



# The Florida Senate

## Local Funding Initiative Request

### Fiscal Year 2019-2020

LFIR#: 1778

**1. Title of Project:** Common Threads Obesity Prevention & Nutrition Educ

**2. Senate Sponsor:** Annette Taddeo

**3. Date of Submission:** 02/04/2019

**4. Project/Program Description:**

Common Threads provides obesity prevention and nutrition education to preK-8th grade students, families, and communities. By integrating our evidence-based programs into school districts and schools, Common Threads not only helps combat the rising number of diet-related diseases and related healthcare costs, but also cultivates a culture of wellness within our schools, improves students' food choices, and increases the number of healthy students ready to grow and learn.

Common Threads delivers hands-on STEM and NGSSS-aligned nutrition and cooking classes for preK-8th grade students during school and after-school, provides parent programs, and trains and provides resources to teachers so that they may incorporate nutrition education into their classrooms. Common Threads has been operating in Miami-Dade County since 2009 and in Duval County since 2014 through multiple funding streams and requests support to continue, enhance, and expand our M-D and Duval efforts.

**5. State Agency to receive requested funds :** Department of Education

State Agency Contacted? No

**6. Amount of the Nonrecurring Request for Fiscal Year 2019-2020**

| Type of Funding                    | Amount         |
|------------------------------------|----------------|
| Operations                         | 875,382        |
| Fixed Capital Outlay               |                |
| <b>Total State Funds Requested</b> | <b>875,382</b> |

**7. Total Project Cost for Fiscal Year 2019-2020 (including matching funds available for this project)**

| Type of Funding                                      | Amount           | Percent       |
|--|------------------|---------------|
| Total State Funds Requested (from question #6)       | 875,382          | 78.1%         |
| Federal  | 0                | 0.0%          |
| State (excluding the amount of this request)         | 0                | 0.0%          |
| Local  | 60,000           | 5.4%          |
| Other  | 185,000          | 16.5%         |
| <b>Total Project Costs for Fiscal Year 2019-2020</b> | <b>1,120,382</b> | <b>100.0%</b> |

**8. Has this project previously received state funding?** No

| Fiscal Year<br>(yyyy-yy) | Amount    |              | Specific<br>Appropriation # | Vetoed |
|--------------------------|-----------|--------------|-----------------------------|--------|
|                          | Recurring | NonRecurring |                             |        |
|                          |           |              |                             |        |



# The Florida Senate

## Local Funding Initiative Request

### Fiscal Year 2019-2020

LFIR#: 1778

9. Is future-year funding likely to be requested? Yes
- a. If yes, indicate non-recurring amount per year. 1500000

10. Details on how the requested state funds will be expended

| Spending Category  | Description  | Amount         |
|--|--|----------------|
| <b>Administrative Costs:</b>   |  |                |
| Executive Director/Project Head Salary and Benefits                    |  |                |
| Other Salary and Benefits  | Indirect Administrative costs (data and financial compliance monitoring costs, including percentage of Associate Director of Development, Data and Compliance Manager, Evaluation Manager and Chief Financial Officer )  | 146,220        |
| Expense/Equipment/Travel/Supplies/Other                                |  |                |
| Consultants/Contracted Services/Study                                  |  |                |
| <b>Operational Costs:</b>  |  |                |
| Salary and Benefits  | Program Director Oversees project strategic direction and Program Manager. Works with Associate Director of Development, Data and Compliance Manager, Evaluation Manager and Chief Financial Officer for compliance, financial management, accounting and reports. Program Manager Engages school partners and works with school administration to implement programs. Manages all aspects of the operations and activities/lessons/scheduling. Manages project coordinators (not included in State request). Sc | 164,700        |
| Expense/Equipment/Travel/Supplies/Other                                | Curriculum, reusable cooking kits, classroom supplies, consumable instructional supplies, printing   | 321,462        |
| Consultants/Contracted Services/Study                                  | CT Instructors Lead all after-school classes and most in-school nutrition education classes: Work with students and manages classrooms of up to 20 participants and 4 volunteers, teaches students, parents, and teachers cooking skills and nutrition, completes instructional supply purchases and tracks receipt of purchases, administers pre- and post-surveys to students.   | 243,000        |
| <b>Fixed Capital Construction/Major Renovation:</b>                    |  |                |
| Construction/Renovation/Land/Planning Engineering                      |  |                |
| <b>Total State Funds Requested (must equal total from question #6)</b> |  | <b>875,382</b> |

11. Program Performance:

- a. What is the specific purpose or goal that will be achieved by the funds requested?



# The Florida Senate

## Local Funding Initiative Request

### Fiscal Year 2019-2020

LFIR#: 1778

In Miami-Dade County, our goal will be to educate preK-8th grade students and their families on nutrition and well-being by implementing our healthy cooking and nutrition education in partnership with Miami-Dade County Public Schools. We have worked in partnership with M-DCPS for the past 10 years, and are working together toward embedding nutrition education into all schools and classrooms. Our output goals for our 2019-2020 program year are: 1) to serve over 10,000 M-D students, parents/guardians, and teachers by implementing up to 565 distinct program sessions which occur both during school hours and after-school hours; and 2) for participants to receive up to 156,480 hours of programming and to cook and consume up to 91,744 healthy meals and snacks.

