



DELTA DENTAL OF MINNESOTA



Making a Healthy Difference Through Service

Sample Proposal Get Out and Get Healthy - Example 1

COVER SHEET

Organization Information: (If you are submitting your application electronically, make an electronic copy of this form and type/enter your information. If you are mailing a hard copy of your application, type or print clearly.)

Name of organization: ABC Middle School **Fax:** 612 666 1234
Primary youth contact person: Betty DoGood **Email:** Bdogood@Comcast.net **Phone:** 612 666 1122
Primary adult contact person: Bob Bebetter **Email:** bbebetter@comcast.net **Phone:** 612 666 1122
Address: 123 Service Lane **City:** Yourcity **State:** MN **Zip:** 55123
Employer or Tax Identification Number: 41-xxxxxxx (must be provided to receive grant funding)
(If you are working with a school, check with the school administration for this number).
Check the organization affiliated: MN Alliance with Youth FCCLA Other (please list) _____
School Level: Elementary school Jr. High Senior High College

Activity or Project Information:

Name of your project: Get out and Get Healthy _____

What is the service project: Educational sessions about oral health for elementary school children in various locations.

Amount of your request: \$380.00

Total project budget: \$586.00

Population(s) Served: low income children **Health topic(s):** Oral Health _____

MN geographic area served: Metro 50 **Youth Volunteers:** 10 **Adult Volunteers:**

What is the date your project takes place: Throughout the month of April. One will be held on April 25, 2009.

In-Kind Donations Delta Dental of Minnesota can make available oral health products in order to facilitate a service-learning project. These in-kind items can be requested in addition to your grant request and the cost is not included in the grant check and is not counted toward your total grant request. Delta Dental reserves the right to limit quantities.

Dental Health Item	Requested Quantity- circle the amount desired	Cost per Item	In Kind Donation Total*
White plastic donation bags (9"x 12")	25 50 75 100 125 150 175 200 250 300	\$.36	
Children's Toothbrushes (ages1-7)	25 75 150 225 300	\$.33	
Adult Toothbrushes (ages 8 +)	25 75 150 225 300	\$.59	
Toothpaste- child	50 100 150 200 250 300	\$.17	
Tooth paste - adult	50 100 150 200 250 300	\$.17	
Dental floss (ages 8+)	75 150 225 300	\$1.20	
			Total value of in-kind donation \$

Dental health brochures are available through the Delta Dental of MN Website. Feel free to download the pdf's fro your use.

CHECKLIST: (Check off each item before submitting)

- Answer all the questions using the question headings before each of your answers. Incomplete applications or projects that do not deal with health or oral health will not be considered.
- Email or mail one complete application including a cover page, application, budget by February 22rd, 2010 and agree to submit an evaluation by June 1, 2010. Make ONE additional copy for your records.
- Submit no more than three additional pages of supporting materials.
- Register your service project with Youth Service America at ysa.org/ Global Youth Service Day and include a copy of your registration as part of your application.
- Applications must be received in hand no later than 4:00 pm, Monday February 22, 2010.

Delta Dental of Minnesota's Serve a Smile Program Attn: Ann Rogers

3560 Delta Dental Drive, Eagan, MN 55122

Phone: 651-994-5312 or 1-800-328-1188 ext 5312

E-mail: arogers@deltadentalmn.org



Sample Proposal 1

1. Project Title & Description.

“Get Out, Get Healthy: Family Service Initiative.” Get Out, Get Healthy is a youth led education campaign. Our primary goal is to increase the health of the local community by providing opportunities to learn about and practice good health, nutrition, exercise and dental health. The project will engage the West Seventh neighborhood of St. Paul in activities designed for parents and children to promote good overall health, nutrition and oral health. We will offer educational sessions to children enrolled in our after school community program. Each Monday during the month of March and the first two weeks of April 2008, we will offer educational sessions with interactive skits along with printed educational brochures. All skits will be performed on Global Youth Service Day (GYSD) at the Community Center. Materials will be offered in both English and Spanish.

