, 2009). Members will promote the federal School Breakfast Program by developing flyers and newsletter articles to share with schools, education associations and afterschool and summer programs. Members will also assist school wellness committees and Parent Teacher Associations in promoting school food service and offer suggestions for improving healthy options for students.

CHA also works with schools, churches and community organizations to expand summer meal programs, and Ohio is one of the few states in which participation in summer meals is increasing. In our efforts to expand meal access during the summer months, members will conduct outreach and host informational meetings about setting up summer food sites for interested faith and community-based organizations. Members will publicize and promote the program by distributing flyers featuring our toll-free Summer Meals Locator Hotline to link families with local food sites.

For 11 years, CHA has also successfully provided federally subsidized meals and snacks to afterschool and summer sites in Central Ohio. Most recently, from November 2008 - October 2009, 2,332 children received balanced meals or snacks. A total of 164,872 meals and 20,983 snacks were served, leveraging \$432,168 in federal dollars for the local economy. To meet the needs of Central Ohio's growing immigrant population, the agency targets immigrant populations for inclusion in the meal program. This meal program work has been so successful that CHA is expanding our work to afterschool and summer sites in Cleveland and Dayton. During the first year of the funded period we will increase the number of members in both Dayton and in Cleveland to five per city so they are better able to recruit new afterschool and summer sites to the federal meal programs, assist site staff with required meal program paperwork and conduct visits to monitor site compliance with federal meal regulations. During the second and third years of funding, we will utilize members to conduct outreach activities to expand federal afterschool and summer meal programs in Cincinnati, Akron and Toledo.

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To truly make the program comprehensive, members will provide our nutrition and fitness enrichment programming at sites that offer federal meal programs. This program packaging effectively relates physical activity, nutrition education and healthy eating. When federal meals are offered in conjunction with our enrichment programming it will reinforce nutrition education through thoughtful consumption of healthy foods. Furthermore, the combination of programming provides solutions to the interrelated issues of food insecurity, poor nutritional intake and obesity.

CHA is unique in its utilization of federal meal programs as a point of access to provide nutrition and fitness education to children. In addition to providing enrichment activities at federal meal program afterschool and summer sites, CHA facilitates federal meal reimbursements, nutrition education and school readiness to over 1,995 family child care providers caring for approximately 22,000 children. Through our Multicultural Initiative in Central Ohio, we provide USDA meal reimbursements and nutrition education to 450 low-income and immigrant providers.

During the first year, six full-time members will be placed at sites in Dayton, five members in Cleveland, and six members in Columbus. Half-time members will also be placed in Columbus due to over 70 afterschool programs requesting Food Folks and CATCH-PE programming. Members placement at sites rotate on a quarterly basis. To ensure program sustainability, members share activity ideas, teaching techniques and how to create a healthier environment with site staff.

An additional eight members will work only during the summer months to meet the higher demand for enrichment programming. Members will implement Food Folks and CATCH-PE at summer program sites serving nutritious federally-funded meals. The urgent need for programming at summer sites is demonstrated by the waiting list of community organizations requesting our services.

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Through the AmeriCorps program, CHA is able to expand food access and provide the education needed to ensure the children we serve are well-equipped for their future. The AmeriCorps program enhances and increases the scope of work that has already been established. By following AmeriCorps guidelines that prohibit members from performing clerical work or displacing employees, we are not violating non-duplication, non-displacement and non-supplementation requirements.

In September, members participate in a 5-day orientation, described in detail in the Member Outputs section. The AmeriCorps Manager will continue to provide trainings to members on a monthly basis covering a wide range of topics, including nutrition and fitness, behavior management, meal access education and outreach techniques, CPR and First Aid and child safety issues. Through these trainings, members gain the skills needed to effectively educate the children they serve and reach the program goals set forth at the beginning of their service years.

Members meet one-on-one with their on-site supervisor weekly to go over program progress and to discuss struggles. Members also meet weekly as a Corps to connect with one another, receive program updates, announcements and information about upcoming projects. The supervision provided allows members and staff to address struggles in a timely manner, better ensures successful program outcomes and increases member satisfaction and retention.

Members receive information during orientation regarding activities prohibited during the service year. The member agreement outlines prohibited activities and members sign a statement indicating they will not participate in prohibited activities while completing AmeriCorps service time. A breach of the agreement could lead to member suspension or termination.

Measurable Outputs and Outcomes

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Food Folks Nutrition Education curriculum

Measurable Output: Reach 2,000 children with Food Folks programming.

Intermediate Outcome: 75% of children will increase their nutrition knowledge as evidenced by pre- and post-testing.

End Outcome: 40% of children will report an increase in their fruit/vegetable intake.

Long-term Impact: Children will continue to make healthy food choices after the program ends.

CATCH-PE curriculum

Measurable Output: Reach 2,000 children with CATCH-PE programming

Intermediate Outcome: 80% of children will increase their cardiovascular endurance as evidenced by pre- and post-testing.

Long-term Impact: Children will continue to be physically active after the program ends.

HKHC will also include performance measures about food access, volunteer recruitment and member development.

Members complete monthly paperwork to show their progress towards their goals, including reports which contain the number of children participating and number of lessons taught. Increases in nutrition knowledge are measured by administering pre- and post-tests and increases in cardiovascular endurance by comparing pre- and post- results from a 9 minute walk/jog/run. Members track volunteers, including number and hours of service using sign-in sheets.

The AmeriCorps Manager summarizes the data and reports it quarterly to the Ohio Community Service Council through the OnCorps website, used by all AmeriCorps programs in Ohio.

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The program will address the Healthy Futures priority area and will be using standard performance measures.

