

## Food for a Long Life (FFLL)

### A USDA-CYFAR (Children, Youth and Families at Risk) funded project with Ohio State University and Virginia Cooperative Extension

**Program Objective:** To support healthy food access, consumption, and knowledge among young children (birth – age 5), older adults (age 60+), and their families in the Near East Side of Columbus (zip codes 43203 & 43205) and Lynchburg, Virginia. We use community based practices to achieve these goals with intergenerational strategies and sustainable partnerships.

#### Ohio Program Requirements:

1. OSU Extension staff from Franklin County will collaborate with community partners to pursue goals that align with the FFLL program objective. Examples include but are not limited to programs supporting home vegetable gardens, community gardening, and education about healthy food for families, older adults, and/or young children in zip codes 43203 & 43205.
2. A letter from each partnering agency or organization (excluding Extension) must be submitted outlining their contribution to the project and how staff from OSU Extension Franklin County will be involved.
3. A one-page proposal outlining: (a) objectives related to current and/or potential initiatives that align with FFLL, (b) strategies to achieve the objectives, (c) a timeline, (d) indication that approval required by the organization and partners to implement the proposal has been secured, and (e) a budget of up to \$10,000 (see template on next page)
  - a. Budgeted items may support: wages, continuing education, technology, and materials, including food purchased for programming such as instruction or demonstrations
  - b. Budgeted items may not include: building construction\*, gift cards, promotional materials (e.g., t-shirts), postage or food as a meal or incentive for participation

*\*Funds may not be used for the construction or remodeling of spaces designed for human occupancy. Funds may be used for infrastructure improvements that support the FFLL program objective such as raised beds, fencing, storage sheds, coverings for educational or market spaces and water access for gardens*
4. Funds must be expended by August 31, 2021. Funds will be distributed upon confirmation that the grantee is a vendor in the OSU payment system, or upon setup of the grantee as a vendor, which is contingent upon the submission of an approved scope of work that will be based on the grant application.
5. A summary of how well project objectives were achieved and how grant funds supported progress towards the FFLL program objective must be reported to Jenny Lobb, Extension Educator, via email ([lobb.3@osu.edu](mailto:lobb.3@osu.edu)) by September 30, 2021. In other words, grantees will describe how they know the project was a success. Please see the [CYFAR common measures](#) for examples of metrics to report; Jenny Lobb can consult with grantees on appropriate indicators to track and report.
6. Proposals are due by 11:59 pm on Sunday, May 9. Proposals must be emailed to Jenny Lobb, Extension Educator at [lobb.3@osu.edu](mailto:lobb.3@osu.edu). *If possible, please submit your proposal and letter(s) of support as a single file.* Applicants will be notified of decisions by May 21.

#### References for proposal preparation:

- Food for a Long Life website <https://u.osu.edu/foodforlife/home/> . Find us on Facebook and Twitter also.
- Extension Intergenerational (IG) Best Practices Factsheets: <http://www.intergenerational.clahs.vt.edu/trip/online.html>

## Proposal Example

<b>Project Name:</b>		
<p><b>Project Summary:</b> ABC Gardens began researching, assembling, and distributing home garden kits in 2017, with annual growth of 10% until 2020 when requests for the kits grew 50% to 80 kits. Among our family gardeners, 50% have children under 18 years of age; 20% of these families have children ages 5 and under. With these kits, families have produced up to 25 pounds of produce each growing season, building skills and increasing access to and consumption of healthy foods. Franklin County Extension, Master Gardeners and ABC Garden staff assemble the materials, orient home gardeners, and provide support through the growing season. With requests for the kits exceeding our current capacity to purchase materials and provide family gardeners with support, the current proposal seeks funds for materials and personnel support to expand the number of kits delivered to families in the XYZ community in summer 2021. Families will benefit by building knowledge about growing food that helps meet their family's need for nutritious produce and by connecting with Extension professionals, ABC Gardens, and other community members as they build community around home gardening.</p>		
<b>Participating Organization(s) and Representative(s) with contact information for each:</b>		
<b>Organization Name &amp; Contact (email, phone &amp; street address):</b>	<b>Organization Name &amp; Contact (email, phone &amp; street address):</b>	<b>Organization Name &amp; Contact (email, phone &amp; street address):</b>
<b>Officials authorizing submission of this proposal:</b>		
<b>Signature or e-signature</b>	<b>Name</b>	<b>Role/Organization</b>
<b>Objective</b>	<b>Strategy</b>	<b>Timeline</b>
REQUIRED of all grantees Support healthy food access, knowledge, and consumption among older adults, families, and/or young children in the Near East Side of Columbus, Ohio (defined as zip codes 43203 & 43205)	FLL Extension Educator, Jenny Lobb, will meet grantees to learn key information about the organization submitting the proposal and share key information about FLL and the community grant.	By August 31, 2021
Expand number of families growing produce in home gardens in the ABC area of Columbus.	We currently have kits to distribute to 25 families in ABC area. We propose to use grant funds to enroll 25 additional families in the area.	By May 15, 2021
Deliver an orientation to families receiving home garden kits.	Families who sign up for a home garden kit attend an orientation on the materials, assembly, seed starting, transplanting, and watering. With 50 families enrolled, we anticipate needing to offer additional orientation sessions.	By May 15, 2021
Deliver a monthly workshop to home gardeners June, July, August, 2021	We email families monthly gardening resources. We propose to pay staff to deliver in-person workshops on site and make home visits to up to 10 families who cannot attend an onsite workshop.	Mid-June, Mid-July, Mid-August, 2021
<b>Budget Item</b>		<b>Cost</b>
1. Hourly wages (\$15/hour + fringe; 10 hours/week; 10 weeks to support)		<b>\$1,500 wages</b>
2. Home garden kits (incl containers, seeds, stakes, soil, seed starter kit, basic tools) for 25 families @\$50/kit		<b>\$375 fringe</b>
3. Materials to share at 3 monthly workshops @ \$1,000/month, e.g., seedlings, pest control materials, educational materials		<b>\$1,250</b>
<b>TOTAL</b>		<b>\$6,125</b>

## Proposal Template

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<b>Project Summary:</b>		
<b>Participating Organization(s) and Representative(s) with contact information for each:</b>		
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<b>Objective</b>	<b>Strategy</b>	<b>Timeline</b>
REQUIRED of all grantees  Support healthy food access, knowledge, and consumption among older adults, families, and/or young children in the Near East Side of Columbus, Ohio	FFLL Extension Educator, Jenny Lobb, will meet grantees to learn key information about the organization submitting the proposal and share key information about FFLL and the community grant.	By August 31, 2021
<b>Budget Item</b>		<b>Cost</b>
1.		\$
2.		\$
<b>TOTAL</b>		<b>\$</b>