



## 2022 S.L. Gimbel Foundation COVID19- Food Grant Application

<b>Internal Use Only:</b>
Grant : _____

### Organization / Agency Information

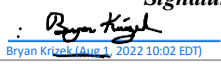

<b>1) Organization/Agency Name:</b> American Indian Youth Running Strong, Inc.		
<b>2) Physical Address:</b> 8301 Richmond Highway, Suite 200 Alexandria, VA 22309		<b>City/State/Zip</b>
<b>3) Mailing Address:</b> 8301 Richmond Highway, Suite 200 Alexandria, VA 22309		<b>City/State/Zip</b>
<b>4) CEO or Director:</b> Sydney Farhang		<b>Title:</b> Executive Director
<b>5) Phone:</b> 703-317-9881 ext. 2149	<b>6) Fax:</b> 703-659-6231	<b>7) Email:</b> sydney@IndianYouth.org
<b>8) Contact Person:</b> Sydney Farhang		<b>Title:</b> Executive Director
<b>9) Phone:</b> 703-317-9881 ext. 2149	<b>10) Fax:</b> 703-659-6231	<b>11) Email:</b> sydney@IndianYouth.org
<b>12) Web Site Address:</b> www.IndianYouth.org		<b>13) Tax ID:</b> 54-1594578

### Program / Grant Information

#### Interest Area:

<b>14) Program/Project Name:</b> Running Strong Food Programs			<b>15) Amount of Grant Requested:</b> \$100,000
<b>16) Total Organization Budget:</b> Per 2021 990 - \$7,197,977	<b>17) Per 990, Percentage of Program Service Expenses (Column B/ Column A x 100):</b> 98.69%	<b>18) Per 990, Percentage of Management &amp; General Expenses Only (Column C/ Column A x 100):</b> 0.867%	<b>19) Per 990, Percentage of Management &amp; General Expenses and Fundraising (Column C+D / Column A x 100):</b> 1.3%
<b>20) Purpose of Grant Request (one sentence):</b> This purpose of this grant request is to support Running Strong Food Programs, including the Running Strong Food Pantry and Running Strong Backpack Food Program, both initiatives to reduce food insecurity on Pine Ridge, Cheyenne River, and Standing Rock Reservations in South Dakota and help Native American families on the reservation get access to fresh, frozen, and shelf-stable foods.			
<b>21) Program Start Date (Month and Year):</b> July 1, 2022		<b>22) Program End Date (Month and Year):</b> June 30, 2023	
<b>23) Gimbel Grants Received: List Year(s) and Award Amount(s)</b> N/A			

### Signatures

<b>24) Board President / Chair: (Print name and Title)</b> Bryan Krizek, President and CEO	<b>Signature:</b>  <small>Bryan Krizek / Aug. 1, 2022 10:02 EDT</small>	<b>Date:</b> 7.31.22
<b>25) Executive Director/President: (Print name and Title)</b> Sydney Mills Farhang, Executive Director	<b>Signature:</b> 	<b>Date:</b> 7.31.22

# **2022 S.L. Gimbel Foundation Fund APPLICATION**

## **Narrative**

Please provide the following information by answering **ALL** questions (I to IV), **12 Font, One Inch Margins**. Use the format below (I to IV). Type your complete answers to the question directly below the question. Please do not delete the questions/instructions/examples and provide clear, specific, and concise answers.

### **I. Organization Background**

A) What are the history, mission and/or purpose of your organization?

Running Strong for American Indian Youth® is committed to building the capacity of local Native communities, so they are well equipped to respond to the challenges they face. Running Strong was co-founded in 1986 by Olympic Gold Medalist Billy Mills (Oglala Lakota) and Gene Krizek after the two men bonded over their mutual desire to help those impacted by generational poverty and trauma each had seen throughout their lives. Billy's dream to give back to his home community of Pine Ridge Indian Reservation, where he was born and raised — and Native communities across the country — was supported by Gene's extensive experience in Congress, foreign service, and the US Air Force. Together, they began to forge the longstanding partnerships across Indian Country that still create sustainable change today.

B) How long has the organization been providing programs and services to the community?

Running Strong has been working on the Pine Ridge Indian Reservation in South Dakota since 1986. We started by drilling wells to give families access to clean running water and have since grown our program areas to include organic gardens and food security, culture and language preservation, emergency energy assistance, and school and youth program support in over 30 tribal communities across the nation.

Running Strong's food security programs began in 2009 on Pine Ridge. In 2010 we expanded to the Cheyenne River Reservation in South Dakota and the Menominee Indian Reservation in Wisconsin, and in 2020 we began working on Standing Rock Reservation in South Dakota

C) What are some of your past organizational accomplishments (last three years)?

Each year, Running Strong works with local tribal community members organizations to distribute over 2,526,000 lbs of dry, frozen, and fresh food to Native families on reservations, including over 8,700 additional frozen food boxes during the first year of the COVID-19 pandemic. Because of our long-standing relationships with the communities, Running Strong is uniquely positioned to respond to crises such as the COVID-19 pandemic when many organizations do not have that capacity.

Due to the increasing need for access to food, in 2021 we transformed our existing food box program into a Running Strong Food Pantry to expand our reach on the Pine Ridge Indian Reservation. We previously were distributing

6,000 20-lb boxes each year and are now projected to distribute 12,000 30-lb boxes each year.

During the school year, to help curb the hunger that affects children on reservations and impacts their educations, we operate weekend backpack food programs on Cheyenne River Reservation, Menominee Indian Reservation, and Standing Rock Reservation serving 23,460 shelf-stable meals each year.

In the summertime, we operate a Summer Youth Feeding Program on the Cheyenne River Reservation and serve 13,000 meals each summer for children who are out of school and less able to receive meals that they would usually get during the school day.

Additionally, we run a large one-acre garden on the Pine Ridge Indian Reservation, the Medicine Root Garden, to increase the availability of healthy, fresh, locally produced food through our Farmer's Market, Mobile Market, and Fresh Food Box Distribution. We produce and distribute over 18,000-lbs of produce each year, including tomatoes, onions, lettuces, potatoes, squash, peppers, and more.

## II. Project Information:

### A) Statement of Need

Specify the community need(s) you want to address and are seeking funds for.

Include demographics, geographic characteristics of the area or community to be served, community conditions and income level. Include relevant statistics.