Plan for Self-Assessment and Improvement

For over 30 years, CHA has provided effective programming in low-income communities in Ohio. The agency has a long track record of accountability and continuous program improvement.

Member data is compiled and analyzed to track progress to overall goals and outcomes. The AmeriCorps Manager and Enrichment Director make program changes as needed based on the data, identify areas for improvement, strategize how best to meet program goals and ensure member engagement.

An objective evaluation was conducted by The Strategy Team, LTD in 2007 with 26 afterschool sites statewide. Overall, the report clearly showed HKHC was successful in improving the well-being of children, including fitness and academic skills. As a result of evaluation feedback, to further strengthen the program we began offering Food Folks and CATCH-PE simultaneously (instead of as stand-alone curriculums) and placing members with only one site per quarter to better serve the sites. Offering both curriculums allows members to reinforce both nutrition and fitness lesson concepts; teach staff how to continue implementing program concepts after the conclusion of the program; offer suggestions for changing the site environment to better support healthy eating and physical activity; offer additional support to the site such as tutoring and help with special events; and develop trusting, one-on-one relationships with the children attending the program. In subsequent feedback solicited by CHA, sites reported an increased satisfaction with the program and the agency has seen improved outcomes. CHA will conduct a similar in-depth evaluation during the funded period and use the report to further

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improve the program.

In addition to independent objective evaluations, afterschool site staff complete evaluation forms quarterly to provide feedback on program delivery, content, quality and member performance.

For example, in response to these evaluations, we strengthened the family component of Food Folks and included educational materials for families as part of the written curriculum.

Beyond objective program evaluations, frequent communication among staff, members and sites allows us to deal with problems as they arise and gather additional feedback. The AmeriCorps Manager conducts quarterly site visits to observe and evaluate the performance of each member; additional site visits are conducted if more guidance is needed. Members provide feedback during their 6- and 12-month evaluations, as required by CNCS. An informal evaluation is conducted after 3 months. CHA staff meet weekly with members to share experiences, discuss problems and acknowledge member contributions.

Community Involvement

CHA conducted extensive focus groups with children and parents to gain insight into the barriers to healthy living and the resources needed to overcome these barriers. Lack of resources, nutritious food and education were quickly identified.

Focus groups indicated that children were unable to be physically active due to the elimination of recess and gym class at many schools and the lack of safe places in neighborhoods in which to play. Because of its strong national reputation, CATCH-PE was identified as the best curriculum to use in providing children with fitness activities.

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Food Folks was developed in direct response to the input of parents and children as well as targeted community stakeholders such as the Ohio Afterschool Network, the definitive resource for Ohio afterschool programs. Our staff has made presentations at Ohio Afterschool Network conferences to share Food Folks with education professionals across Ohio. The curriculum is considered exemplary, and our agency is routinely consulted as a community resource for nutrition and physical education training in afterschool settings.

In 2000, CHA launched the IMPACT program in which members worked closely with faith-based afterschool programs to build capacity through training opportunities and technical assistance. A Steering Committee was formed, which included representatives from the program funder, CHA and faith-based organizations. The Committee has met quarterly for nine years, during which time CHA learns about the needs and concerns of faith-based organizations and how to serve and support them.

Through community feedback, we also identified the need for sites to offer nutritious meals and snacks to their participants. We work closely with sites to align our program to meet their needs of technical assistance and implementation support.

CHA's Program Committee, comprised of business and community leaders, reviews the program goals and objectives of HKHC annually. This expert committee of dedicated professionals makes recommendations for program growth and development.

Sites provide physical space for the program and help promote the activities. Sites are selected based on their capacity to support a meal program and their commitment to provide nutrition and fitness education to the children in their care. To ensure the sustainability of the programs, members share

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teaching techniques and activity ideas with site staff. CHA provides meal training and members deliver the enrichment programming, educational materials and CATCH-PE equipment (i.e. balls, hoops).

Together we work to maximize attendance and create healthier environments for children.

As we expand into new regions, focus groups of site staff and community members will be held to assess the needs of the sites, families and communities. Their input will help shape site and member recruitment strategies and tailor the programs to meet specific needs and cultural requirements. CHA will continue to build broad-based community support from parents, site staff, community leaders and other community-based agencies.

Relationship to Other National and Community Service Programs

It is important for members to experience and serve their communities in a variety of ways.

Collaborating with other Direct Service and AmeriCorps*VISTA programs that address the needs of Ohio children and families brings a sense of belonging and togetherness allowing members to feel they are part of a bigger initiative.

Over the last 3 years, we partnered with AmeriCorps programs for service activities, including mulching a playground with City Year Columbus and assisting with the OSU Kid Corps Year End Celebration for Head Start Students. Members also participate in national service days, Make A Difference Day and the Martin Luther King Day of Service. Furthermore, our program collaborates with other programs addressing the needs of afterschool sites and low-income communities, including Afterschool Alliance, Ohio Afterschool Network, Ohio Department of Education, Ohio Action for Healthy Kids and the Ohio Parent Teacher Association.

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Potential for Replication

Because any community organization has access to federal meal programs and AmeriCorps funding, HKHC is easily replicated at a wide range of community-based venues, including schools and faith-based sites. The Food Folks curriculum is available on the CHA web site, and CATCH-PE is a widely used curriculum in schools and community organizations across the country.

Members work in multiple locations throughout their year of service in order to reach the greatest number of children. Site staff are trained and have access to curriculum, materials and technical assistance after members leave. These program design elements facilitate the replication and continuation of all aspects of the program: meals, nutrition and fitness activities.

Due to the success over the past six years, CHA is now replicating our program by expanding our work into new low-income communities in southwest and northeast Ohio. We continue to seek new ways to expand food access and education to children in Ohio.

