



The Florida Senate

Local Funding Initiative Request

Fiscal Year 2019-2020

LFIR#: 1834

1. Title of Project: Common Threads - Healthy Cooking and Nutrition Education

2. Senate Sponsor: Audrey Gibson

3. Date of Submission: 02/14/2019

4. Project/Program Description:

Common Threads encourages children, families, and communities to adopt healthy eating habits through cooking and nutrition education sessions using evidenced-based curriculum, training, and hands-on programming. By integrating health-conscience nutrition lessons into school districts and community organizations, Common Threads helps to combat the rising number of diet-related diseases which have contributed to increasing healthcare costs. Common Threads also uniquely addresses the rising rates of obesity by showing children and adults how to have fun and come together as family and community while preparing healthy meal and snack recipes. Common Threads has been operating in Miami-Dade County since 2009 and in Duval County since 2015 through multiple funding streams and requests support to continue, enhance, and expand our Miami-Dade and Duval community health efforts in partnership with community-based organizations and medical institutions and initiatives.

5. State Agency to receive requested funds : Department of Health

State Agency Contacted? No

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

Type of Funding	Amount
Operations	974,816
Fixed Capital Outlay	
Total State Funds Requested	974,816

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)	974,816	89.20%
Federal	0	0.00%
State (excluding the amount of this request)	0	0.00%
Local	18,000	1.65%
Other	100,000	9.15%
Total Project Costs for Fiscal Year 2019-2020	1,092,816	100.0%

8. Has this project previously received state funding? No

Fiscal Year (yyyy-yy)	Amount		Specific Appropriation #	Vetoed
	Recurring	NonRecurring		

9. Is future-year funding likely to be requested? No



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

Spending Category	Description	Amount
Administrative Costs:		
Executive Director/Project Head Salary and Benefits		
Other Salary and Benefits	- Indirect Administrative costs (data and financial compliance monitoring costs, including percentage of salaries for the Associate Director of Development, Data and Compliance Manager, Evaluation Manager, and Chief Financial Officer).	124,615
Expense/Equipment/Travel/Supplies/Other		
Consultants/Contracted Services/Study		
Operational Costs:		
Salary and Benefits	- One Program Manager - Oversees project strategic direction and manages Program Coordinator. Engages school partners and works with school administration to implement programs. Works with Associate Director of Development, Data and Compliance Manager, Evaluation Manager, and Chief Financial Officer for compliance, financial management, accounting, and reports. - One Program Coordinator - Coordinates all aspects of the operations and activities/lessons/scheduling. Schedules and oversees Chef In	136,396
Expense/Equipment/Travel/Supplies/Other	- 10 sessions of Cooking Skills World Cuisine - food, books, other equipment, and supplies: \$11,900 - 100 sessions of Parent Workshops and Grocery Store Tours - food, books, transportation, incentives/gift cards: \$71,500 - 400 classes of Small Bites - food and facilitator guides: \$52,500 - 10 sessions of Healthy Teacher Training - food, materials & LMS access: \$800 - Other supplies - 200 posters, 200 cooking kits, 400 Small Bites "passports", 5 chef instructor cooking kits, etc.: \$229,605	366,305
Consultants/Contracted Services/Study	Chef Instructors - Lead classes: Cooking Skills World Cuisine; Parent - Workshops and Grocery Store Tours; Small Bites; Healthy Leader Trainings. 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, and administers pre- and post-surveys to students.	347,500
Fixed Capital Construction/Major Renovation:		
Construction/Renovation/Land/Planning Engineering		
Total State Funds Requested (must equal total from question #6)		974,816

11. Program Performance:



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

In Miami & Jacksonville, adults are obese at 22% & 28%, respectively, and both areas have an 18% rate of food insecurity. Common Threads' goal for FL is to provide children and their families with the skills and knowledge to choose the "right" ingredients to prepare healthy meals, contributing to better health outcomes and lower risk for diet-related diseases. During the 2019-2020 program year, our primary goal will be to educate pre-K-8th grade children and their families with our healthy cooking and nutrition education in partnership with Miami-Dade and Duval County Schools, and a wide-variety of community organizations. Our output goals for our 2019-2020 program year are: 1) to serve up to 10,960 children, parents/guardians, and teachers (8,960 M-D and 2,000 Duval) in under-resourced areas by implementing up to 570 distinct program sessions; and 2) for participants to receive up to 146,400 hours of programming and to cook and consume up to 78,720 healthy meals and snacks.

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

In Miami-Dade, Common Threads will partner with schools as well as community-based organizations and medical organizations such as Baptist Health South Florida (BHSF), M-DCPS, Wellway, HealthConnect, Carrfour Supportive Housing, Lotus House Women's Shelter, City of Miami and Miami-Dade Parks and Recreation sites, Florida Impact, and Miami Children's Initiative. In Duval, CT will partner with schools. CT will work with groups such as school nurses, medical center dietitians, volunteers from FIU School of Dietetics, and Miami-Dade College nursing students to customize and deliver its hands-on culinary and nutrition education curriculum to help adults address specific dietary and nutrition-related needs associated with diet-related disease, and to help children and families adopt healthy eating habits to improve nutrition and reduce childhood obesity and the onset of diet-related diseases.

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

- Healthy Leader Trainings (2 hours, 10 trainings): Nurses and youth development professionals learn concepts to integrate nutrition education into their work. - Small Bites (8, 60-min lessons, 450 sessions): CT Chef Instructors and/or CT trained youth development professionals and/or classroom teachers (schools can choose) deliver Small Bites nutrition education during the school day as well as after-school introducing nutrition concepts and healthy snack recipes. - Cooking Skills and World Cuisine (10, 2-hour classes, 10 sessions): Students in grades 3-5 and 6-8 work with a Chef Instructor after-school to cook culturally-diverse, affordable, and healthy dinners. - Parent Workshops (1 hour, 50 workshops) and Grocery Store Tours (two hours, 50 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 list

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

As of 2017-18 across our markets, the participants we serve in under-resourced areas are 20% African-American, 43% Hispanic, 2% Asian/Pacific Asian, 9% Caucasian, 23% multiethnic, and 1% Native American (2% did not report), with a 61:39 female-to-male ratio (females tend to have higher rates of overweight/obesity). We expect similar demographics for the children we will serve in both Miami-Dade and Duval counties through our 2019-20 school year programming. In Miami-Dade County, the project will reach 8,960 students, youth development professionals, and parents/families. In Duval County, the project will reach 2,000 students, teachers, and parents/families.



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

Consumption of fruits and vegetables can reduce risk factors for chronic disease. We expect that students, compared to before programming: (a) 22% will improve their nutrition knowledge, (b) 13% will improve their liking of vegetables, (c) 10% will be exposed to a new vegetable they had not tried before programming, (d) 16% will report consuming more vegetables, and (e) 15% will improve their frequency of showing family how to cook at home. Additionally, through some community partnerships, students with high BMIs will be specifically referred to CT programming and we expect that CT will be an acceptable alternative intervention as measured by (f) 40% of referred students enrolling in and completing programming. In addition to surveys, a Veggie Meter™ device utilizing a small noninvasive LED light will be used to determine changes in skin carotenoid levels (pigment compounds that are stored in the skin when we eat a variety of fruits and vegetables).

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 Health process. DOH 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



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15. Lobbyist Contact Information

- a. **Name:** Slater Bayliss
- b. **Firm Name:** The Advocacy Group at Cardenas Partners
- c. **E-mail Address:** swb@cardenaspartners.com
- d. **Phone Number:** (850)251-7710