Due to many complicating factors, including remoteness and geographic isolation, many Native American communities on reservations live without consistent access to high quality grocery stores and fresh fruits and vegetables. As a result, food scarcity and food-related health issues have become epidemics in Indian Country. Access to food has only gotten worse since the start of the COVID-19 pandemic.

One in four Native Americans experience food insecurity and are [400%](#) more likely to report being food insecure. This means they have limited access to sufficient, affordable food. The USDA found that only [26%](#) of Native Americans live within a mile from a grocery store, compared to 59% of all US residents.

According to the [2020 Census](#), the per capita income on the Pine Ridge Indian Reservation is \$11,057, \$18,192 on Cheyenne River Reservation and \$16,521 on Standing Rock Reservation. These communities are living below the poverty line. For example, the median household income on Pine Ridge Indian Reservation is \$31,423 and the average household is 5 people. According to the [Department of Health and Human Services](#), this is poverty. When you travel to the reservation, you see it first-hand: mobile homes in desperate need of repair, people without access to running water and hauling from miles away, and no nearby grocery stores, gas stations or health services. Treaties between Tribal Nations and the Federal Government assured basic care would be provided to tribal communities, but treaties have been broken.

In 2009, we were approached by our Field Coordinator, Dave Lone Elk, who was born and raised on Pine Ridge, about starting a food box distribution program. He

had seen a great need for access to food in his community. The nearest grocery store that offered healthy, affordable food choices was 80 miles away. There were nearby convenience stores, but they were expensive, didn't have healthy options, and food was often expired.

In 2010, we launched our Backpack Food Program. Teachers at Takini School on the Cheyenne River Reservation in South Dakota reached out to Running Strong to share the challenges they saw. During the school day, children were receiving two meals a day – breakfast and lunch – because 100% of them qualified for the Federal Free Lunch program. However, they would return to school on Mondays unable to focus in the classroom because over the weekend they had not had a single meal. This lack of food was causing fatigue, absenteeism, and poor health, and was severely impacting the children's ability to learn. In 2020, we started this program at Wakpala School on Standing Rock Reservation, as they were experiencing the same food insecurity issues in their student body over the weekend and holiday breaks. Children travel between 5 - 45 miles each day to get to school at Wakpala on the Standing Rock Reservation and up to 70 miles each day to get to Takini School on Cheyenne River.

#### B) Project Description

Describe your food distribution program.

1. What are the specific activities of the food program?

The Running Strong Food Pantry operates a monthly food distribution of up to 1,000 30-lb food boxes across all 9 districts of the Pine Ridge Indian Reservation each month. We procure food through Feeding South Dakota and work with them to deliver and offload the pallets of food products. Products can be grains (bread, pasta, rice), beans, oatmeal, condiments, canned tomatoes, carrots, corn and green beans, canned soups, shelf-stable milk, frozen protein (chicken, beef, pork), produce (potatoes, carrots, apples, cabbage), water, juices, coffee, snacks and more. Our field staff assembles hundreds of 30-lb boxes each month for each family, sometimes multiple per family depending on family size and need, and works with the 9 reservation District representatives and volunteers to distribute the food. District representatives travel from across the reservations to pick up their allotment of food boxes and distribute them to their communities. The district representatives are critical in this process, as they have access to very remote, rural, and hard to reach homes in their districts on the reservation: people often forgotten about. For frozen food products, we have large freezers at our field office warehouse and provide coolers for those traveling long distances. All food is distributed the same day.

The Running Strong Backpack Food Program is successfully run at two different sites on two South Dakota Indian Reservations: Wakpala School on Standing Rock Reservation, and Takini School on Cheyenne River Reservation. With feedback from the community, we recently transitioned our Backpack Food Program at Takini School into a monthly School Food Pantry program. Each month, teachers, school social workers, and other educators work directly with Running Strong to order food from Feeding South Dakota for each of their Backpack Food bags, or "SmartSacks". Orders generally include ready-made meals, grains (bread, pasta, rice), beans, oatmeal, canned tomatoes, carrots, corn and green beans, canned soups, shelf-stable milk, frozen protein (chicken, beef,

pork), produce (potatoes, carrots, apples, cabbage), cases of waters, snacks and more. At Wakpala School, volunteers - both teachers and students - assemble the Backpack Food bags every week, in preparation for distribution to all students at the school before the weekend. Students are offered community service credit or extra credit for their volunteer time. Each bag is 5-lbs, so a child can easily carry it home.

Our new pilot School Pantry program at Takini School will operate monthly. Running Strong continues to work with them to procure the foods the community wants to see in the pantry, and parents and guardians will be able to pick up or build their own 30-lb box when they come to the school each month for parent-teacher conferences. This change to our programming at Takini was requested by Mary Little Sky, our Takini Backpack Food Coordinator, after she noticed the children would sometimes forget their food bags and wanted to see more parent involvement in the process.

2. How do you identify/qualify those in need?

Due to the high rates of poverty, low employment rates, and severe food insecurity on Native American reservations, the entire population of the communities we serve are in need and qualify for our food programs. However, our Field Coordinators and Backpack Food Coordinators at each site evaluate their own communities, where they grew up and similarly experienced this insecurity, and have made the determination that when people on their reservations are asking for food it is because they need it.

3. How often is the food distribution offered (before COVID and now)?

High rates of food insecurity are rampant across the reservations we serve, and we have been working to combat it for over a decade. The COVID-19 pandemic made worse this problem and exposed it to the larger public.

Before the COVID-19 pandemic, we were focusing on distributing Backpack Food weekend meals to students at each school, every single week during the school year. Now, because of additional resources available after the pandemic started and because school volunteers have taken a more prominent role in distributing and delivering to homes, we are able to fill a weekend bag with more food for the entire family. During the quarantine period of the pandemic, when students were at home learning and unable to access the daily meals at school, teachers, bus drivers, janitors, and administrators came together to build food bags and drive them to the students across the reservations. Because of this, we were able to increase the bag to from 5-lbs to 10-lbs and feed more of the family. We are also able to provide the schools with a surplus of food for the summertime and for students in summer school, just in case.