Organizational Capability

Sound Organizational Structure

Ability to Provide Sound Programmatic and Fiscal Oversight

CHA strives to break the cycle of childhood hunger through education, leadership, advocacy and service so all Ohio children will be well-nourished, healthy and thrive. We facilitate access to nutritious food for children in family child care homes, schools, community organizations and faith-based youth-serving groups. Thanks to successful partnerships, CHA helped expand nutritious federally funded meals and snacks by more than 200,000 children during the last 5 years. Recognizing the need to go beyond basic

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nutrition, the agency uses federal meal programs as an access point to reach children with early learning activities and enrichment programming focused on nutrition and fitness.

Founded in 1970 as the Hunger Task Force, CHA launched its mission to eliminate hunger in Ohio with a volunteer, a \$2,000 grant and donated office equipment. Focusing primarily on hunger policies in Ohio, it was incorporated as a 501(c)3 agency in 1973. In 1983, three years after becoming a United Way agency, the agency was renamed the Ohio Hunger Task Force to recognize its statewide presence. Eleven years later, the agency expanded its mission to include nutrition education, leadership, and service. In 1999 and 2001 respectively, the agency opened regional offices in Cleveland and Dayton in order to establish local presences in Southwest and Northeast Ohio. The agency adopted the name Children's Hunger Alliance in 2002 to reflect the importance of strategic alliances in creating long-term solutions to the complex issue of childhood hunger. Today, Mary Lou Langenhop, CEO, oversees more than 70 employees, 20 AmeriCorps members, and a \$17.3 million dollar budget. Under her leadership, Children's Hunger Alliance leads and strengthens collaborative efforts that aim to feed the hungry minds and bodies of Ohio's children.

In 2004, CHA began utilizing members to deliver the Healthy Kids, Healthy Communities (HKHC) program which provides nutrition and physical fitness enrichment programming at afterschool and summer sites statewide. To date, over 55 members have completed service with this program at CHA. Having such a long successful history with the AmeriCorps program demonstrates that CHA has learned to manage all fiscal resources and budget effectively for the program. With this application, we are expanding our proven model to more communities in Ohio.

In addition to extensive experience with HKHC, CHA has more than 20 years of experience facilitating increased access to federal meal programs for children. In 1978, the agency began sponsoring these meal

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programs, and has since become the largest federal meal sponsor for at-risk children in Ohio. As the program sponsor, CHA has successfully assumed the administrative and fiscal responsibilities of operating a federal food program on behalf of sites and child care providers for more than two decades.

Today, CHA sponsors 1,995 family child care providers and almost 80 afterschool and summer sites. These child care providers care for approximately 20,000 children statewide, while the afterschool and summer sites provide more than 220,000 free meals and snacks to over 2,700 children each day. The afterschool and summer portion alone leveraged \$330,780 in federal dollars for the local economy. CHA's sponsorship of these afterschool and summer meal programs in Central Ohio has accomplished so much that, as of January 2010, the agency will begin providing this service in Cleveland and Dayton.

CHA has over 30 years experience working with schools to expand Ohio children's access to quality School Breakfast, Summer Food Service and School Lunch Programs. While members will mostly work to increase access within the afterschool and summer programs, they will also increase awareness about vital school nutrition programs.

Every time a child eats a USDA meal, federal dollars are provided to cover the cost of the meal. Therefore, no costs are incurred by the afterschool and summer program, freeing funds formerly used to provide food to children to be used for other program needs. The local economy is boosted by additional food purchases and labor needs. Once these food programs are established and federal funds are brought into the local economy they become sustainable, allowing schools, afterschool programs and family childcare providers to continue serving meals and snacks to at-risk children.

Board of Directors, Administrators, Staff

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CHA is governed by a Board of Directors who work closely with the CEO and is charged with financial and administrative leadership and accountability for the organization as a whole. The CEO partners with a leadership team comprised of Senior Vice Presidents of Finance and Infrastructure, External Relations, Strategic Partnerships and Nutrition Programs to implement those goals.

Board members contribute specifically to the success of individual programs by providing direction and lending their expertise to the programs' goals, objectives and challenges. They identify program related grant opportunities, link staff with trainings and classes and review financial reporting.

Administratively, Mary Lou Langenhop, CEO, and Shelly Beiting, SVP of Strategic Partnerships provide overall leadership to the HKHC program. Reporting to Mrs. Beiting are an AmeriCorps Director of Enrichment, an AmeriCorps Manager and 2 Regional Office Directors who run daily program operations in our regional offices. These staff members have the experience to deliver effective, quality programming to afterschool and summer sites, including program administration, training, communication, and reporting. To ensure programmatic consistency the Enrichment Director will monitor the program, manage staff, and ensure fiscal and programmatic compliance. The AmeriCorps Manager and Regional Office Directors will direct all reporting and will make frequent contact with members and sites to guarantee proper implementation of the work.

Many staff contribute to the oversight and success of the program. With the exception of Shannon Amos and Amy Kiger, no additional funds are needed to cover the cost of staff supporting the AmeriCorps program.

Shelly Beiting, SVP of Strategic Partnerships is a registered dietitian with experience in clinical and

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community nutrition programs and international health. Before joining CHA in 2003, she was Chief Clinical Dietitian at Mercy Medical Center in Springfield, Ohio. Beiting is involved in a variety of health related community work. In 2006, Beiting was honored by Business First Magazine as one of Forty Under Forty--young professionals who are making outstanding contributions to their professions. Beiting holds a B.A. in Natural Science from Goshen College, a M.P.H. in Nutrition from the University of North Carolina and a certificate in child and adolescent weight management. Beiting oversees the goals and strategic directions of HKHC.