**b. What are the activities and services that will be provided to meet the intended purpose of these funds?**

Common Threads' programmatic approach is unique, as it is intended to improve multiple components of student's food environments by influencing children themselves, as well as families, teachers, and other role models. This comprehensive approach ensures students are supported in making healthy choices across environments—at home, at schools, and in the community—thus bolstering and helping to sustain our positive impact. Programming will take place in partnership with up to 40 M-DCPS and will occur both in-school as well as after-school for children and adults. Our curriculum is aligned by grade level to the Florida Standards and incorporates STEM education, while also providing supplemental nutritious food. We provide a best-class model for improving school food environments and ensuring children are well-nourished and ready to learn by meeting schools, students, and families where they are to improve their overall health and wellness.

**c. What are the direct services to be provided to citizens by the appropriations project?**

- Healthy Teacher Training (two hours, 10 trainings): Teachers learn concepts to integrate nutrition into core content areas, while receiving PD credit.
- Small Bites (eight 60-min lessons, 400 sessions): CT Instructors and/or CT trained classroom teachers (depending on desire of individual schools) deliver Small Bites nutrition education during the school day reinforcing core academic concepts through grade level aligned lessons and healthy snack recipes.
- Cooking Skills and World Cuisine (ten two-hour classes, 75 sessions): Students in grades 3-8 work together with a CT Instructor after-school to cook culturally-diverse, affordable and healthy dinners.
- Parent Workshops (one hour, 40 workshops), Grocery Store Tours (two hours, 40 tours): Our family-inclusive programs teach parents and their children how to shop for, choose, and prepare nutritious foods. A Cooking for Life Handbook take-away includes eight weeks of SNAP-friendly meal plans, with recipes and grocery lists.

**d. Who is the target population served by this project? How many individuals are expected to be served?**

In Miami-Dade County, 35.5% of children ages 5-17 are overweight or obese and 26% experience food insecurity, which paradoxically puts children at a 22% greater risk of becoming obese. For this reason, we provide programs in schools where at least 80% of children participate in the free- or reduced-priced school lunch program. Our programs serve students in grades preK-8 as well as their parents/guardians and teachers. This project will reach at least 10,000 M-D individuals through partnership with up to 40 M-D schools.

**e. What is the expected benefit or outcome of this project? What is the methodology by which this outcome will be measured?**

Evaluations consistently demonstrate that programs significantly improve student nutrition knowledge, attitudes and behaviors. We expect that students, as compared to before programming: (a) 22% will improve their nutrition knowledge, (b) 16% will report consuming more vegetables and (c) 15% will improve their frequency of showing family how to cook at home. We will track completion and retention of programs and



# The Florida Senate

## Local Funding Initiative Request

### Fiscal Year 2019-2020

LFIR#: 1778

expect : (d) 50% of teachers who complete teacher trainings will go on to implement nutrition programs with CT support and (e) 70% of individuals who enroll in CTs' after school programs will attend until the end of the course. We will measure these outcomes using a quasi-experimental pre- and post- survey design on a stratified random sampling of students as well as standard program monitoring and fidelity procedures. We have IRB approval and RRB approval by M-DCPS for conducting our surveys, available in English and Spanish.

**f. What are the suggested penalties that the contracting agency may consider in addition to its standard penalties for failing to meet deliverables or performance measures provided for in the contract?**

We acknowledge the standard contract penalties in the Department of Education process. DOE may withhold all or a portion of the funds if the contract/deliverables is deemed unsatisfactory.

**12. The owner(s) of the facility to receive, directly or indirectly, any fixed capital outlay funding. Include the relationship between the owner(s) of the facility and the entity.**

N/A

**13. Requestor Contact Information:**

- a. **Name:** Linda Novick O'Keefe
- b. **Organization:** Common Threads
- c. **E-mail Address:** linda@commonthreads.org
- d. **Phone Number:** (312)315-8329

**14. Recipient Contact Information:**

- a. **Organization:** Common Threads
- b. **County:** Miami-Dade
- c. **Organization Type:**
  - For Profit
  - Non Profit 501(c) (3)
  - Non Profit 501(c) (4)
  - Local Entity
  - University or College
  - Other (Please specify)
- d. **Contact Name:** Linda Novick O'Keefe
- e. **E-mail Address:** linda@commonthreads.org
- f. **Phone Number:** (312)315-8329

**15. Lobbyist Contact Information**

- a. **Name:** Dean Cannon
- b. **Firm Name:** Gray Robinson
- c. **E-mail Address:** Dean.Cannon@gray-robinson.com
- d. **Phone Number:** (850)577-9090