Our Running Strong Food Pantry Program on Pine Ridge distributed 6,000 food boxes each year across prior to the COVID-19 pandemic. When the pandemic started, we increased to 12,000 food boxes across Pine Ridge to meet the higher demand for food. People could not leave their homes, prices were sky rocketing, and children were not getting the daily meals usually offered at school. We maintain the increased food distribution on Pine Ridge, at a projected 12,000 30-lb

boxes each year moving forward (or 1,000 monthly) across the reservation.

- How many people will be served by the food distribution program (children, youth, adults, seniors) that is being considered for the Gimbel Foundation request and the total program?

**Total Program:**

The Running Strong Food Pantry serves 1,000 families a month on Pine Ridge, or approximately 5,000 people. Our Food Pantry operates 12 months out of the year. Each family has an average of 5 people, but there are sometimes up to 8 people in the household. Many families are returning each month for a food box, so we estimate that 1,000 families are served each year and receive 12 boxes each throughout the year. We also estimate that the total breakdown of families are 1,000 adults, 1,000 seniors, and 3,000 children served each year across the reservation.

Our Backpack Food programs serves 182 children at Wakpala School on Standing Rock Reservation. Our School Pantry at Takini School serves 180 families each month, or approximately 180 adults, 180 seniors, and 540 children. Our school food programs generally operate August to May, during the school year.

**Gimbel Foundation Request:**

Funding from the Gimbel Foundation will specifically serve approximately 302 of the 1,000 families served each month (or approx. 1,510 of our estimated 5,000 people served on the Pine Ridge Indian Reservation - 302 adults, 302 elders, and 906 children). This funding will also serve all 182 children at Wakpala School on Standing Rock Reservation each week of the month during the school year, and all 180 families of children at Takini School on Cheyenne River (or approx. 900 people - 180 adults, 180 elders, and 540 children.)

	Running Strong Total			Gimbel Foundation		
	Monthly # of Boxes/Bags	Total # of Boxes/Bags	# of Families Served (# Total People)	Monthly # of Boxes/Bags	Total # of Boxes/Bags	# of Families Served (# Total People)
RS Food Pantry	1,000	12,000	1,000 (5,000)	302	3,624	302 (1,510)
Takini School	180	1,440	180 (900)	180	1,440	180 (900)
Wakpala School	728	5,824	(182)	728	5,824	(182)

- Please explain how you keep track of number of people served.

Our Field Staff keep detailed records via signature sheets of all the families served through our Food Pantry Program. Each District representative receives a signature and family demographics when they distribute each food box. Our staff collects all these signature sheets for our records.

Our School Backpack Food and School Pantry Coordinators send us public school information prior to each school year, verifying the number of students enrolled.

**C) Project Goal, Objective, Activities and Expected Outcome**

**1. Note: Objective, Outcome and Evaluation must all be based on the SAME QUANTIFIABLE CRITERIA (for example, “number served, or acres improved”). This quantifiable criteria should refer to the grant amount you are requesting from the Gimbel Foundation only and not the total program.**

**State ONE GOAL, ONE OBJECTIVE, ONE OUTCOME. USE NUMBERS AND DO NOT USE PERCENTAGES.**

- 2. State ONE project goal. The Goal should be an aspirational statement, a broad statement of purpose for the project.**
- 3. State One Objective.** The Objective should be specific, measurable, verifiable, action-oriented, realistic, and time-specific statement intended to guide your organization’s activities toward achieving the goal. **Specify the activities** you will undertake to meet the objective and number of participants for each activity.
- 4. State One Outcome.** An outcome is the individual, organizational or community-level change that can reasonably occur during the grant period as a result of the proposed activities or services. What is the key anticipated outcome of the project and impact on participants? State in a quantifiable and verifiable term.

**5. Evaluation:** How will progress towards the objective (per above) be tracked and outcome measured?

Provide specific information on how many individuals will be evaluated (should be the same number as in the objective and outcome), how you will collect relevant data and statistics that meet your objective and validate your expected outcome, in a quantifiable manner, as you describe your evaluation process.

**BELOW IS AN EXAMPLE OF GOAL, OBJECTIVE, OUTCOME AND EVALUATION:**

**Objective, Outcome and Evaluation should align and should be written in a linear format, using actual numbers, and data that are quantifiable and verifiable. Do not use percentages)**

**STATE THE GOAL, OBJECTIVES, AND OUTCOME**

**GOAL:** Enhance and supplement the diet of food insecure families and children in Mariposa County with healthy, fresh food each month to improve their health and wellbeing.

**OBJECTIVE:** Distribute at least **500,000 meals of healthy, fresh food to 15,000 residents in need.**

**ACTIVITIES:**

- 1) Purchase fresh produce and other food items not provided by existing local farm and USDA sources to support 15,000 food distribution participants monthly.
- 2) Continue to promote monthly food distribution program through community partners across the county.
- 3) Input monthly food distribution data into USDA database system.

**OUTCOME:** We expect to **provide 500,000 meals to 15,000 food insecure county residents**, increasing their healthy food intake and habits.

**EVALUATION:** Using the USDA’s tracking system we will generate reports on the number of food insecure children and families we have served. We will track our role in **providing 500,000 meals feeding 15,000 food insecure individuals** and account for additional success or lower numbers of individuals served.

**WRITE YOUR RESPONSES HERE AND Use the following format for your goal, objective, respective activities and expected outcome:**

**GOAL:** Our goal is to reduce hunger and food insecurity on Native American reservations by providing access to healthy fresh, frozen, and shelf-stable food boxes to Native children, youth and families.

**OBJECTIVE:** The objective of this grant request is to distribute a total of 3,624 30-lb food boxes filled with healthy fresh, frozen, and shelf-stable food products across the Pine Ridge Indian Reservation through the Running Strong Food Pantry, a total 5,824 5-lb Backpack Food meals at Wakpala School on Standing Rock Reservation, and a total of 1,440 30-lb boxes of food at our Takini School Pantry on Cheyenne River Reservation.

**ACTIVITIES:**

1) Purchase frozen proteins, fresh produce, and shelf-stable pantry items, dairy, grains, and non-meat proteins from Feeding South Dakota and distribute pallets of food to 3 of our food program sites (RS Food Pantry, Wakpala School, and Takini School),

2) Work with our Field Coordinators and Backpack Food Coordinators to assemble food bags/boxes and distribute the procured food.