John Kimmel, VP of Finance has been with CHA since January 2003, and has over 30 years of experience in accounting and finance. He earned the designation, Certified Public Accountant in 1988. Kimmel worked in bookkeeping, accounts payable, financial statement preparation, financial analysis, budgeting and taxes. He leads the agency's financial and accounting operations for all programs, including HKHC, and serves as liaison to the Board Finance Committee. A member of the Ohio Society of CPAs, Kimmel holds a B.A. in Commercial Science from Columbus Business University and a B.A. in Accounting from Ohio Dominican University. Kimmel provides his financial expertise for HKHC by processing invoices and managing payroll among other responsibilities.

Shannon Amos, Enrichment Director, has been with CHA since 2004. She holds a M.S. of Family and Consumer Sciences with an emphasis on child nutrition from Bowling Green State University. Previously, Mrs. Amos worked with the Ohio State University Extension Office as a student program assistant with the 4-H Youth Development program. Amos manages daily program operations and is responsible for both staff and members.

Amy Kiger, AmeriCorps Manager, is a former AmeriCorps service member who worked extensively with school and afterschool sites to provide quality educational assistance.. In 2006, she joined the staff as

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the Afterschool Nutrition Coordinator and worked closely with afterschool sites to expand the federal-reimbursable meal program and ensure compliance with federal guidelines. In 2008, she became the AmeriCorps Manager and provides leadership for service members statewide. Her duties include recruiting and training service members, coordinating enrichment activities and trainings, assisting with data collection and analysis and providing technical assistance and capacity-building support to faith-based sites.

Deanna Putman, Regional Director of Southwest Ohio and former AmeriCorps member, directs all operations out of CHA's Dayton office, including on-site management of the agency's Dayton area members.

Debra Parmer, Vice President of Northeast Ohio and former non-profit CEO, directs all operations out of CHA's Cleveland office, including on-site management of the agency's Cleveland area members.

Rebecca Roush, Grants Manager, directs the work of the Grants Team and focuses on securing funds for the AmeriCorps program.

We have no plans to recruit additional staff.

Plan for Self-Assessment or Improvement

Every 3 years, CHA's Board of Directors and all staff participate in an intensive, multi-stage strategic planning process conducted over the course of 3 months. An expert in the field of strategic planning and organizational assessment facilitates the development of the agency's three year strategic plan. The strategic plan developed during this time is a "living document," open to change but providing a guide

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for achieving the agency's fiscal and programmatic goals. Staff reviews the strategic plan annually and adjusts it to reflect changes in the economic climate, available resources and community needs.

Annually, CHA conducts employee engagement surveys, outside assessments of senior staff and an independent financial audit to ensure agency quality and improvement.

Plan for Effective Technical Assistance

CHA works with a variety of public and private organizations to secure financial and programmatic technical assistance for our HKHC and federal meal programs. Technical programmatic and financial assistance for HKHC comes from the Ohio Community Service Council program staff, including the grant and state program officers. CHA staff also utilize resources from the Corporation for National and Community Service's web-based site, "The Resource Center." Technical financial and programmatic assistance for our federally sponsored meal programs comes directly from the Ohio Department of Education and the USDA. CHA does not provide technical financial assistance to sites since CHA maintains all necessary financial records for HKHC and our meal programs.

CHA offers quality trainings and on-going programmatic technical assistance to afterschool and summer sites. HKHC program staff initially meet with the leadership of partner agency to explain the roles and responsibilities of having members at their sites. Partnering agencies attend a mandatory meeting prior to member placement to review AmeriCorps rules and regulations, member responsibilities and the role and responsibilities of site supervisors. CHA's meal program staff also meet with our meal program sites to provide program orientation and explain on-going training and reporting requirements. CHA staff members offer continuous technical assistance to all program sites on an as-needed basis.

CHA works with staff and members who directly deliver the programs to identify and respond to any

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ongoing training and technical assistance needs. Members receive a thorough orientation at the beginning of their service year regarding all aspects of the program and then receive technical assistance and training at regularly scheduled intervals. Staff members responsible for the program will participate in trainings offered by the government agencies responsible for overall program administration. Furthermore, an objective evaluation will be conducted every year that will help identify any new training and technical assistance needs.

Additionally, CHA identifies and responds to the ongoing training and technical assistance needs of our service sites through continual communication with the partnering agencies. This includes monthly reporting requirements, interim and follow up evaluations and feedback from AmeriCorps members regarding the host site. CHA will also provide sites with training opportunities and networking sessions that allow sites to compare programmatic and fiscal situations and best practices.

Sound Record of Accomplishment as an Organization

Volunteer Generation and Support

CHA has a dedicated corps of volunteers who help with various activities, including large-scale community events, on-site enrichment assistance, fundraising activities, office assistance and telephone research. The CHA Development Coordinator directs volunteer program operations which include recruiting, training, rewarding, monitoring, tracking and evaluating. To maintain a diverse team of volunteers, CHA recruits individuals and groups through the agency web site, the e-newsletter, online resources, corporate and university relationships and word of mouth. This year's volunteers represent all age groups, ethnicities and genders. Agency volunteers receive onsite training from key staff members for their role in the various events and projects we offer. For example, each summer CHA

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holds an event for 300 children who attend agency sponsored afterschool and summer program sites. Volunteers receive proper training and then lead activities, coordinate logistical details, serve meals and act as "buddies" for the children. These volunteers help CHA increase its organizational capacity by assisting with direct service, staffing special events and providing much needed project support. In 2009 we were proud to have one of our volunteers receive the Medical Mutual Outstanding Senior Volunteer Award-Honorable Mention for service to CHA and the community.

