



HEALTHY COMMUNITY ALLIANCE

of East Central Indiana

Healthy Community Alliance Physical Activity Workgroup Meeting

August 13, 2019

NOTES

Attending: Nathan Taylor (DC Wellness Pros, YOC), Krista Flynn (BSU Community Engagement), Erin Jacoby (ODHS WIC), John Disher, (IU Health)

HCA Collective Impact and Workgroup Purpose- Engage Partners in influencing their audiences to make healthy choices around physical activity, nutrition and tobacco cessation. Purpose of our workgroup is to make connections, form partnerships, share best practices, and develop resources and materials to help Partners engage audiences.

Recap of June All-Partner Meeting John reported 55 attendees and noted that a video courtesy of Steve Perry is available on the HCA website. Also, a story about the Purdue Extension receiving the HCA 100,000 Award in memory of George Branam is posted on the HCA Website.

Toolkit update- *HWAL toolkit has been updated with local resources from Delaware, Blackford and Jay Counties combined into a single document. Work underway to add kids and senior specific info to toolkit.*

Food News web page John passed out copies of documents available for download on the HCA Food News page:

[Muncie Food Hub Mobile Market Schedule/Brochure 2019](#)

[2019 Delaware County Farmers Market List](#)

Grant Opportunity- ISDH (FULL APPLICATION AT END OF THIS DOCUMENT)

From: Sawyer, Antonia Francesca Rosa <afsawyer@iu.edu>

Sent: Friday, August 02, 2019 2:50 PM

Subject: ISDH Cooking Matters Grant Opportunity!

Greetings friends and colleagues!

I am excited to announce a new funding opportunity from the Indiana State Department of Health. The Division of Nutrition and Physical Activity is now accepting applications for our Cooking Matters Grant. This funding opportunity is available to community organizations throughout the state of Indiana who are interested in increasing healthy food access by improving nutrition environments of families with young children, by offering the [Cooking Matters](#) curriculum to their communities.

For more information on the program, grant eligibility and requirements, please see the attached application. Feel free to reach out to me directly with any questions – and please share this opportunity widely!

The Cooking Matters Grant application is due August 30th by 5pm.

In healthy regards,



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NAIMA GARDNER, MPH

Nutrition Coordinator

Division of Nutrition and Physical Activity

Indiana State Department of Health

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NGardner1@isdh.in.gov

www.StateHealth.in.gov

Mindful Eating – Nathan Taylor, DC Wellness Pros

Nathan is having conversations and gaining feedback regarding a potential initiative related to mindful eating. With funding, he could become certified to teach this program and share with employers and other organizations. He referenced a pilot study with Beaumont Health, links to the study as well as a PPT document below.

<https://amihungry.com/>

<https://www.yocinc.org/wp-content/uploads/2019/08/HAES-.pdf>

<https://www.yocinc.org/wp-content/uploads/2019/08/HFEB-Beaumont-White-Paper.pdf>

Speakers bureau

Develop a list of topics and experts from among our HCA partners who are willing to speak to other groups about engaging audiences around physical activity, nutrition and tobacco. Group is supportive of this effort.

Conversations around Partners and grants- Attendees at the All-Partner meeting filled out a response card related to their interest in a workshop regarding grant writing. Preferences leaned towards a ½ day seminar. Molly Hunt, Heather Williams, John Disher and Lori Mathis will convene to move forward with planning. Intent is to make this offering available to any interested community organization.

Food Council- next meeting 8-21-10 4pm at ODHS

Seymour street garden collaboration- HCA Partners are collaborating to create a community garden near the MITS headquarters on Seymour Street in Muncie. Ivy Tech, MITS, Muncie Sunrise Rotary, Muncie YMCA are involved.

Adjourn- 1:05pm



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Indiana State Department of Health
Division of Nutrition and Physical Activity
Cooking Matters Grant Request for Proposals

Cooking Matters Grant

Cooking Matters is a comprehensive nutrition education curriculum that is “helping end childhood hunger by inspiring families to make healthy, affordable food choices.” Cooking Matters programs “teach parents and caregivers with limited food budgets to shop for and cook healthy meals.” Across the country, community partners that serve low-income families offer six-week Cooking Matters courses to adults, kids and families. Each course is team-taught by a volunteer chef and nutrition educator and covers meal preparation, grocery shopping, food budgeting and nutrition. Adult and teen participants take home a bag of groceries at the end of each class.

In Indiana, there are only two organizations who have been approved and trained by Cooking Matters to offer its curriculum. Both are located in Central Indiana. We would like to see this course offered in other regions of the state in addition to the Indianapolis area. For this reason, applicants from Marion or Hamilton counties will not be considered.

The purpose of the 2020 Cooking Matters Grant is to provide community organizations with funding to offer the Cooking Matters curriculum in their region of the state. We will be offering \$10,000 to four organizations (one in each region) to teach 5 six-week courses of Cooking Matters.

The awarded applicants will enter into a partnership agreement with Cooking Matters by Share Our Strength. There is no cost for this partnership, and the grant award is intended to cover associated program costs. Click here for more information.