-302 Food Boxes each month to families on Pine Ridge Indian Reservation. These distributions take place at the end of the month, both due to food delivery schedules and because families tend to run low on government financial assistance at the end of the month.

-728 Backpack Food bags each month during the school year to children at Wakpala School on Standing Rock Reservation

-180 Food Boxes each month during the school year to families of children at Takini School on Cheyenne River Reservation

3) Promote our food programs within the communities, utilizing community relationships, phone calls, word-of-mouth, social media, and local reservation radio stations.

5) Work closely with the schools and district representatives to evaluate any issues that arise during distribution and respond accordingly with solutions.

**OUTCOME:** As a result of this program, Native American people will have access to healthy meals in rural areas where food security is a significant challenge. Roughly 2,600 people will receive food each month with this funding. Since many are returning recipients, we anticipate this number to reflect the total number of people served over the course of the entire program year.

**EVALUATION:** Our Site Coordinators use signature sheets to collect data about the demographics of food box or bag recipients, including number of people in the family, ages of family members, distance traveled to school or district of residence, etc. These Coordinators also submit monthly distribution reports to Running Strong to tell us how many food boxes or bags were distributed, how many students or families were served, and any challenges or successes so far in the program.

**D) Timeline**

Provide a timeline for implementing the project. The start date and end date should be the same dates on the cover page.

The project start date is: July 1, 2022

The project end date is: June 30, 2023

Include timeframes for specific activities, as appropriate.



<b>RS Food Pantry</b>	<b>Wakpala School Backpack Food Program</b>	<b>Takini School Pantry Program</b>
Jul 28, 2022 - <b>Delivery</b>	Aug 25, 2022 - <b>Delivery</b>	Aug 18, 2022 - <b>Delivery</b>
Jul 29, 2022 - Distribution	Sept 2, 2022 - Distribution	Sept 14, 2022 - Distribution
July 31, 2022 – <b>Report Due</b>	Sept 9, 2022 – Distribution	Sept 23, 2022 – <b>Delivery</b>
Aug 25, 2022 – <b>Delivery</b>	Sept 16, 2022 – Distribution	Sept 30, 2022 – <b>Report Due</b>
Aug 25, 2022 – Distribution	Sept 23, 2022 – Distribution	Oct 12, 2022 – Distribution
Aug 31, 2022 – <b>Report Due</b>	Sept 29, 2022 – <b>Delivery</b>	Oct 20, 2022 – <b>Delivery</b>
Sept 28, 2022 – <b>Delivery</b>	Sept 30, 2022 – Distribution	Oct 31, 2022 – <b>Report Due</b>
Sept 29, 2022 – Distribution	Sept 30, 2022 – <b>Report Due</b>	Nov 16, 2022 – Distribution
Sept 30, 2022 – <b>Report Due</b>	Oct 7, 2022 – Distribution	Nov 17, 2022 – <b>Delivery</b>
Oct 27, 2022 – <b>Delivery</b>	Oct 14, 2022 - Distribution	Nov 30, 2022 – <b>Report Due</b>
Oct 28, 2022 – Distribution	Oct 21, 2022 - Distribution	Dec 14, 2022 – Distribution
Oct 31, 2022 – <b>Report Due</b>	Oct 27, 2022 – <b>Delivery</b>	Dec 31, 2022 – <b>Report Due</b>
Nov 17, 2022 - <b>Delivery</b>	Oct 28, 2022 – Distribution	Jan 19, 2023 - <b>Delivery</b>
Nov 18, 2022 - Distribution	Oct 31, 2022 – <b>Report Due</b>	Jan 31, 2023 – <b>Report Due</b>
Nov 30, 2022 – <b>Report Due</b>	Nov 4, 2022 – Distribution	Feb 15, 2023 - Distribution
Dec 22, 2022 – <b>Delivery</b>	Nov 11, 2022 – Distribution	Feb 16, 2023 – <b>Delivery</b>
Dec 23, 2022 – Distribution	Nov 17, 2022 – <b>Delivery</b>	Feb 28, 2023 – <b>Report Due</b>
Dec 31, 2022 – <b>Report Due</b>	Nov 18, 2022 – Distribution	Mar 15, 2023 – Distribution
Jan 26, 2023 – <b>Delivery</b>	Nov 30, 2022 – <b>Report Due</b>	Mar 23, 2023 – <b>Delivery</b>
Jan 27, 2023 – Distribution	Dec 2, 2022 – Distribution	Mar 30, 2023 – <b>Report Due</b>
Jan 31, 2023 – <b>Report Due</b>	Dec 9, 2022 – Distribution	April 12, 2023 – Distribution
Feb 23, 2023 – <b>Delivery</b>	Dec 16, 2022 – Distribution	Apr 20, 2023 – <b>Delivery</b>
Feb 24, 2023 – Distribution	December 31, 2022 – <b>Report Due</b>	Apr 30, 2023 – <b>Report Due</b>
Feb 28, 2023 – <b>Report Due</b>	Jan 26, 2023 – <b>Delivery</b>	May 10, 2023 – Distribution
Mar 30, 2023 – <b>Delivery</b>	Jan 27, 2023 – Distribution	May 31, 2023 – <b>Report Due</b>
Mar 31, 2023 – Distribution	Jan 31, 2023 – <b>Report Due</b>	
<b>RS Food Pantry</b>	<b>Wakpala School Backpack Food Program</b>	<b>Takini School Pantry Program</b>
Mar 31, 2023 – <b>Report Due</b>	Feb 3, 2023 – Distribution	
Apr 27, 2023 – <b>Delivery</b>	Feb 10, 2023 – Distribution	
Apr 28, 2023 – Distribution	Feb 17, 2023 – Distribution	
Apr 30, 2023 – <b>Report Due</b>	Feb 23, 2023 - <b>Delivery</b>	
May 25, 2023 – <b>Delivery</b>	Feb 24, 2023 - Distribution	
May 26, 2023 – Distribution	Feb 28, 2023 – <b>Report Due</b>	
May 31, 2023 – <b>Report Due</b>	Mar 3, 2023 - Distribution	
Jun 29, 2023 – <b>Delivery</b>	Mar 10, 2023 - Distribution	
Jun 30, 2023 – Distribution	Mar 17, 2023 - Distribution	
June 30, 2023 – <b>Report Due</b>	Mar 24, 2023 - Distribution	
	Mar 30, 2023 - <b>Delivery</b>	
	Mar 31, 2023 - Distribution	
	Mar 31, 2023 – <b>Report Due</b>	
	Apr 7, 2023 - Distribution	
	Apr 14, 2023 - Distribution	
	Apr 21, 2023 - Distribution	
	Apr 27, 2023 - <b>Delivery</b>	

	Apr 28, 2023 - Distribution	
	Apr 30, 2023 – Report Due	
	May 5, 2023 - Distribution	
	May 12, 2023 - Distribution	
	May 19, 2023 - Distribution	
	May 31, 2023 – Report Due	

**E) Target Population**

1. Who will this grant serve?

This grant will serve the Native American children, youth, and families living on the Pine Ridge Indian, Standing Rock, Cheyenne River Reservations in South Dakota.