2. Work Plan.

January 10: The project planning will begin on January 10. A kick-off meeting is set in support and celebration of Martin Luther King Day and the beginning of a Semester of Service. All youth grades 1-6 will be invited to participate in the planning meeting. A detailed work plan and task list will be developed. Leaders for each Monday session will be determined and topic areas decided.

January Planning meeting and kick off meeting will be held. Meetings will be held on each Thursday during the month of January.

February: Work groups developed: Media, Health Information, Production, and Service Day Preparation and leads assigned.

Detailed work plan completed by Sonia

Recruit youth and adult volunteers

Contact local media, county and city officials about GYSD project.

Write article and press release

Prepare posters, flyers, skits and educational brochures for Monday meetings.

March and April: Hold weekly youth meetings

Prepare stage for skits.

Arrange for extra volunteers on meeting nights

April: Set up and prep for Global Youth Service Day Skits in the community.

Re-contact media

Follow ups, evaluation and send thank you notes.

3. Youth Leaders/Project Team.

The leadership, direction and impetus for the “Get Out, Get Healthy” campaign are provided by the AmeriCorps Promise Fellows serving at the West Seventh Community Center, and directed by the Coordinator of Youth Programs. All Youth and Family staff are involved in the planning, preparation and coordination of the Initiative.

50 youth in grades 1-6 are involved in Community Kids after school program. These youth will serve as Youth Leaders in the “Get Out, Get Healthy” Community Kids Program. The community reaches out to new American families and encourages kids from these families who may not be traditionally asked to be community leaders, or to serve their community as volunteers. This initiative will reach other youth through the educational campaign, and will outreach to local schools, Parks and Recreation centers and community programs. Health professionals will also be asked to volunteer 1 hour of time to speak to kids on areas of health and dental health. Over 100 youth are anticipated in serving and volunteering through this program.

4. Volunteer Recruitment.

Youth Leadership for the “Get Out, Get Healthy” initiative will be provided by the youth in the Community Kids Program. Youth will be involved in all aspects of the project including planning, recruiting volunteers, identifying adults to invite as special guests, creating and distributing invitations and engaging in media and elected officials. In addition, youth will lead the educational campaign in the local community. Other youth will be recruited through the educational campaign, through their school, community center or Parks and Recreation program or as siblings or friends of youth reached in the above methods.

5. Partners.

ABC Medical Clinic’s public health nurse has offered to assist in the development of culturally competent health and dental materials to use as diagrams for weekly sessions and on GYSD. Sue Hygiene of Dr. David Plaque’s DDS office, has agreed to help with educational presentation on oral health. University of Minnesota Extension Services and Minnesota Department of Health will provide camera-ready copies of health and nutrition information. Sally Leader will help us in contacting “The Reporter” and other local media and will offer support on press releases to use with local newspapers and media.

6. Similar Efforts.

Some of the local schools and the West Community Center are currently providing some information on health, nutrition and dental health, as well as their importance to overall health. These efforts will provide a starting point for this initiative.

7. Barriers.

A barrier we have identified is the relative inexperience of these youth in dealing with the local community with some of the health information in the various languages and cultures. The Community Center and the ABC Medical Clinic will be very instrumental in helping overcome this barrier. Another barrier will be the transportation of the youth for the planning meetings. The Community Center will provide transportation when needed to assure youth participation.

8. Media and Elected Officials.

The West Community Reporter, a community newspaper with an already strong tie to the West Community Center, will provide coverage for “Get Out, Get Healthy”. The reporter will cover all aspects for the event and may carry an educational article written by a youth leader. Youth leaders will invite elected officials and other organizations, including the Pioneer Press and local school papers. They will be informed about the “Get Out, Get Healthy” campaign and invited to attend. Delta Dental will be recognized as the lead sponsor of the project in all written and spoken correspondence and this will also be communicated to all media contacts.

