



## S.L. Gimbel Foundation Fund Grant Evaluation Form

**Grant Period:**  
**November 15, 2012 through November 30, 2013**

**Evaluation Due Date:**  
**December 15, 2013**

Organization: **Tri County Community Network**

Contact Name: **Cindy Dodds**

Title: **Executive Director**

Phone Number: **530 335-4600**

Grant Period: **Nov. 15, 2012 – Nov. 30, 2013**

Award Amount: **\$8,000**

Grant Number: **2012881**

- Describe the project's key outcomes and results based on your goals and objectives. Provide the number of clients served and other relevant statistics.
  - What were the challenges and obstacles you encountered (if any) in attaining your goals & objectives? How did you overcome and/or address the challenges and obstacles? What were the lessons learned?
  - Describe any unintended positive outcomes as a result of the efforts supported by this grant.
  - Describe the overall effect this grant has had on your organization.
  - Tell us a few success stories that made an impact on your organization and/or community as a result of this grant.
  - Provide a financial report on the use of your grant funds (expenditures).
  - Additional condition: Please report on the following:
- ❖ Please send copies of publicity and other promotional materials.
  - ❖ All variances or time extensions must be approved by The Community Foundation's Grant Committee. Please contact us at 951-684-4194, ext. 111 immediately if a variance or extension becomes necessary.

**Please return the completed form to:**

Penny Beaulieu, Manager, Grant Programs  
The Community Foundation  
3700 Sixth St., Suite 200, Riverside, CA 92501 or fax to 951-684-1911  
Or email to: [pbeaulieu@thecommunityfoundation.net](mailto:pbeaulieu@thecommunityfoundation.net)

*Thank you!*

Bullet 1 –

The Goal of **\$mart About \$ and Nutrition** is to build individual capacity around financial management, and increase participant's ability to make healthier food choices.

During the grant period 347 individuals attended the class. Of those attending, 41% were male and 59% were female. They represented 719 household members, 145 of which were ages 0- 5, and 173 ages 6- 17. The majority were residents of Burney (77%), with 7% residing in Fall River Mills, 6% residing in McArthur, 5% from Montgomery Creek, 4% from Hat Creek, and the remainder from Redding. Homelessness was reported by 14% of the participants.

The content of this two hour class has regularly changed, adding additional materials as it became available. However, the core components of the class included identifying each individual's spending habits, differentiating between needs and wants. Each attendee had the opportunity to calculate the cost of the expenditures that they deemed "wants". Understanding the budgeting process allowed participants to better understand their ability to anticipate and plan for expenses and manage the cost of those things that they had deemed optional purchases.

The nutrition element of the class follows the attached outline. Shasta County Public Health contributed an elaborate array of MyPlate materials and manipulatives that allow participants to actually practice assembling the components of a meal under the new dietary guidelines. The students are always amazed when the amount of sugar in a soda is demonstrated and when they learn the fat and salt content of specific McDonalds menu items.

Bullet 2 –

The only challenge that we encountered was containing the exuberance of the participants. Because interaction and sharing is a critical component of the class, it was not uncommon that students would monopolize the conversation for lengths of time beyond what was reasonable. The instructor honed her classroom management skills over time.

Bullet 3 –

**\$mart About \$** began as a one hour class. When we expanded it to include more nutritional information, we had reservations about the response to a 2 hour class. With very few exceptions, there was no negative feedback.

We believed (anecdotally) that behaviors change when students make conscience decisions that impact them in a personal way. What we did not anticipate was that participants would become so engaged that they would return to the class (not qualifying for the food voucher) with friends or return to the class to share information that they felt would be helpful. One participant attended the class and then returned to share her couponing expertise.

Bullet 4 –

We have spent many years distributing food vouchers to adults who have requested that service. It became clear that what we were doing was not helpful in most cases, but a resource that allowed some people to continue to make unhealthy choices. We are proud of the \$mart class and how it has been received by the recipients with 83% of the participants assessing that the overall class is very helpful and 16% finding it a little helpful. We believe that it provides the tools that help those who so desire, to make decisions that will improve the quality of their life.

Bullet 5 –

The strength of the \$mart class is the staff who instruct it. The experience is bathed in some special magic that allows the students to feel valued and safe so that they can disclose both behaviors and aspirations. Staff (Amber Estes) actively engages the students with the expectation that they have valuable information to add to the discussion. Students regularly share information about where to find the most reliable and affordable auto mechanic, auto insurance, where to find the most affordable food, etc.

Bullet 6 –

All grant funding was used to purchase \$25 gift cards from our local Safeway. The Safeway manager was able to access special swipe cards that disallowed any purchase of alcohol or tobacco. All costs associated with staff, facility and materials were borne by TCCN.