2. How many people will be impacted? Provide a breakdown: Number of Children, Youth, Adults, Seniors.

482 elders, 482 adults, and 1,628 children will be served and positively impacted because of this grant.

Total Individuals Served with Grant – Breakdown				
	Children	Adults	Elders	
RS Food Pantry	906	302	302	
Takini School	540	180	180	
Wakpala School	182			
Total	1,628	482	482	2,592

**F) Community Partners**

1. How does this program relate to other existing projects in the community?

Community partnership is the foundation of Running Strong’s work. We can only operate our food programs with the help of the local schools and grass-roots organizations with which we work. Our work directly with local reservation schools is the clearest example of community partnership. Members approach us with a need they see in their communities, and work with Running Strong to meet that need. Over the last 10+ years we have built strong relationships with these community members, creating very successful and impactful programming. As for other food programs, there are multiple other food programs in the region and the community and Running Strong is actively seeking opportunities to collaborate with them.

2. Who are your key community partners? Provide a brief description of each key partner and their role(s) in this program.

Mary Little Sky (Cheyenne River Lakota) is a Teacher and Backpack Food/ School Pantry Coordinator at Takini School. She works closely with Running Strong to procure the food product and oversees the recruitment of volunteers and distribution of the food in the community. She is responsible for all reporting.

Dave Lone Elk (Oglala Lakota) is Running Strong’s Field Coordinator on the Pine Ridge. Dave works directly with Feeding South Dakota to procure all food, works with districts across the reservation to set up distributions, organizes volunteers, and reports monthly on the program.

Samantha Yellow Fat (Hunkpapa Lakota) is a school Social Worker at Wakpala School on Standing Rock. She works with Fred Fischer, Food Service Manager for the school, and Running Strong to procure food, organize deliveries and distributions, mobilize volunteers, and submit reporting.

4. How are you utilizing volunteers?

All of our food program sites recruit, train, and maintain a steady number of volunteers. All of these volunteers receive the services we provide. Mostly, volunteers are assembling boxes and bags, stacking shelves, and collecting evaluation data from recipients. At the school sites, students who volunteer are offered extra credit or community service hours that count toward graduation.

**G) Use of Grant Funds**

How will you use the grant funds? This answer should align with the specific activities previously outlined in C) Project Goal, Objectives, Activities and Expected Outcomes

Grant funds will be used to purchase about 181,040-lbs of fresh, frozen, and shelf-stable food products from local and regional vendors. This amount of food is approximately 3,624 30-lb food boxes distributed on Pine Ridge Indian Reservation, 5,824 5-lb Backpack Food bags at Wakpala School on Standing Rock Reservation, and 1,440 30-lb food boxes at Takini School on Cheyenne River Reservation.

**III. Project Future**

**A) Sustainability**

Explain how you will support this project after the grant performance period. Include plans for fundraising or increasing financial support designated for the project.

Running Strong has been fundraising to support our food programs since 2009. We have been able to successfully meet our fundraising goals thanks to our strong, supportive donor base and foundation grants. Our fundraising goals have increased and been met over the years as this program grows. The biggest measure of the sustainability of these programs has been support of the communities we serve. Native Americans living on reservations are very familiar with the influx of organizations coming in for a brief period of time to operate a program the community, and then leaving. As a result programs are sometimes met with hesitation, and rightfully so. Running Strong is committed to long-term relationship building in communities and meeting the actual needs of the communities, and over the last 10 years we have gained the support and respect of the communities in which we work. This has allowed us to continue our work and has created a sustainable program. These are community-led initiatives, with Running Strong support behind them.

**IV. Governance, Executive Leadership and Key Personnel/Staff Qualifications**

**A) Governance**

1. Describe your board of directors and the role it plays in the organization.

Running Strong has an incredibly supportive volunteer Board of Directors. The Board offers accountability and advising, and leaves the day-to-day and programmatic decisions to the Executive Director and Running Strong Staff.

James J. O'Brien, Esq. – Chairman  
Bryan L. Krizek – President/CEO  
Thomas O'Brien – Treasurer

Robert J. Hisel, Jr.  
Rear Admiral Eric C. Jones  
Ashley Wahiaronkwas  
Elayne Silversmith  
Reverend Ketlen A. Solak  
Frank L. Stitely  
Colonel John F. Williams

2. What committees exist within your board of directors?

Our Board of Directors currently has a Finance Committee.

3. How does the board of directors make decisions?

Our Board of Directors votes at each Board meeting if a quorum is present.

B) Management

1. Describe the qualifications of key personnel/staff responsible for the project.

Sydney Mills Farhang is Running Strong's Executive Director. She is a member of the Oglala Sioux Tribe and had been working with Running Strong for 5 years as a Program Coordinator and Deputy Executive Director before assuming the Executive Director position in March 2022. Sydney has a Bachelor's Degree in Psychology and has been working in international and domestic non-profit organizations for over 10 years.

2. What is the CEO/President/Executive Director Salary?

Executive Director - \$85,000 / year

## 2022 S.L. Gimbel Foundation APPLICATION

### V. Project Budget and Narrative (Do not delete these instructions on your completed form).

Please provide a detailed line-item budget for your project by completing the budget form below. **The maximum requested amount is \$100,000 or 25% of your operating budget, whichever is less, OR the amount on your invitation to apply email.** Delineate your line items requests per example below:

- 90% of total request for the purchase of food items only. (Ex. Total request of \$100,000; 90% is \$90,000 for food)
- 10% of total request for **transportation OR for coordination** (Ex. Total request of \$100,000; 10% is \$10,000 for transportation)
- Canned tuna will not be funded.