Organizational and Community Leadership

CHA is recognized as a statewide leader in the areas of childhood hunger, nutrition and obesity prevention, consistently partnering with other community organizations to further the agency's mission. For example, CHA chairs the statewide coalition Ohio Action for Healthy Kids, which seeks to improve nutrition in Ohio schools. CHA also recently participated in both the Governor's Ohio Anti-Poverty Task Force and Ohio Food Policy Advisory Council.

CHA was one of just 3 non-profit organizations in Ohio recognized by the Ohio Association of Nonprofit Organization's for meeting their Standards for Excellence in Nonprofit Management in 2003 and 2006. This award speaks to the agency's ability to effectively manage fiscal and programmatic resources. In 2005, the Better Business Bureau honored CHA with their Wise Giving Standards and the Department of Health and Human Services recognized the HKHC AmeriCorps program with their Innovative Health Award. More recently, CHA was presented with the 2009 Non-Profit Padrino Award from the Ohio Hispanic Coalition for our outstanding support of the Latino community and the Coalition's afterschool meal program. Also, an individual service member received the Molina Health Award for Community Service during her year with CHA.

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Individually, Mary Lou Langenhop, CEO, sets the example for community leadership. Mrs. Langenhop sits on the Champion of Children Advisory Board, the Community Shelter Board, serves as Vice Chair of the United Way Health Impact Council and is a member of the United Way Public Policy Committee. Other leadership staff are part of the Ohio School Based Health Care Association, the Buckeye Healthy Schools Association Executive Board and the Montgomery County Wellness Matters Coalition, among others.

Besides agency and individual staff leadership roles, CHA holds annual events to raise public awareness of childhood hunger, including an annual Menu of Hope Luncheon and the policy focused Walk in My Shoes events.

Success in Securing Match Resources

CHA has been highly successful in securing match resources throughout the duration of our current program and has not seen any recent challenges, even amidst economic downturn. The Grants Department worked to secure more than \$175,000 in restricted funding in FY 2009 to support the HKHC program. This overall amount includes a portion of program supplies, staff salaries and benefits, miscellaneous costs and matching funds for AmeriCorps service members. The match funding comes from both private foundations and corporations committed to supporting at-risk youth, youth development, improving nutrition education and quality nutrition, and increasing the level of physical activity in low-income, minority and immigrant communities. Several of our returning funders reduced the amount of their annual awards due to the economic downturn, but we have secured new funders to support our work in the last 2-years.

Success in Securing Community Support

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Collaboration

Agency collaborations with schools, churches, recreation sites, settlement houses, Boys and Girls clubs, YMCAs and other youth-serving organizations allow us to reach thousands of children who would otherwise not receive valuable enrichment programming and healthy meals. CHA members also target the underserved immigrant populations in Central Ohio, including Somali, Latino, Ethiopian and Ghanaian children. Our agency collaborations have allowed CHA to increase access to healthy foods for at-risk children and connect that food with educational opportunities. This programmatic synergy enables CHA to offer a comprehensive menu of services, thereby enhancing the quality of the programs available through the agency.

We have partnered with Action for Children to provide in-kind trainings and Ohio's Afterschool Counts Initiative which provides us the opportunity to reach over 200 afterschool directors with the importance of quality afterschool health initiatives.

Additionally, CHA focused AmeriCorps work with faith-based partners through the development of the IMPACT program. IMPACT is a coalition of over 60 faith-based community partners that meets monthly to network, share resources and develop ideas for program enhancement and replication. The idea for this coalition was born out of CHA's experience working with faith-based programs and discovering that they often lacked effective collaborative networks and access to valuable resources.

HKHC members also collaborate with other AmeriCorps programs, as detailed in the Rationale and Approach section, Member Outputs and Outcomes: Relationship to other National and Community Service programs.

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Local Financial and In-Kind Contributions

CHA continues to receive on-going financial support from local partners, including the JP Morgan Chase Foundation, Huntington Bancshares, Limited Brands Foundation, Nationwide Foundation, Cardinal Health Foundation, Honda of America, Reinberger Foundation, Battelle, Kaiser Permanente, Aetna Foundation, Harry C. Moores Foundation, Sisters of Charity -- Cincinnati, United Way of Central Ohio and others. This year CHA secured funding from new partners, including the Wellpoint Foundation, the Jewish Community Federation and the United Black Fund of Greater Cleveland.

Wide Range of Community Stakeholders

CHA has also been able to diversify our funding by increasing the number of individual donations and in-kind contributions received each year. In-kind contributions include advertising and communications assistance, contributions from local restaurants for meals, quality training for staff and members and space for special events.

CHA has a Program Committee made up of key community members who review all agency programs for relevance and quality. Committee members offer guidance on agency program direction from a variety of unique and valuable perspectives that have significantly enhanced the agency's ability to expand the scope and amount of available programming. As CHA expands our Regional Boards into other areas of Ohio, we will be able to acquire additional Committee members who will offer other valuable non-financial support and guidance. Current members come from such diverse organizations as The Ohio State University, Nationwide Children's Hospital and the United Way of Central Ohio.

Cost Effectiveness and Budget Adequacy

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Cost Effectiveness

The Corporation cost per member service year is calculated within the budget.

Diverse Non-Federal Support

CHA established an endowment fund in 1996 that is housed at the Columbus Foundation and receives a substantial contribution each year using the proceeds from the agency's Menu of Hope Luncheon. The 2009 Menu of Hope luncheon made possible a \$300,000 contribution to the agency endowment fund. To date, the agency endowment is worth more than \$3.6 million. The purpose of the endowment fund is to one day be able to fully support the agency's programs, services and operating expenses, thus eliminating the need for grant funding in the future. It is our agency's goal to reduce our reliance on federal funding and we have taken bold action steps for more than 13 years to achieve that goal.