9. Evaluation.

The Promise Fellow will design and distribute an evaluation form to all participating in the initiative Youth leaders and community members will also be interviewed to determine the effectiveness of the educational campaign. The evaluation will be completed and mailed by June 1, xxxx

10. Global Youth Service Day (GYSD).

This event is planned in support of Global Youth Service Day. The initiative will be advertised and promoted as a GYSD event and the Community Kids will participate in GYSD planning and celebration. To strengthen ties with GYSD, skits will be performed for the community on GYSD on April 23.

Budget

Health Resources:

Medical and Dental professional 3 hours each @ \$35 /hour \$210.00

Health promotion materials:

Printing of health educational materials
100 copies of 5 brochures \$50.00
Books to read to children on oral health \$20.00
Certificates \$25.00

Art Materials:

Poster board and art supplies \$75.00

Budget requested: \$380.00

In-kind Oral Health Supplies

Tooth brushes, tooth paste \$206.00

Total \$586.00



DELTA DENTAL OF MINNESOTA



Making a Healthy Difference Through Service

Sample Proposal Project Eat Right- - Example 2

COVER SHEET (Example 2)

Organization Information: (If you are submitting your application electronically, make an electronic copy of this form and type/enter your information. If you are mailing a hard copy of your application, type or print clearly.)

Name of organization: AmeriCorps Promise Fellows ___ Fax: xxxxxx _____
 Primary youth contact person: Callie PaStarr Email: cpastarr@gmail.com Phone: (612) 692-xxxx _____
 Primary adult contact person: _____ Email: _____ Phone: _____
 Address: 2021 E. Hennepin Ave, Suite 420 City: Minneapolis State: MN Zip: 55413
 Employer or Tax Identification Number: 41- 5555555 ___ (must be provided to receive grant funding)
 (If you are working with a school, check with the school administration for this number).
 Check the organization affiliation: ___x___ MN Alliance with Youth ___ FCCLA ___ Other (please list) _____
 School Level: ___ Elementary school ___x___ Jr. High ___ Senior High ___ College

Activity or Project Information:

Name of your project: Project Eat Right _____
 What is the service project: Educating youth on healthy eating, oral health, and making good choices.
 Amount of your request: \$1000 Total project budget: \$1091.50 _____
 Population(s) Served: Youth ages 10-18 living at Mary’s Place Transitional Apartments
 Health topic(s): Nutrition and healthy eating choices
 MN geographic area served: Minneapolis 20 ___ Youth Volunteers: 7-10 Adult Volunteers:
 What is the date your project takes place: May 15, 2010

Oral Health Item	Requested Quantity	Cost per Item	In Kind Donation Total*
White plastic donation bags (9"x 12")	75	\$.36	\$27
Children’s Tooth brushes (ages 1-7)		\$.33	
Adult Toothbrushes (ages 8 +)	75	\$.59	44.25
Tooth paste- child		\$.17	
Tooth paste - adult	75	\$.17	12.75
Dental floss (ages 8+)	75	\$1.20	
Total			\$84.00

CHECKLIST: (Check off each item before submitting)

- Answer all the questions using the question headings before each of your answers. Incomplete applications or projects that do not deal with health or oral health will not be considered.
- Email or mail one complete application including a cover page, application, budget by February 22rd, 2010 and agree to submit an evaluation by June 1, 2010. Make ONE additional copy for your records.
- Submit **no more** than three additional pages of supporting materials.
- Register your service project with Youth Service America at <http://ysa.org/> Global Youth Service Day and include a copy of your registration as part of your application.
- Applications must be received in hand no later than 4:00 pm, Monday February 22, 2010.

