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COMPLETE

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Page 1

Q1 Name of your organization.

Food For Thought

Q2 Grant #

20170904

Q3 Grant Period

12/12/17 - 6/12/18

Q4 Location of your organization

City	Forestville
State	CA

Q5 Name and Title of person completing evaluation.

Karen Gardner, Grants & Special Projects Manager

Q6 Phone Number:

7078871647

Q7 Email address.

kareng@fftfoodbank.org

Page 2: Key Outcomes and Results

Q8 Total number of clients served through this grant funding:

752

Q9 Describe the project's key outcomes and results based on the goals and objectives. Use the following format: State the Goal: State Objective 1: Describe the Activities, Results and Outcomes for Objective 1: State Objective 2 (if applicable): Describe the Activities, Results and Outcomes for Objective 2: State Objective 3 (if applicable): Describe the Activities, Results and Outcomes for Objective 3:

Food For Thought (FFT) is so grateful for your support of our work. Because of this generous grant, our Comprehensive Nutrition Program was a great success, and we served many seriously ill, low-income clients with lifesaving nutrition services, including healthy weekly groceries, congregate meals, vitamins and supplements, nutrition counseling, and group cooking classes. We are proud to have met our objectives as listed in our grant application, and our results are listed below.

Outcome: Clients will increase consumption of fruits and vegetables by 25%

Results: During the grant period, clients increased their consumption of fruits and vegetables by 71%.

Outcome: Clients who attend our lunch program will report reduced feelings of loneliness and isolation by 30%.

Results: 47.5% of clients who regularly attend the lunch program self-reported that they felt less lonely and isolated.

Outcome: 90% of clients will report being satisfied with FFT's services.

Results: 92% of clients rated our nutrition services as "very good" or "excellent" in our most recent survey.

Outcome: Of 80 clients monitored in partnership with a local health center, 90% will make improvements in food security, diet quality, blood pressure, body mass index, hemoglobin A1c, lipids, and albumin; and will see a 65% decrease in the number of hospital and emergency room visits

Results: We are still waiting for final results from our partners, but preliminary results show the following:

- Food insecurity for all clients dropped to zero
 - Diet quality improved dramatically
 - The majority made positive improvements in weight, blood pressure, and mental health
 - Clients experienced a 67% decrease in hospital visits
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Q10 Please describe any challenges/obstacles the organization encountered (if any) in attaining goals & objectives.

We are pleased to have been able to provide services as planned with no major obstacles or challenges to the program.

Last year, we experienced a major challenge in our community, as many of our clients, volunteers, staff, and donors were impacted by the fires that devastated our region in October. We are happy to have played a part in the fire relief effort, but are still feeling the challenges of this tragedy. We are exceptionally grateful to the S.L. Gimbel Foundation Fund for providing much-needed support at a critical time in our agency and community.

Q11 How did you overcome and/or address the challenges and obstacles?

We responded immediately by expanding services to our clients while also becoming a hub for the effort to feed thousands of additional people in need: evacuees and fire survivors throughout our County. For the past few months, we have been working to help clients who lost their homes rebuild their kitchens, by supplying free kitchen appliances, dishes, and other items.

Q12 Describe any unintended positive outcomes as a result of the efforts supported by this grant.

One unexpected positive outcome of this project was to see the immense difference that medically tailored, healthy food has on people affected by serious illnesses. We are currently leveraging the lessons learned from this project in two ways. First, we are making some changes to our food offerings to all clients in order to limit certain ingredients, such as excess salt and sugar, with the goal of further advancing the health of all of our clients. Second, we have been selected by the California Department of Health Services to be one of six California agencies to participate in a three-year program called the Medi-Cal Medically Tailored Meals Program. Through this program, we will serve medically tailored food and nutrition counseling to 50 low-income Sonoma County residents affected by congestive heart failure per year, in hopes of improving health and decreasing hospitalizations. Our experience in implementing our programs this year, possible because of your support, has directly influenced the direction of this statewide pilot, and our experiences over the past year will be used to serve many people in need on a much larger scale.

Q13 Briefly describe the impact this grant has had on the organization and community served.

Food For Thought used the grant to purchase food at a wholesale rate for 750 low-income clients affected by serious illnesses and at great risk of malnutrition. Each client received the following:

- Weekly groceries: fresh produce, high-quality protein, healthy grains, vitamins and supplements, and medically tailored meals (enough for 21 meals per week per person)
- Delivery to any client who cannot travel, including homebound and homeless clients
- Individual nutrition counseling and group cooking classes with a registered dietician
- Congregate lunch program

We know that healthy food positively impacts our clients' health. This year was the first that we monitored the link between our services and medical and cost savings outcomes. We are pleased that our initial results demonstrate huge improvements in food security, diet quality, weight, blood pressure, and mental health. Further, our clients experienced a 67% decrease in hospital visits.

Page 3: Budget

Q14 Please provide a budget expenditure report of the approved line items. Include a brief narrative on how the funds were used to fulfill grant objectives.