**Food items must be delineated (i.e. canned vegetables, soup, pasta, dried beans, rice, etc.). For each food item, indicate the cost per unit (pound, carton, case, etc.) and the quantity. See attached example.**

Line Item Request	Line Item Explanation	Requested Amount From Gimbel	Line Item Total of Project
<b><u>Food Products:</u></b>			
Shelf-Stable Milk	2lb each/12 per case; \$22.77/case, 422 cases	\$9,608.94	\$9,608.94
Self-Stable Milk	8oz each/27 per case; \$13.28/case, 216 cases	\$2,864.55	\$2,864.55
Assorted Breads & Bakery Items	Sold by the lb; \$0.18/lb, 7,976 lbs	\$1,435.68	\$1,435.68
Pasta (Noodles)	2lb each/12 per case; \$15.01/case, 422 cases	\$6,334.22	\$6,334.22
Pasta (Mac & Cheese)	8oz each/24 per case; \$13.23/case, 243 cases	\$3,210.48	\$3,210.48
Pasta (Elbow Macaroni)	1-lb each/20 per case; \$13.05/case, 181 cases	\$2,364.66	\$2,364.66
Rice	2lb each/12 per case; \$4.50/case, 422 cases	\$1,899.00	\$1,899.00
Beans (Dried)	2lb each/12 per case; \$4.68/case, 422 cases	\$1,974.96	\$1,974.96
Oatmeal	14oz each/12 per case; \$11.39/case, 422 cases	\$4,806.58	\$4,806.58
Peanut Butter	18oz each/12 per case; \$24.16/case, 422 cases	\$10,195.52	\$10,195.52
Assorted Meat Items	Sold by the lb; \$0.18/lb, 5,064 lbs	\$911.52	\$911.52
Frozen Beef	1-lb each/36 per case; \$6.48/case, 101 cases	\$652.32	\$652.32
Frozen Pork Loin	Sold by the lb; \$1.65/lb, 5,064 lbs	\$8,355.60	\$8,355.60
Canned Fruits (Pears)	29oz each/12 per case; \$4.68/case, 422 cases	\$1,974.96	\$1,974.96
Canned Fruits (Applesauce)	28oz each/12 per case; \$3.78/case, 422 cases	\$1,595.16	\$1,595.16
Canned Vegetables (Peas & Carrots)	15oz each/24 per case; \$25.32/case, 211 cases	\$5,342.52	\$5,342.52
Canned Vegetables (Corn)	15oz each/24 per case; \$15.87/case, 454 cases	\$7,199.69	\$7,199.69
Tomato Sauce	28oz each/12 per case; \$3.78/case, 422 cases	\$1,595.16	\$1,595.16
Cabbage	Sold by the lb; \$0.18/lb, 5,064 lbs	\$911.52	\$911.52
Carrots	Sold by the lb; \$0.18/lb, 5,064 lbs	\$911.52	\$911.52
Apples	Sold by the lb; \$0.18/lb, 7,976 lbs	\$1,435.68	\$1,435.68
Onions	Sold by the lb; \$0.18/lb, 5,064 lbs	\$911.52	\$911.52
Potatoes	Sold by the lb; \$0.18/lb, 5,064 lbs	\$911.52	\$911.52
Celery	Sold by the lb; \$0.05/lb, 3,624 lbs	\$181.20	\$181.20
Sweet Potatoes	Sold by the lb; \$0.18/lb, 5,064 lbs	\$911.52	\$911.52

Canned Soups	10oz each/48 per case; \$27.46/case, 181 cases	\$4,979.41	\$4,979.41
Snacks (Crackers)	8oz each/6 per case; \$0.54/case, 971 cases	\$524.16	\$524.16
Dessert Brownie	3lb each/3 per case; \$1.80/case, 1,688 cases	\$3,038.40	\$3,038.40
Juice	4oz each/42 per case; \$9.87/case, 294 cases	\$2,897.08	\$2,897.08
<b><i>Food Product Subtotal</i></b>		<b><i>\$89,935.05</i></b>	<b><i>\$89,935.05</i></b>
<b><u>Coordination</u></b>			
Takini School	\$355.00/month x 8 months of operation	\$2,840.00	\$2,840.00
Wakpala School	\$355.00/month x 8 months of operation	\$2,840.00	\$2,840.00
RS Food Pantry	\$360.00/month x 12 months of operation	\$4,320.00	\$4,320.00
<b><i>Coordination Subtotal</i></b>		<b><i>\$10,000.00</i></b>	<b><i>\$10,000.00</i></b>
<b>TOTALS:</b>		<b>\$99,935.05</b>	<b>\$99,935.05</b>

**Provide a narrative for the line item Transportation OR Coordination.**

Our program partners and site volunteers work hard to provide food services to the community. These costs, split evenly over their respective operation periods, will help defray the costs of operation. These can include printing materials to market the program, purchasing bags or boxes needed to distribute, honoraria for volunteers, and telephone costs associated with coordinating the program.

## 2022 S.L. Gimbel Foundation APPLICATION

**VI. Sources of Funding:** Please list your current sources of funding and amounts.

### *Secured/Awarded*

Name of Funder: Foundation, Corporation, Government, Individual donors, In-Kind, Other (specify)	Amount
Elijah List Ministries	\$100,000
Earl & Anna Broady Foundation	\$52,000
City of Alexandria (VA)	\$5,000
Ford Foundation	\$200,000
In-Kind Contributions	\$1,145,068

### *Pending*

Name of Funder: Foundation, Corporation, Government, Individual donors, Other (specify)	Amount	Decision Date
USDA	\$53,000	September 2022
Newman's Own Foundation	\$50,000	September 2022
Franciscan Sisters of Perpetual Adoration	\$250,000	October 2022
Hudson Foundation	\$25,000	December 2022
Bank of America	\$100,000	December 2022

**Diversity of Funding Sources:** A financially healthy organization should have a diverse mix of funding sources. Complete those categories that apply to your organization using figures from your most recent fiscal year.