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3560 Delta Dental Drive, Eagan, MN 55122
 Phone: 651-994-5312 or 1-800-328-1188 ext 5312 E-mail: arogers@deltadentalmn.org



Sample Proposal

1. Project Title & Description

The goal of Project Eat Right is to raise awareness and increase knowledge about food and where it comes from among the young people at Mary's Place Transitional Apartments in Minneapolis, a branch of Sharing and Caring Hands. The first goal is that kids will better understand the cycle of food growth, production and consumption. The second goal is that the kids will become more informed about nutritious eating habits and how to make healthy decisions about food.

The project will begin with a trip to a local food cooperative in Minneapolis on Global Youth Service Day where we will participate in a guided cooking class with the kids using primarily fresh fruits and vegetables. The rest of the project will involve visiting a local farm three times throughout the growing season to witness how food is grown and the amount of work and care that is needed.

2. Work Plan

Childhood obesity is rapidly becoming a pressing issue among young people today. National studies show that as many as 1 in 5 children today are overweight¹ and among homeless and transitional youth, the problem may be even more severe. Faced with the urgent need to find housing for their families, health and nutrition is an issue that gets pushed to the bottom of the list for many. Some studies indicate that excess weight and obesity are even bigger problems among this population than the general population.²

Project Eat Right seeks to address the issues of overweight in homeless and transitional youth through nutrition education. The project will begin with a visit to a food cooperative on April 25th (GYSD) where we will shop for healthy foods with the kids and then use these foods to make a meal in a cooking class led by a chef from the food co-op. This initial activity will serve to get kids interested in the project and start them thinking about healthy eating and cooking.

The bulk of the project will take place at a nearby farm where we will take the youth from Mary's Place to witness food growth in action. Because we have to be flexible and accommodate the schedule of the farm it is not possible at this time to determine the exact dates we will visit the farm. The three visits will be scheduled for late May/early June, late July/early August and late September/early October and will all happen on either a Friday or a Saturday.

We will order one CSA share (community-supported agriculture) from the farm that we visit. Food from the CSA will be used to cook meals while we are at the farm and the remainder of the food (coming once a week) will be donated to Mary's Place. While we are at the farm we will participate in such activities as: planting food to assist the workers, weeding the vegetable beds, watering, feeding the farm animals and preparing healthy and nutritious meals with the vegetables from the CSA share, supplemented by additional purchased food. These trips will show the kids the progression and growth of food from early summer to the height of the growing season and the final maturation at the end of the summer during the harvest.

Project Eat Right will be led by AmeriCorps Promise Fellows and 2-3 staff from Mary's Place. Promise Fellows are AmeriCorps workers that have been selected to work in sites across the state to close the achievement gap and promote positive youth development.

¹ "Childhood Obesity: a Growing Problem" Stanford Prevention Research Center, <http://prevention.stanford.edu/word-pdf/youth.pdf>

² "High Prevalence of Overweight and Obesity in Homeless Baltimore Children and Their Caregivers: a Pilot Study" in Medscape General Medicine, 2007;9(1):48, <http://www.medscape.com/viewarticle/551711>

3. Youth Leaders/ Project Team.

The team of activity leaders will be made up of the following individuals: Callie PaStarr, Ian Sorlie, Ellen Bracken, Ryanne Underhill and Christina Baldwin – planners and communicators. This group will communicate with Charlotte Kinzley from Mary's Place to coordinate dates and times for meeting with groups of young people, communicate with food cooperatives to arrange a cooking class, coordinate the purchase of the CSA, communicate with farm staff to coordinate and schedule dates for visits, purchase additional food as necessary to prepare meals at the farm and attend all events corresponding to Project Eat Right.

Curtis Kline and Luis Garcia – supervisors, will attend meetings to plan events, engage with youth and provide supervision. They will also be available to participate in trips to the farm and attend the cooking class on GYSD.