The following resources will be offered to each partner:

- Program materials
- Web-based training
- Technical Assistance
- Survey and data analysis toolkit

Partners are responsible for the following:

- Program coordination
- Estimating participant reach - partners must estimate the number of participants they plan to reach through courses and tours each program year
- Commitment to priority audience (see below)



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- [Completing online training](#)
- [Recording program activity](#)
- [Ordering materials](#)
- [Local implementation costs \(grant award will cover these costs\)](#)

Grant Eligibility

In order to qualify for this grant, applicants must meet the following criteria:

- [Applicants must be 501c3 organizations in good standing or other nonprofit entities such as a university or government agency.](#)
- [Grant funding and partnership with Cooking Matters is available for organizations who plan to offer *Cooking Matters for Parents*, *Cooking Matters for Childcare Professionals*, and/or *Cooking Matters at the Store* curricula.](#)
- [The priority audience for this grant is parents \(including pregnant moms/expecting parents\) and caregivers of kids ages 0-5. **We are not accepting applications for youth programming.**](#)
- [Applications from Marion or Hamilton counties will not be considered.](#)

We encourage all organizations who meet the above criteria to apply. However, only one application will be funded from each of the following regions:

- [Northwest Indiana](#)
 - [Lake, Porter, LaPorte, St. Joseph, Newton, Jasper, Starke, Marshall, Pulaski, Fulton, Cass, White, Benton, Carroll, Clinton, Tippecanoe, Warren, Fountain, Montgomery, Boone, Hendricks](#)
- [Northeast Indiana](#)
 - [Elkhart, Lagrange, Steuben, Kosciusko, Noble, De Kalb, Allen, Whitley, Miami, Wabash, Huntington, Wells, Adams, Howard, Grant, Blackford, Jay, Tipton, Madison, Delaware, Randolph, Hancock, Henry, Wayne](#)
- [Southwest Indiana](#)
 - [Vermillion, Parke, Putnam, Morgan, Vigo, Clay, Owen, Monroe, Sullivan, Greene, Knox, Daviess, Martin, Lawrence, Gibson, Pike, Dubois, Orange, Vanderburgh, Posey, Warrick, Spencer, Perry, Crawford](#)
- [Southeast Indiana](#)
 - [Johnson, Shelby, Rush, Fayette, Union, Brown, Bartholomew, Decatur, Franklin, Jackson, Jennings, Ripley, Dearborn, Washington, Scott, Jefferson, Ohio, Switzerland, Harrison, Floyd, Clark](#)

Grant Requirements



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- Complete the Division of Nutrition and Physical Activity's (DNPA) Cooking Matters Grant Application, which includes a narrative section to describe organization background and the proposed locations for classes, as well as a budget section to show breakdown of program costs.
- Establish a working relationship with the DNPA's Nutrition Coordinator throughout the life of the grant to utilize technical assistance services. The recipient must submit regular updates to the DNPA.
- Submit all legal agreement and required forms; as a grant recipient, an organization is considered a vendor to the state, therefore, a Vendor form, Direct Deposit Form and W-9 must be completed.

I. Proposal Cover Sheet

Due **August 30th, 2019** by 5 p.m.

Please answer this application in five (5) pages or less. Upon completion, please submit the proposal to Naima Gardner via email at NGardner1@isdh.in.gov. [If you have any questions, please reach out.](#)

Proposal Contact Person	
Name:	Position:
Organization Name:	
Address:	
Phone Number:	Email:
Fiscal Contact (the individual that signs financial documents)	
Name:	Position:
Address:	
Phone Number:	Email:
Please identify your region (check one)	



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Northeast

Northwest

Southeast

Southwest



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II. Cooking Matters Grant Proposal Narrative

Please answer this application in five (5) pages or less.

Organization background

1. What is the population that your organization serves?
2. What is your organization's experience in working with families or caregivers?
3. Describe your experience in building and/or implementing nutrition initiatives.
 - a. What are some examples of past successes of improving nutrition environments for families and caregivers?
 - b. What challenges have you encountered and what was done to address them?
 - c. If you would like to provide data, please provide it in a separate attachment - it will not count towards your 5 page limit.
4. What outcomes do you hope to see by offering Cooking Matters in your community?
5. Who are your organization's key community partners and successful collaborators?

Program justification

1. Why is Cooking Matters a good fit for your community?
 - a. Who is the main audience and the anticipated reach?
 - b. Which Cooking Matters curriculum are you most interested in offering?
Why?
 - c. What are the proposed locations for the Cooking Matters classes?
2. What are the intended outcomes of the program and how do you intend to measure the impact?
 - a. How would you define success for this project?
3. What does your sustainability plan look like upon completion of this project?
What other funders are you working with/applying to in the event that Cooking Matters funding is not available?



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III. Cooking Matters Grant Budget

Budget proposal

Funding is available for up to \$10,000 per applicant. Funds need to be spent by September 30th, 2020.

Fiscal Year (FY) 19/20	
Item	Proposed amount (\$)
Total	

Budget justification (optional)

If there are any items you feel that you need to explain. Please use this space to do so.

Timeline

The Cooking Matters fiscal year begins on October 1st, 2019 and will end on September 30th, 2020. Please provide an estimated timeline for your organizations efforts, pertaining to this grant.

Thank you for completing this grant application!

Please email to Naima Gardner at NGardner1@isdh.in.gov by August 30th, 2019 at 5 p.m.