Thank you so much for your trust in us and the valuable role that you played in making

\$mart About \$ and Nutrition a successful program!

# **\$mart about \$ / Nutrition Outline**

## **Portion sizes**

- How much is enough
- Examples of compare and contrast
  - 1 cup is about the size of your fist
  - 3 oz is the size of your palm or a deck of cards
  - 1 oz is the size of a string cheese

## **Nutrition and Health**

- Type 2 diabetes
- Asthma
- High blood pressure
- High cholesterol
- Joint problems
- Sleep disorders
- Low self-esteem
- Poor body image
- Eating disorders
- Mobility/Activity
- Isolation

## **Nutrition and Learning**

- Essential for brain development
- Improved attention span
- Increased concentration
- Improved attendance

## **Eating Healthy**

- My plate – We need nutrients from foods to keep our cells working properly
- Whole grains (look for the word “whole” don’t be tricked by “wheat”)
- Beans
- Eat more chicken and fish
- Fruits and Veggies – What’s in season?
- Cutting out fats and sugar (switch to low fat milk)
- Increase fiber
- Reduce sodium
- Energy drinks

- Physical Activity – can make you less tired and boost your metabolism
- Share meals at restaurants to avoid over eating and over spending

### **Menu Planning**

- What do I already have
- How much time do I have to cook?
- What events are happening each day?
- Can I reuse leftovers for other meals?
- Can I prepare two meals at once?
- Menus save time and money
- Improves nutritional value of meals
- Reduces stress
- Plan a menu for at least one week
- Save your menu plans and rotate
- Add in fruits and vegetables

### **Shopping on a budget**

- Create a budget
- What is on sale? Coupons? Just for U?
- Unit pricing
- Store brand vs name brand - Compare the size of products (Do I really need that much?)
- Harvest of the month
- Eat before you go
- Shop alone if you can
- Buy in bulk

### **Helpful Hints**

- Try whole-meal dishes, casseroles, salads, stir-fry
- Cook once, eat twice - Cook in quantity and freeze
- Chop extra veggies for the next day
- Shred extra cheese
- Recruit family for help – teaches skills and reduce the workload
- Pack school and work lunches

### **Nutrition Labels**

- Serving size
- Information
- Ingredients

## **Freaky facts**

- 15% of US youth are overweight
- Overweight youth are 4 times more likely to be absent from school
- A double gulp from 7-eleven contains a cup of sugar (53 teaspoons/800 calories, 4 days worth)
- A medium chocolate shake from Burger King can have 500 calories
- A large French Fry from McDonald's has 5 times more fat than a baked potato with a tablespoon of sour cream.
- You'd have to bike for about an hour to burn off a 20 oz coke
- You'd have to play touch football for 1.5 hours to burn of 530 calories (the amount in a Quarter Pounder with Cheese) if you add in a super size coke and super size fries, you'd have to play for more than 4.5 hours.
- One slice of carrot cake from the Cheesecake factory has more calories than a personal pan pizza from Pizza Hut plus two medium chocolate sundaes from Dairy Queen
- Cheese is a leading cause of heart disease (try cutting it out or back whenever possible)
- Coke and Pepsi are almost as acidic as a car battery acid (can be used to remove rust)
- A serving of Pringles, Ruffles, or Lays potato chips has about 10 times as much fat as a serving of pretzels
- Giving up soda would cut 66,000 calories from your diet each year. (Total number of calories you should eat in a month and what it takes to make 19 pounds of body fat)
- Portion sizes continue to grow (a typical meal at McDonalds used to be around 600 calories, now it's up to 1550)
- American kids drink twice as much soda pop as milk
- Americans eat about 100 acres of pizza each day
- A can of cola has 10 teaspoons of sugar (3/4 of your whole day's budget)
- You build 95% of bone strength by the time you're 18.
- American kids get about half of their calories from fat and added sugars.
- Unhealthy diets and physical inactivity kill as many Americans each year as does tobacco.
- A large, movie theater popcorn with butter has about 1640 calories.
- An entire cantaloupe has about the same number of calories as a small 1 oz bag of potato chips

Intermountain  
Community Center

# \$mart about \$ and Nutrition

**\$25 Food  
Card**

**Every Wednesday**

**10:00 am — 12:00 pm**

The door closes at 10:00. Don't be late!



This two-hour class will teach you skills that will help you stretch your dollars and plan for the future. A \$25.00 Safeway gift card will help you practice making nutritious choices at the grocery store.

- Create a budget
- Shop smarter
- Eat healthier

**Supported by a grant from  
The S.L.. Gimbel  
Foundation**



Intermountain  
Community Center

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