The number of youth served will vary during each activity because of the nature of the transitional housing provided by Mary's Place. The youth involved will likely also be different during every activity as children and their families come and go. At any given time there are an average of 100 young people living at Mary's Place ages 10-18. We would like to give all youth at Mary's Place an equal opportunity to participate in Project Eat Right and will open it up to whoever wishes to participate. However, we will be limited by the amount of space available in the vans, which can hold 15 passengers each. There will be 5 Promise Fellow volunteers and two Mary's Place drivers on each trip which leaves space for 22 youth to participate. Youth will be involved in the planning process by spreading word about Project Eat Right and getting their friends to participate. They will also be involved, as all the chaperones and Promise Fellows, in the activities at the farm and thus will have a great deal of input during these visits.

4. Volunteer Recruitment

Youth will primarily be recruited with the help of Charlotte Kinzley, director of youth activities at Mary's Place. Charlotte leads a group called Big Sisters Little Sisters once a week and she will invite girls from this group, as well as boys that she is in contact with, to participate in the project. A couple of Promise Fellows will also visit during the Big Sisters Little Sisters group to encourage them to participate.

5. Partners

Partners for this project include Mary's Place, AmeriCorps Promise Fellows from lead partner organizations, local food cooperatives and the farm that we visit. Promise Fellows involved are from MN Department of Education, the Mentoring Partnership of Minnesota, Search Institute and MN Alliance With Youth.

6. Similar efforts

Philadelphia Community Farm - Is a farm in Osceola, WI that has been known to partner with non-profit and youth groups in the past. We would like to partner with Philadelphia Community Farm to visit throughout the summer and order a CSA.

Youth Farm - Youth Farm is an urban gardening project that engages youth ages 9-13 in the Twin Cities (www.youthfarm.net/whatwedo.htm). We can learn from their efforts by learning about barriers they have faced and what they have gained from their experiences. This would better prepare us for what to expect with the youth from Mary's Place and the partnering farm.

Farm in the City (FITC) - Farm in the City is an organization similar to Youth Farm and based in St. Paul. We can learn from FITC in much the same way that we can learn from Youth Farm.

7. Barriers

Potential barriers may include:

- High participation. If too many children want to participate in the project we will not have enough space in the vans to accommodate them. If we find that there is a large number of youth that wish to participate we can do one of two things.
 - a). We can seek out additional transportation and staffing to bring kids to the farm and chaperone. Or
 - b). If we cannot find additional transportation, Mary's Place staff will determine which kids will attend the activities.

- Weather. In the event that there is bad weather on the days of the farm visits we will spend times indoors playing games (the food pyramid challenge, nutrition sleuth, etc.), cooking or learning about farm activities.

8. Media and Elected Officials.

The lead partner group of Promise Fellows is currently in the planning process to have an article published in a local newspaper about the work of Promise Fellows across the state. This is an ongoing process and we wish to have multiple awareness-raising publications in the future.

Other possible outlets for these publications are radio shows, local newspapers and inclusion in e-newsletter circulations, of which there are at least four in the lead partner group. We would be sure to announce the support and funding from Delta Dental in any of these publications.

9. Evaluation.

We wish to measure how many youth were affected by Project Eat Right and how their attitudes towards, and knowledge of food and nutrition, changed as a result. We will do this in two ways.

1. We will keep records of the number of youth that participate in each event. 2. At the final trip out to the farm we will hand out surveys to all youth that have participated in two or more events. The surveys will ask what they have learned about food and nutrition from this project and if they have begun to eat differently as a result. The evaluation will be completed and mailed to Delta Dental of Minnesota by May 1, 2010

10. How does your project involve GYSD?

We will kick off Project Eat Right on GYSD with the co-op cooking activity. We will take the young people from Mary's Place to shop for healthy ingredients at a food co-op and use the food in a cooking class at the co-op to prepare a meal.

Part II

1. Budget Request

- Food for the first meal on Global Youth Service Day to demonstrate healthy eating and the relationship to oral health - \$100
- Transportation from shelter to farm for two vans, three visits - \$200 (gas and van)
- CSA, one share - \$550
- Consultant fee for Instructor to teach oral health and good eating - \$150

2. Total budget \$1,084.00

Inkind oral health supplies: \$84.00