Agency funding includes United Way of Central Ohio, foundations and corporations. In FY 2009 our agency raised more than \$2.9 million in restricted assets to support our programs and services and \$300,000 to increase the agency endowment.

For the HKHC program, we continually seek out funding partners from a variety of arenas. Our funders represent the geographical areas that our program reaches. Local entities such as organizations that operate and support afterschool programs, such as the Ohio Department of Job and Family Services, Kaiser Permanente, Cardinal Health Foundation, Reynolds and Reynolds, Anthem/Wellpoint, the Limited Foundation and the United Way of Central Ohio have all increased support for our AmeriCorps program. We have not had any concerns with matching funds the past 3-years and foresee this success in the next funding cycle.

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As we expand into new geographical areas of the state, we are currently doing research and discovery work on corporations, foundations and funders in Toledo, Cincinnati and Akron. We have great relationships with funders in Cincinnati and have had preliminary conversations about our new AmeriCorps work in their community.

Also mentioned in earlier sections are the wonderful relationships we have with community partners and board member organizations. Resource commitments include professional training, meeting support with food and space, special event location space, incentives for members and also for the children we reach. This community support will continue over the next 3-years.

CHA has significant experience in grantsmanship. We have successfully demonstrated the importance of improving children's lives through nutrition and fitness programming and funders have responded positively. We have remained focused on garnering broad based stakeholder support and diverse funding from public and private sources including the Osteopathic Heritage Foundation, Columbus Foundation, United Way and the Ohio Department of Education (funding for child nutrition program expansion). In-kind and cash support from partners, local foundations and corporations are all reliable funding sources.

Decreased Reliance on Federal Support

In the last 3-year grant cycle we have increased our share of matching funds. In this application we will continue this trend of increasing our share of matching funds to 39%, higher than our required minimum match. Described throughout this project proposal is the concept that we will continue to reach children in afterschool settings and the staff at the sites will continue to reach additional children

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in subsequent years. We will also be increasing our breadth as we reach additional children through the USDA Meal Expansion efforts in new areas of the state. This increase in reach within our community and the state will impact more children's lives. With this expanded reach, we are not seeking an increase in the federal match over the next 3-year cycle.

Budget Adequacy

Upon review of our program budget, you will see that it allows for effective programming and project execution while maintaining attainable goals for resource support. The Corporation funding supports member living allowances, benefits, minimal AmeriCorps Manager salary support and Corporation-sponsored staff training. You can then see that CHA and the funds raised will support the remainder of the project costs. CHA has been very successful in securing the entire matching funds the past 6-years and have no doubt that this high level of success will be matched in future cycles.

To reach our desired outputs and outcomes, budget expenses include items to support member growth including member training and development, service-project support as we will implement community projects throughout the year, orientation, travel, supply costs as well as member gear. Line items also include support for supplies for the effective execution and delivery of member nutrition and physical activity programming that supports the growth of children throughout Ohio.

Evaluation Summary or Plan

Our last completed formal evaluation assessed the afterschool programs we reached by looking at impact on children/staff/parents and value added opportunities. It was compiled in November 2007. Two key research findings included: 1. Amongst afterschool site staff and site administrators, there was a great degree of positivity toward the AmeriCorps members' service and the value they brought to the children and to the site. 2. The program had the greatest impact among the children it served, however,

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it also had an effect among the site staff and on the organization's capacity through the ability to recruit volunteers and to submit grants.

Our annual performance measures and data indicate the great success we have with improving children's nutrition knowledge through the curriculum and activities we lead at afterschool sites. Our program is again being formally evaluated in the Spring of 2010 by researchers at The Ohio State University (OSU) staff in the department of Community Nutrition.

Through our evaluation we hope to gather more information on the impact our program has had in several areas:

Child level: Utilize a control group to compare children who have participated in our programming to children who have not to assess difference in eating and activity habits. OSU is also helping us to better understand behavior change measurement tools to build into our child evaluation techniques.

Parent level: What factors influence their choice of what afterschool program their child attends? Does providing a meal and enrichment activities sway this decision? Do they value the meal provided at the program? What information shared within the nutrition education program makes it home to parents? Is it utilized? How have families used this information?

Afterschool program level: Looking at the physical environment, does the site alter the environment as a result of our program (turning off vending machines, stop using food as reward, etc.)?

AmeriCorps Alumni: Survey our member alumni to see if their year of service helps shape their career path and continued engagement in community service.

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The past 2-years we have also altered our program structure for all sites to offer both nutrition and physical activity programs. We want to investigate the impact of having members at sites for longer periods of time and providing more enrichment programs.

Amendment Justification

N/A

Clarification Summary

Programmatic Clarification Items:

Please verify that the number of full time members is correct and is consistent with the application narrative.

-There was a typo in the narrative. We are requesting 16 full-time members, 6 half-time members, and 8 quarter-time members.

If changes are made in the budget to the number of full time members, please ensure a corresponding correction is made to the member health care line item.

-The error was made in the program narrative, not in the budget; the numbers in the budget section are correct.

Proposed Expansion -- Please provide additional information to support the program's proposed expansion into Cincinnati as well as proposed expansion in Cleveland. Data provided in the application narrative indicates that these two areas have overweight/obesity rates below the state average. Please clarify why these areas were selected for programming.