Funding Source	Amount	% of Total Revenue	Funding Source	Amount	% of Total Revenue
Contributions	\$1,450,981	17.6%	Wills & Bequests	\$37,350	0.45%
Fundraising/Special Events	\$ -	0%	In-Kind Contributions	\$1,145,068	13.9%
Foundation Grants	\$1,720,000	20.9%	Other Income/Sales	\$49,472	0.6%
Government Grants	\$57,491	0.7%	Matching Grants	\$990.00	0.01%
Workplace Contributions	\$1,768	0.02%	In-Kind Revenue	\$410,947	5%
Endowment Support	\$3,424,000	41.6%	Donated Stock/Bond	\$19,691	0.2%

**Notes:**

The revenue in the "Diversity of Funding Sources" are FY22 unaudited financials (July 1, 2021 – June 30, 2022).

The Endowment Support line item is designated for a Youth Center we are building on the Pine Ridge Indian Reservation.



## S.L. Gimbel Foundation APPLICATION

### VII. Financial Analysis

Agency Name: Running Strong for American Indian Youth

Most Current Fiscal Year (Dates): From July 1, 2022 To: June 30, 2023

This section presents an overview of an applicant organization's financial health and will be reviewed along with the grant proposal. Provide all the information requested on your **entire organization**. Include any notes that may explain any extraordinary circumstances. Information should be taken from your most recent 990 and audit. **Double check your figures!**

#### Form 990, Part IX: Statement of Functional Expenses

**(This should be your recently filed Form 990 and should not be more than 2 years old)**

**1) Transfer the totals for each of the columns, Line 25- Total functional expenses (page 10)**

(A) Total Expenses	(B) Program service expenses	(C) Management & general expenses	(D) Fundraising expenses
\$7,197,977	\$7,104,281	\$62,452	\$31,244

**2) Calculate the percentages of Columns B, C, and D, over A (per totals above)**

- Program services (B) – A general rule is that at least 75% of total expenses should be used to support programs
- Management & general administration (C) – A general rule is that no more than 15% of total expenses should be used for management & general expenses
- Fundraising (D) – A general rule is that no more than 10% of total expenses should be used for fundraising

(A) Total Expenses	(B) Program service expenses	(C) Management & general expenses	(D) Fundraising expenses
	Columns B / A x 100	Columns C / A x 100	Columns D / A x 100
Must equal 100%	98.7%	0.87%	0.43%

**3) Calculate the difference between your CURRENT year budget for management & general expenses and your previous management & general expenses per your 990 (Column C)**

Percentage of Organization's <u>Current</u> Total Budget used for Administration	Column C, Management & general expenses per 990 above	<b>Differential</b>
\$76,202 or 0.80%	\$62,452 or 0.87%	<b>19.8%</b>

If the differential is above (+) or below (-) **10%**, provide an explanation:

Our budget increased significantly due to expanding programming, and as such our management and general expenses increased.

## S.L. Gimbel Foundation APPLICATION

**Quick Ratio:** Measures the level of liquidity and measures only current assets that can be quickly turned to cash. A generally standard Quick Ratio equals 1 or more.

<b>Cash</b>	<b>+ Accounts Receivables</b>	<b>/Current Liabilities</b>	<b>= Quick Ratio</b>
\$600,203	\$4,274	\$370,352	1.63

**Excess or Deficit for the Year:**

<b>Excess or (Deficit) Most recent fiscal year end</b>	<b>Excess or (Deficit) Prior fiscal year end</b>
(\$15,950)	\$213,443

**Notes:** Quick Ratio figures based of our most recent audit, for FY2021 (July 1, 2020 to June 30, 2021).  
 Excess or Deficit “Most recent fiscal year” are unaudited financials for FY2022 (July 1, 2021 to June 30, 2022).  
 Excess or Deficit “Prior fiscal year” are audited financials for FY2021 (July 1, 2020 to June 30, 2021).

**VIII. EMAIL TWO PDF files to [Gimbel@iegives.org](mailto:Gimbel@iegives.org)**

- A. One PDF file of the following, #1 to #5      B. Second PDF file of the following, #6 & #7**

#1	Completed Grant Application Form (cover sheet, narrative), budget page and budget narrative (see sample) and sources of funding, financial analysis page	#6	A copy of your most recent year-end financial statements (audited if available)
#2	Your current operating budget and the previous year’s actual expenses (see sample Budget Comparison)	#7	A copy of your most recent 990. <b>Please make sure that the Form 990 you submit is no more than two (2) years old.</b>
#3	Part IX <b>only</b> of the 990 form, Statement of Functional Expenses (one page). <b>Please make sure that the Form 990 you submit is no more than two (2) years old.</b>		
#4	For past grantees, a copy of your most recent final report.		
#5	A copy of your current 501(c)(3) letter from the IRS		

## Running Strong FY22 and FY23 Budget Comparison

	Annualized Most Recently Completed Year	Budget Projections Current Year	Variance
<u>Income</u>	<b>2022</b>	<b>2023</b>	
Individual Contributions	\$1,450,981	\$1,600,000	(\$149,019)
Foundation Grants	\$1,720,000	\$735,000	\$985,000
Matching Grants	\$990		\$990
Government Contributions	\$57,491	\$53,000	\$4,491
Workplace Giving Campaigns	\$1,768	\$15,000	(\$13,232)
Wills and Bequests	\$37,350	\$40,000	(\$2,650)
Special Events		\$25,000	(\$25,000)
Other Income	\$49,742	\$105,000	(\$55,258)
In Kind Contributions	\$1,145,068	\$1,569,511	(\$424,443)
In Kind Revenue	\$410,947		\$410,947
Donated Bond/Stock	\$19,691		\$19,691
Endowment Support <sup>1</sup>	\$3,424,000		\$3,424,000
Investment Income	(\$86,807)	\$40,000	(\$46,807)
Grants from Affiliates		\$5,640,000	(\$5,300,000)
<b>Total Income</b>	<b>\$8,231,222</b>	<b>\$9,822,511</b>	<b>(\$1,591,289)</b>
<u>Expenditures</u>			
<b>Personnel</b>			
<b>Salary CEO – Required</b>	n/a <sup>2</sup>		
Salary and Benefits	\$526,034	\$531,994	(\$5,960)
<b>Total Personnel</b>	<b>\$526,034</b>	<b>\$531,994</b>	<b>(\$5,960)</b>
<b>General Program/Administrative</b>			
Bank/Investment Fee	\$6,568	\$7,000	(\$432)
Dues & Fees	\$35,816	\$79,252	(\$43,436)
Rent	\$85,725	\$15,147	\$70,578
Travel Expense & Meetings	\$38,206	\$147,500	(\$109,294)
Field Offices/Warehouses (South Dakota)	\$27,700	\$205,000	(\$177,300)
Program Supplies & COGoods	\$125,151	\$80,181	\$44,970
Honorarium/Bereavement	\$4,000		\$4,000
Contract Services & Consultants	\$98,482	\$197,455	(\$98,973)
Cash Grants	\$3,095,405	\$3,518,000	(\$422,595)
In Kind Expense	\$1,552,014	\$1,569,511	(\$17,497)
COVID-19 Discretionary		\$15,000	(\$15,000)
Contributed Real Property <sup>3</sup>	\$2,059,581	\$3,370,000	(\$1,310,419)
Web Support & Maintenance, Advertising	\$19,599	\$60,000	(\$40,401)
Procurement	\$411,524		\$411,524
Freight Charges	\$157,583		\$157,583
Postage, Shipping, Printing, & Production	\$3,785	\$16,600	(\$12,815)
<b>Total General Program/Administrative</b>	<b>\$7,721,139</b>	<b>\$9,280,646</b>	<b>(\$1,559,507)</b>
<b>Total Expenditures</b>	<b>\$8,247,173</b>	<b>\$9,812,640</b>	<b>(\$1,565,467)</b>
<b>Revenue Less Expense</b>	<b>(\$15,951)</b>	<b>\$9,871</b>	<b>(\$6,080)</b>

