



**KAISER PERMANENTE**

Northern California Region – Diablo Area

# GRANT APPLICATION - Workplan



**Organization Name:** Mount Diablo Unified School District CARES After School Program

**Project Name:** Bay Point Garden Project

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Use this table to summarize your proposal. It will expand as you type. Copy this table to include additional goals, if necessary.

<b>Goal:</b>	Increase Physical Activity of Teens in Summer Program						
<b>Target Population:</b>	Youth in after school and summer program	<b>Number of People Served:</b>		800			
Objective	Activities	Timeline		Expected Outcome(s)	Responsible Staff	Evaluation Method(s)	Challenges
		Start Date	Target End Date				
20 youth between the ages of 14 and 20 change their eating habits after participating in Teen Garden Corp	Photo journal	July 2011	Aug 2011	Teens will make photo journals showing what they ate prior to participation in program and how that changes.	Garden Educators	Photo journals	Participants remembering to regularly journal what they are eating.
Teen Garden Corp youth will re-teach lesson to kids in after school programs	Sharing photo journals with after school participants	June 2011	Aug 2011	Youth will reflect on and share changes in diet.	Garden Educators	Survey and photo journal	Scheduling time for sharing of journals with after school participants.
After school participants will have cooking classes in garden classroom.	After school participants will take pictures of recipes they make and make a cookbook for parents.	January 2012	May 2012	After school participants will share recipes and nutritional information with their families.	Garden Educators	Completed cookbooks	
20 youth between the ages of 14 and 20 will cook their families a healthy meal using fruits and vegetables	Teens Garden Corps participants will take pictures of the meal they make for their families	July 2011	Aug 2011	Teen Corps participants and family will learn how to cook a healthy meal with fruits and	Garden Educators	Photo journals	Scheduling time with families to make meals and taking photos during the meal time at



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grown in the garden				vegetables			home
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<b>Goal:</b>	Increase consumption of fruits and vegetables of students in after school programs						
<b>Target Population:</b>	Youth in after school and summer programs	<b>Number of People Served:</b>		800			
Objective	Activities	Timeline		Expected Outcome(s)	Responsible Staff	Evaluation Method(s)	Challenges
		Start Date	Target End Date				
20 Teen Garden Corp Youth will learn about nutrition	Six week summer program	June 2011	Aug 2011	Teens will increase knowledge of nutrition and healthy lifestyles and increase consumption of fruits and vegetables.	Garden Educators		
Garden Educators will train recreation staff on healthy cooking and demonstrate recipes using fruits and vegetables (80 Recreation Specialists)	Monthly training on healthy cooking	Aug 2011	June 2012	Staff will increase knowledge of nutrition and healthy lifestyles and increase consumption of fruits and vegetables.	Garden Educators		
Teen cooking classes will be held at Riverview Middle School using fruits and vegetables (700 kids)	All Riverview youth will cook healthy recipes using fruits and vegetables once a week	Aug 2011	June 2012	Teens will increase knowledge of nutrition and healthy lifestyles and increase consumption of fruits and vegetables.	Cooking teachers		