-Although the overall regional statistics for overweight/obesity are slightly lower than the state average for the Cincinnati and Cleveland areas, data shows that the specific populations our program targets are

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actually at greater risk for overweight/obesity than the state average. The Healthy Kids, Healthy Communities AmeriCorps program targets urban, low-income, predominantly African-American communities. Data from the 2008 Ohio Family Health Survey entitled "Obesity in Children and Families Across Ohio" shows that minority children and those from low-income households have a greater risk of being overweight or obese. Half of Ohio's African American children (50.3%) are overweight or obese; in contrast, 42.5% of Hispanics, 32.9% of Whites, and 7.7% of Asian American children in Ohio are overweight or obese. Additionally, overweight/obesity rates vary by family income; rates of obesity decline as income rises, ranging from 26.2% for those at or below the federal poverty level (FPL) to 11.4% in those over 300% FPL. Adult educational attainment is linked to obesity rates in children and adults. Children are significantly more likely to be overweight or obese (50.9%) when the adult respondent (most of whom were their parents) has a high school diploma or lower educational attainment, compared with the adult having a college or graduate degree (25.2%).

Member Training -- Please provide additional information on the training plan specific to summer only members. What timeline will the program use to ensure these members receive the training needed to complete their service responsibilities?

-In May, summer only members will participate in an intensive 3-day orientation. On day 1, members learn about the history of CHA, National Service and AmeriCorps, AmeriCorps guidelines and prohibited activities, drug awareness and policy, professional standards, and the AmeriCorps member manual. On day 2, we will provide workshops on the Importance of Nutrition Education, basic nutrition education, Food Folks curriculum training, and lesson observation where members will travel to a site to observe a current member teach. On day 3, members will participate in a CATCH-PE training provided by a certified CATCH-PE trainer, discuss the importance of volunteer recruitment and best practices, set their personal goals and objectives for the service term and end the day with a CATCH lesson observation.

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Member Supervision -- Please clarify who will serve as member supervisors. How will member supervision work for members who change sites? How will the supervision plan be different for summer only members?

-All members change sites throughout the year based on the structure of our program. They are assigned to an afterschool program for approximately 12 weeks to administer both Food Folks and CATCH-PE. Members report to a designated Children's Hunger Alliance (CHA) staff person in their region. For the Cleveland and Dayton areas, members report to the Regional Director and in Columbus they report to the AmeriCorps Manager. The grant-funded AmeriCorps staff work 1-on-1 with supervisors to educate them on AmeriCorps procedures, paperwork processes, online systems and member recruitment. As part of the supervisory team they are required to attend quarterly trainings hosted by CHA. These "on-site" supervisors help place members with afterschool programs, meet with them weekly to discuss projects and program progress, observe members teaching quarterly to monitor progress and provide feedback. These supervisors are also responsible for approving timesheets, mileage logs, and monthly paperwork. Summer only members will follow the same structure and will report to their regional supervisor.

Community Based Performance Measures -- Please provide additional information on the program's success at meeting well defined performance measures.

-Children's Hunger Alliance has operated AmeriCorps programs for over a decade and has a strong history of creating and meeting well-defined performance measures. During the previous 6-years of our current AmeriCorps grant we have met all performance measures outlined for our program. For example, in PY 2008-09 one of our performance measures was to reach 1,400 children with the CATCH program with 80% of those completing pre- and post-testing increasing their cardiovascular endurance. By the end of the PY we had reached 1,764 children with CATCH and 84% of those completing pre- and

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post-testing improved their cardiovascular endurance.

Organizational Capability -- Please provide additional information on the organization's ability to provide oversight and monitoring of service sites.

-Children's Hunger Alliance has a long history of placing and overseeing AmeriCorps members at service sites. We actively work with more than 50 afterschool and summer sites each year. Each time a member is placed at a site to implement programming, an agency staff member and AmeriCorps member meet with the site director or on-site staff to discuss program expectations and member and site responsibilities. Site staff are informed to contact AmeriCorps staff with any questions or concerns while the member is placed. During the course of the programming quarter, a staff member visits the program site at least once to do an on-site observation of the member, provide feedback and in-general make sure the program is meeting the expectations of both the AmeriCorps program and the site. At the end of the quarter a questionnaire is sent to the site to provide additional insight and feedback on the member, service provided and ways to enhance or improve the program moving forward.

Evaluation - Please include standard language about not complying with evaluation requirements.

-Advised by the Ohio Community Service Council, after their discussion with Ohio's Program Officer at CNCS, that this issue was addressed and no further clarification was needed.

Program Design -- Please provide additional information regarding how the program will ensure compliance with the Serve America Act which prohibits use of grant funds for sole purpose of referring individuals for other Federal assistance.

-We educate members on the Federal assistance programs available during orientation because we feel it is important for them to understand. Our AmeriCorps members do not refer individuals for Federal assistance.

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Criminal History Check Requirement -- Please verify that you will conduct criminal history checks on all members and grant-funded staff.

-We conduct criminal background checks on all members enrolled in our program and grant-funded staff.

Performance Measurement:

-The Healthy Kids, Healthy Communities AmeriCorps program will address the Healthy Futures priority area and will be using the standard performance measures.

Clarification Requested May 10th

As shown in the breakdown of member's time, part-time members will not be engaged in any activities that promote the expansion of federal meal programs and full-time members will only spend approximately 10% of their time in these activities. None of the activities as described in our grant narrative are for the purpose of referring individual children or families to federal meal programs. Instead, our members will focus on educating school, community and faith-based organizations on the benefits of federal meal programs and support them in their efforts to establish, expand or improve the quality of their meal program(s). Members will also raise community awareness of the federal meal programs through flyers, newsletters or informational meetings so that more families with children can access these resources.

Member Activities Breakdown Part-time Full-time

Food Folks and CATCH Activities 75% 50%

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(planning, teaching, family nights, etc.)

Other service activities 10% 20%

(service projects, events, etc.)