We spent the entire grant as planned during the six-month grant period, on the items we listed in our project budget form. We spent more than the requested amount on each line item in our budget, and used S.L. Gimbel Foundation funds exactly as planned. We are more than happy to share our receipts from these food purchases; please contact kareng@fftfoodbank.org if you would like supporting documentation on these expenses.

Page 4: Success Stories

Q15 Please relate a success story:

Lifesaving Food and Love by Norman Roy Jenson

I've been a client since 2005, when I was briefly homeless and seeking help with food, clothing and shelter. Food For Thought was one of the first organizations to help me. I was amazed that food was brought to me every week, even though I was in a eucalyptus grove, camping in a tent. I was able to get on my feet for a time - I got a good office job, and I didn't utilize the Food Bank much for a while.

But then I once again fell into bad circumstances, lost my home and my job, and I turned to Food For Thought because I knew they would be there for me. Through inconceivable living conditions, horribly cold weather, and weighing 50 pounds less than I should, Food For Thought was always there. You guys saved my life. You saved my life so many weeks in a row. There were times when my food was stolen or I lost track of where it was and where I was, and food was brought to me again, even though it's supposed to be a once-a-week service.

If I couldn't find a phone to use, I'd walk to the fire department, beg to use their phone, and call. Faithfully, deliveries were arranged for me: "Where are you going to be at 4 o'clock, we'll be there." Someone always showed up, with warm clothes and hygiene items, in addition to the food. My dog Ozzie was saved by the dog food delivered. I can honestly say that I don't know where I would have ended up, or if I would have made it, if I hadn't had a sane person to talk to once a week. It was more than the groceries - it was the guidance and hope that was given to me by people who knew my circumstances. People who were always happy to hear from me and encourage me, and who let me know that I was loved. That always kept me going. I am SO filled with gratitude for what Food For Thought has done, for me and for so many others.

Q16 Please relate a success story here:

Out of the Ashes by Daniel Henderson

At 2:30 am on October 9, I woke up to horns blaring. Two minutes later, embers were falling on my roof, and I knew I had to leave immediately. Without enough time to think, all I grabbed was my dog, some dog food, and my cell phone.

I drove through fire. I didn't know where to go, but I ended up at the Guerneville evacuation center. Food For Thought staff called me right away to see how I was doing, and once I got my bearings, that was the next place I went. FFT gave me groceries and hot lunches, but most importantly, they gave me a warm, welcoming place, and a whole lot of hugs.

Food For Thought is like a second home to me. I've been a client for a few years, and for most of that time, I was pretty isolated, so I was getting my groceries delivered to me. Last March, I started feeling well enough to come in, and it's amazing how much this place has changed my life. It got me out of the house, and I made friends by volunteering and coming in for lunch. FFT is my social hub, my family. Once things settle down, I can't wait to come back to volunteer, and to get a little piece of my normal life back.

32 of the 120 units in my building are still standing today. My apartment is one of the lucky ones, but it's very smoke damaged, and I've been advised it's not safe to be in. And on top of it all, someone broke in and stole my safe, which included my passport and birth certificate.

I've been staying in a hotel for a few weeks, but now I need to find a place to live. I have HUD and a dog, so it isn't easy. The prices have gone up every day since the fires, and so many of the options are short-term. I hope I don't have to leave the area, but I just don't know if I can find an affordable, stable, permanent home here.

The time since the fire has been a blur, and I feel very disoriented. The lack of control is the hardest part for me. My puppy has had a tough time too. I know she was affected by the stress—she didn't eat for days. Neither did I, for that matter.

But the best part of this whole experience is seeing how kind and generous our community has been. Complete strangers have given me so much. One gift I received from this awful fire was the certainty that this is my home town, my community. I didn't fully comprehend the importance of this until the threat of it being taken away.

In all, I know I'm lucky to be alive, and I'm grateful for all the help I've received. To Food For Thought, all the other service groups, and the many, many people in our community that have helped out in this tough time, thank you!

Q17 Please relate a success story here:

Respondent skipped this question

Page 5: Organizational Information

Q18 Which category best describes the organization. Please choose only one.

Basic Needs Support

Q19 What is the organization's primary program area of interest?

Food Bank

S.L. Gimbel Foundation Fund

Q20 Percentage of clients served through grant in each ethnic group category. Total must equal 100%	African American	5
	Asian/Pacific Islander	2
	Caucasian	67
	Native American	2
	Hispanic Latino	20
	All Ethnicities	0
	Other	1
	Unknown	3

Q21 Approximate percentage of clients served from grant funds in each age category.	Children Birth-05 years of age	1
	Children ages 06-12 years of age	3
	Youth ages 13-18	3
	Young Adults (18-24)	2
	Adults	53
	Senior Citizens	38

Q22 Approximate percentage of clients served with disabilities from grant funds.	Respondent skipped this question
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Q23 Approximate percentage of clients served in each economic group.	At/Below Poverty Level	80
	Homeless/Indigent	11
	Working Poor	35

Q24 Approximate percentage of clients served from grant funds in each population category.	Families	14
	Ethnic Minority	32
	LGBTG	65
	Homeless/Indigent	11
	Elderly	50
