

Project Title

To support the health and wellness of youth and families by providing ***Garden-Based Learning & Family-Based Intervention Nutrition Programming*** at the Ella Austin Community Center.

Funding Request

\$32,500

Brief statement of the organization's purpose and history

Gardopia Gardens is a 501(c) 3 nonprofit agency based in the Near East of San Antonio. Founded in May 2015, the mission of Gardopia Gardens to educate communities about the importance of practicing wellness in their daily lives. Through gardening, we envision a more educated, health literate, and environmentally sustainable society.

Gardopia Garden's ***Garden-Based Learning (GBL) Program*** offers evidence-based horticultural education in K-12. The GBL curriculum has a strong ***emphasis on reducing childhood obesity and malnutrition***. In two years, our GBL Program established 4 organic gardens within the Eastside Footprint: Ella Austin Community Center, Bowden Elementary School, Washington Elementary School and Sam Houston High School. Gardopia Gardens has since expanded to serve San Antonio Independent School District's Young Men's Leadership Academy, Cambridge Elementary, and Alamo Heights Junior School, serving a total of 413 youth and 87 adults in 2016.

Effective interventions are needed to address the growing epidemic of childhood obesity. Over the next 5 years, Gardopia Gardens aims to reduce childhood obesity and malnutrition by increasing accessibility to ***organic gardening*** on San Antonio's Eastside and by implementing ***strategic intervention programming***.

Project Description

Child health disparities are the inequitable difference in ***health*** or healthcare based on demographic characteristics such as race, ethnicity, socioeconomic position, and geography. Gardopia aims to reduce health disparities on the Eastside of San Antonio by increasing health literacy. Our integrative approach includes weekly ***GBL*** Seminars, weekly hands-on cooking classes, weekly physical fitness classes, and emergency food assistance. With this funding opportunity, we can target unwanted childhood obesity and other preventable diet-related diseases by implementing a four-pronged evidence-based strategy that includes:

1. Garden-Based Learning 2. Family-Based Intervention 3. Eastside Fit and 4. The Eastside Sprouts Food Pantry.

Garden-Based Learning Program (GBL) provides evidence-based horticultural practices that teach youth how to grow their own food. Topics range from soil science, entomology, composting, sustainability, botany, tool safety, intercropping, and waste reduction.

Family-Based Intervention (FBI) is an effective treatment method used to address childhood obesity and malnutrition that pairs hands-on cooking classes with parent-focused discussions. Over the last two decades, obesity prevalence in children has more than doubled. FBI empowers at-risk families with the tools they need to make healthy choices at home and on the go.

Eastside Fit, an ongoing program sponsored by Wheatley Community School, provides free family fitness classes, Monday through Thursday, from 6:45pm to 7:45pm. Families enrolled in the GBL and FBI programs will be encouraged to participate in at least two fitness classes per week.

Eastside Sprouts Food Pantry

Our FBI site location partner, The Ella Austin Community Center (EACC), currently serves as a food distribution site for the San Antonio Food Bank. In partnership with EACC, Gardopia Gardens will launch the ***Eastside Sprouts Food Pantry***. The pantry will offer a variety of nutritious, fresh, and shelf-stable items at no cost to families in the FBI program.

Brief statement of any previous funding received from The Harvey E. Najim Family Foundation

NA

How the proposed project relates to The Harvey E. Najim Family Foundation's funding priorities

According to the International Association for the Study of Obesity, childhood obesity disproportionately impacts families and youth living in low-income neighborhoods (2012). Community-level economic hardship doubles childhood obesity prevalence. African American children in particular, rank the highest in obesity rates among youth aged 2-19 (CDC 2012). Families currently living in San Antonio’s Eastside are at high risk for developing preventable diseases such as hypertension, cardiovascular disease, metabolic syndrome, and Type II diabetes.

Line-item budget for project in which funds are being requested (this is not your organization's budget)

Line Item Description	Total Project Funds Allocation	Najim Requested Funds Allocation
Children’s Cooking Supplies		\$5,000
Eastside Fit - Health & Wellness Education	\$14,000	
Emergency Food Pantry Assistance		\$6,000
Horticultural Material & Education Supplies	\$2,000	\$4,000
Nutrition & Food Supplies		\$5,000
Professional Contractors		\$12,500
Total	\$16,000	\$32,500

Organization total revenue and expenses for current fiscal year

Total Revenue = \$45,400

Total Expenses = \$37,750

Project timeline (beginning and ending dates)

October 23, 2017 - May 14, 2018

Brief project evaluation criteria

Impact: Reduction of childhood obesity malnutrition and early onset diabetes in youth and impoverished communities.

Outcome	Tool
# of Youth Served by the <i>Garden-Based Learning Program</i>	Intake Authorization Form
# of Families Served by the <i>Family-Based Intervention</i>	Intake Authorization Form
# of Families Served by <i>Eastside Fit</i>	Intake Authorization Form
# of Families Served by the <i>Eastside Sprouts Food Pantry</i>	Intake Authorization Form
Increased Fruit and Vegetable Access	Logs & Photos of Harvest
Increased Fruit & Vegetable Consumption	24-Hour Dietary Recall Food Log
Improvement In Pre & Post Body Mass Index (BMI)	Pre & Post BMI Test Analysis

List other project funders (pending and committed foundations) MUST INCLUDE NAME OF FOUNDATION & DOLLAR AMOUNT, PENDING OR COMMITTED

Project Funders	Dollar Amount	Committed
AC Power Yoga	\$300	Committed
Green Spaces Alliance	\$6,000	Committed
Hemisfair Conservancy	\$3,000	Committed
Renewable Republic	\$5,500	Committed
San Antonio Housing Authority	\$7,300	Committed
San Antonio Independent School District	\$14,000	Committed
Trinity University PEAS Program	\$2,000	Committed
Whole Foods	\$2,500	Committed
Total Revenue	40,600	

Contact information of primary and secondary person within organization (INCLUDE: name, address, phone number, and email address)

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