Training 10% 10%

Fundraising 5% 10%

Promotion and Education --- 10%

of Food Access

Desired award start date: September 12, 2011

Member enrollment period start date: September 12, 2011

Continuation Changes

Year 1

1. During the first year of our 3-year grant cycle (program year 2010-11) we successfully expanded our program outreach to both Akron and Cincinnati, Ohio as outlined in our original grant proposal. Due to expanding to these new regions one year earlier than originally anticipated in our 3-year grant cycle, we do not plan to add any additional site locations in program year 2011-12.

2. Our program is requesting a cost increase per MSY. Several factors contributed to the decision to make this request.

The member stipend has increased which requires our agency to increase matching dollars for the grant. Though our agency had budgeted and planned for an increase in the match moving into a new program year, we had not budgeted or anticipated the additional increase in member stipend cost on top of our overall matching requirement for the new program year.

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Another factor in our request is that Children's Hunger Alliance has lost a significant amount of state and federal funding over the course of the last 2-3 years, forcing our agency to cut or reduce programs and outreach and freeze the hiring or re-filling of positions. Overall we have needed to rely more heavily on private dollars to support our agency mission. This strategy has also proven difficult, as many of our repeat funders have reduced the amount of funds awarded or stopped funding altogether. These factors have made it increasingly difficult to raise funds to fully support our programmatic work, including our AmeriCorps program.

We do have several strategies currently in place or being implemented in the upcoming fiscal year to raise the funds needed to support programmatic work in the future. The agency is making a concerted effort to identify new streams of funding, including educating and building relationships with new corporations and foundations. This includes taking a regional approach to identify local funders to support local work that impacts a specific community. As corporations and foundations see an increase in demand with fewer dollars to give, diversifying our funding streams is an important step to financial stability. Additionally, as part of a new 3-year strategic plan the agency is targeting individual donors to increase unrestricted dollars raised to support many different agency programs, including the AmeriCorps program.

3. Our program retention for program year 2009-10 was 100% and our enrollment for program year 2010-11 is 100%.

4. We had one 30-day past enrollment in program year 2009. Our program has developed a policy to ensure full compliance with this regulation which includes implementing a monthly Portal check during active enrollment and exit periods. There have been no compliance issues to-date in program year 2010-11.

Performance Measures

SAA Characteristics

- AmeriCorps Member Population - None
 Geographic Focus - Urban
 Geographic Focus - Rural
 Encore Program

Priority Areas

- | | |
|---|--|
| <input type="checkbox"/> Education | <input checked="" type="checkbox"/> Healthy Futures |
| <i>Selected for National Measure</i> <input type="checkbox"/> | <i>Selected for National Measure</i> <input checked="" type="checkbox"/> |
| <input type="checkbox"/> Environmental Stewardship | <input type="checkbox"/> Veterans and Military Families |
| <i>Selected for National Measure</i> <input type="checkbox"/> | <i>Selected for National Measure</i> <input type="checkbox"/> |
| <input type="checkbox"/> Economic Opportunity | <input type="checkbox"/> Other |
| <i>Selected for National Measure</i> <input type="checkbox"/> | <i>Selected for National Measure</i> <input type="checkbox"/> |

Grand Total of all MSYs entered for all Priority Areas 21.12

Service Categories

Other Health/Nutrition

National Performance Measures

Priority Area: **Healthy Futures**

Strategy to Achieve Results

Briefly describe how you will achieve this result (Max 4,000 chars.)

Members use evidence based curricula, Food Folks to effectively deliver nutrition education to children, ages 5-12, attending community and faith-based afterschool and summer sites in Columbus, Cleveland and Dayton. Sites eligible for this programming include schools, recreation centers, YMCAs, Boys and Girls Clubs, parks, libraries, churches, housing complexes and other youth-serving agencies.

Food Folks is a nutrition education curriculum developed by a staff dietitian specifically for use in out-of-school settings. The interactive program consists of 12 one-hour nutrition lessons that focus on a theme (i.e. fruit), a recipe for the children to prepare and related nutrition discussion topics. Food Folks is unique in encouraging children to learn by preparing and tasting the foods they study. Members have found it necessary to involve parents or caregivers in the program to ensure the children continue to eat healthy food once the program ends. Therefore, members send nutritional information home to parents and caregivers after each lesson. Members also design curriculum activities to provide families with the social support and environmental reinforcement needed to make long-term changes. For instance, the program culminates in Family Night, when students prepare a healthy meal for their families.

Result: Intermediate Outcome

Result.

750 children participating in the Food Folks nutrition education curriculum who complete pre- and post-tests will increase their nutrition knowledge. Out of the 2,000 children who will participate in at least one lesson, we expect 1,000 children to complete both the Nutrition Survey pre- and post-test (due to servicing a highly transient population).

Indicator: Number of children participating in nutrition education who increase their nutrition

Target : Low-income children attending afterschool and summer programs participating in USDA-sponsored feeding programs.

Target Value: 750

Instruments: Nutrition survey

PM Statement: 750 low-income children from afterschool and summer programs participating in the Food Folks nutrition education curriculum who complete pre- and post-tests will increase their nutrition knowledge.

National Performance Measures

Result.

knowledge.

Result: Output

Result.

HKHC AmeriCorps members will reach 2,000 children with Food Folks nutrition education.

Indicator: H6: Youth receiving nutrition education.

Target : Low-income children attending afterschool and summer programs participating in USDA-

sponsored feeding programs.

Target Value: 2000

Instruments: Attendance sheets

PM Statement: HKHC AmeriCorps members will reach 2,000 low-income children attending afterschool and summer programs participating in USDA-sponsored feeding programs with the Food Folks nutrition education program. Children participating in at least one lesson will be counted as a Food Folks participant.

Required Documents

Document Name

Status

Evaluation

Sent

Labor Union Concurrence

Not Applicable