Notes:

1. FY2022 income to build new youth center on Pine Ridge Indian Reservation
2. Salary of CEO of our parent organization, Christian Relief Services, is not a Running Strong expense.

**Part IX Statement of Functional Expenses**

Section 501(c)(3) and 501(c)(4) organizations must complete all columns. All other organizations must complete column (A).

Check if Schedule O contains a response or note to any line in this Part IX

Do not include amounts reported on lines 6b, 7b, 8b, 9b, and 10b of Part VIII.	(A) Total expenses	(B) Program service expenses	(C) Management and general expenses	(D) Fundraising expenses
1 Grants and other assistance to domestic organizations and domestic governments. See Part IV, line 21	5,291,743.	5,291,743.		
2 Grants and other assistance to domestic individuals. See Part IV, line 22				
3 Grants and other assistance to foreign organizations, foreign governments, and foreign individuals. See Part IV, lines 15 and 16				
4 Benefits paid to or for members				
5 Compensation of current officers, directors, trustees, and key employees	169,644.	169,644.		
6 Compensation not included above to disqualified persons (as defined under section 4958(f)(1)) and persons described in section 4958(c)(3)(B)				
7 Other salaries and wages	420,281.	420,281.		
8 Pension plan accruals and contributions (include section 401(k) and 403(b) employer contributions)	18,164.	18,164.		
9 Other employee benefits	47,939.	47,939.		
10 Payroll taxes	43,453.	43,453.		
11 Fees for services (nonemployees):				
a Management				
b Legal				
c Accounting	15,425.		15,425.	
d Lobbying				
e Professional fundraising services. See Part IV, line 17				
f Investment management fees	5,109.		5,109.	
g Other. (If line 11g amount exceeds 10% of line 25, column (A) amount, list line 11g expenses on Sch O.)	164,517.	158,207.	4,885.	1,425.
12 Advertising and promotion	903.	903.		
13 Office expenses	282,570.	247,003.	5,748.	29,819.
14 Information technology				
15 Royalties				
16 Occupancy	47,772.	39,425.	8,347.	
17 Travel	11,070.	11,070.		
18 Payments of travel or entertainment expenses for any federal, state, or local public officials				
19 Conferences, conventions, and meetings	173.	173.		
20 Interest				
21 Payments to affiliates				
22 Depreciation, depletion, and amortization	41,138.	41,138.		
23 Insurance	17,851.	17,851.		
24 Other expenses. Itemize expenses not covered above (List miscellaneous expenses on line 24e. If line 24e amount exceeds 10% of line 25, column (A) amount, list line 24e expenses on Schedule O.)				
a <b>PROCUREMENT FEES</b>	523,410.	523,410.		
b <b>SHIPPING</b>	51,849.	51,833.	16.	
c <b>BAD DEBT EXPENSE</b>	22,922.		22,922.	
d <b>REPAIRS AND MAINTEN.</b>	18,394.	18,394.		
e All other expenses	3,650.	3,650.		
<b>25 Total functional expenses.</b> Add lines 1 through 24e	<b>7,197,977.</b>	<b>7,104,281.</b>	<b>62,452.</b>	<b>31,244.</b>
26 <b>Joint costs.</b> Complete this line only if the organization reported in column (B) joint costs from a combined educational campaign and fundraising solicitation.				

Check here  if following SOP 96-2 (ASC 958-720)

**Internal Revenue Service**

**Date:** June 2, 2006

CHRISTIAN RELIEF SERVICES CHARITIES INC  
AM INDIAN YOUTH RUNNING STRONG  
% EUGENE L KRIZEK  
2550 HUNTINGTON AVE STE 200  
ALEXANDRIA VA 22303-1400 500

**Department of the Treasury  
P. O. Box 2508  
Cincinnati, OH 45201**

**Person to Contact:**  
Ms Jackson 31-07417  
Customer Service Representative  
**Toll Free Telephone Number:**  
877-829-5500  
**Federal Identification Number:**  
54-1594578  
**Group Exemption Number:**  
3299

Dear Sir or Madam:

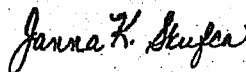
This is in response to your request of June 2, 2006, regarding your organization's tax-exempt status.

Your organization is exempt under section 501(c)(3) of the Code because it is included in a group ruling issued to Christian Relief Services Charities, Inc., located in Alexandria, Virginia.

Our records indicate that contributions to your organization are deductible under section 170 of the Code, and that you are qualified to receive tax deductible bequests, devises, transfers or gifts under section 2055, 2106 or 2522 of the Internal Revenue Code.

If you have any questions, please call us at the telephone number shown in the heading of this letter.

Sincerely,



Janna K. Skufca, Director, TE/GE  
Customer Account Services