

# Y.E.A.H. Youth Educating and Advocating for Health

**MONDAY, TUESDAY, & WEDNESDAY, APRIL 18, 19, & 20, 2011**  
**10:00AM—2:00PM**

**Monday April 18, 2011**

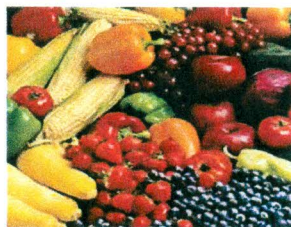
9:30-10:00	Arrival Time / Breakfast
10:00-11:00	Ice-breaker / Food Handling and Safety
11:00-12:30	Generation with Promise—Henry Ford Health Systems Healthy Eating 101 / Cooking Demonstration
12:30-1:00	Lunch
1:00-2:00	Project Time

**Tuesday April 19, 2011**

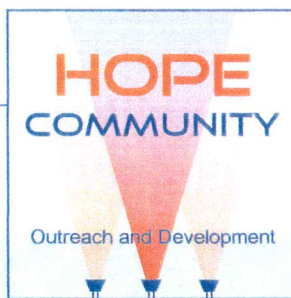
9:30-10:00	Arrival Time / Breakfast
10:00-10:45	Oral Health—Sweet Smiles Dental Solutions
10:45-12:30	Group Cooking Activity (Food measurement/preparation/portion size)
12:30-1:00	Lunch
1:00-2:00	Project Time

**Wednesday April 20, 2011**

9:30-10:00	Arrival Time / Breakfast
10:00-11:00	Leadership and Advocacy
11:00-1:00	Greening of Detroit / Lunch
1:00-2:00	Project Time
6:00PM	Community Forum (Peers, Parents and Guests are welcome)



Monique Holliday  
Executive Director



14456 East Jefferson, Suite 101  
Detroit, Michigan 48215  
313.330.3037

March 24, 2011

Youth Development Commission  
1274 Library Street  
Suite 201  
Detroit, MI 48226

ATTN: Community Resource Fund – Mini Grant Program

Based on the review of the Community Resource Fund - Mini-Grant Program, Hope Community Outreach and Development would like to submit our proposal to become a Youth Development Commission grantee to continue our efforts to provide activities and programming for the children and youth in our community.

As we collaborate with the Youth Development Commission to continue to facilitate our summer programming promoting healthy nutrition and lifestyles through our previously trained community youth advocates. It is our goal for these youth to not only educate, but also to promote this change for life amongst younger children and their peers.

Please find attached the application, complete with proposal narrative and budget request, as well as, all subsequent requested documentation (found under the Appendix section). Feel free to contact me directly at either [myholliday001@gmail.com](mailto:myholliday001@gmail.com) or 313.330.3037 if you have any further questions and/or concerns.

Thank you for this opportunity and we look forward to working with both you and the youth in our community on this project.

Sincerely,

A handwritten signature in blue ink that reads "Monique Holliday".

Monique Holliday  
Executive Director

**A. Organization Description:** Give a brief statement, describing the organization's mission, history, founder, founder, and service provided.

Hope Community Outreach and Development (HCOD) is a 501(c) (3) nonprofit organization that originated from a faith-based outreach program at Hope Community Church of Detroit. Our mission is to collaborate with and empower individuals and families to improve their quality of life in Southeast Detroit and neighboring communities. HCOD is located in the heart of the Jefferson-Chalmers community where we have been active since 2005. HCOD's leadership has successfully participated in New Detroit's Compassion, Capacity Initiative, receiving two federal sub-award grants in 2009 and 2010.

Our three year Strategic Plan is based, in part, on the results of an October 2009 community door-to-door needs survey, which garnered 484 responses<sup>1</sup>. Health, consistently ranked in the top three as the most important need for individuals, families, and community. As a result, HCOD intentionally modeled its programming efforts to focus on the education, empowerment, and improvement of health in our underserved community. Such efforts have included, but are not limited to:

Kids in the Kitchen—This children's nutrition program has been the signature annual community service program for the national Junior League organization. In February 2007, the local Junior League of Detroit asked HCOD to collaborate with them and promote this program to the youth in our 48215 Zip Code. HCOD offered this program to the 100 or more children affiliated with our tutoring, food pantry, and summer programs, which resulted in 45 to 50 children participating for four (4) consecutive years. We also secured high school aged volunteers in addition to the educational facility and Fellowship Hall at Hope Community Church, which provided classrooms, a kitchen, and recreational space for this program. "Chef Jerry" and two of his staff members from the former Seldom Blues restaurant taught the children how to prepare healthy, nutritious, and fun meals. The children also played nutrition themed games that included running, group play, and individual building of the food pyramid.

Healthy Hearts of Hope – In 2010, we also implemented "Healthy Community of Hope – a community garden involving planting, maintaining, and harvesting fresh fruits and vegetables for neighborhood families. Youth in our community participate in this garden project and have received food preparation instruction from a local chef. Our "Hope's Educated Youth" (HEY) weekly after school tutorial program for students in grades 1<sup>st</sup> – 6<sup>th</sup>, also includes enrichment activities and curriculum centered on healthy eating and lifestyles. Approximately 25 students from four (4) area schools currently participate in this program.

Kids Summer Adventure (K.S.A.) – Every year the Hope Community Outreach and Development organization hosts an 8-week summer camp for young people in the Jefferson Chalmers area. The camp offers safe community development activities to youth age 5-14

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<sup>1</sup> Funded by New Detroit, Inc. and conducted in partnership with DEX Designs Associates, Inc.

**Program Budget Sheet**

Event	Items	Requested Amount	(Health Disparities Reduction/ Minority	In-Kind Donation	Total Cost
Hope Community Church	3,128 sq. ft. of space for three days			\$722	
H.C.O.D.	Security			\$320	
End of the Road Ministries	2x wade Pool			\$80	
	Slip and Slide			\$25.00	
	Tooth brushes			\$50.00	
	water ballons			\$7.00	
	water for water games			\$16.00	
Office Supplies/ Printing	100x flyers		\$6.98		
	2x marker packs		\$8.55		
	2x Pad Packs		\$6.35		
	2x pen packs		\$6.98		
	2x Reams of paper		\$6.99		
	6x cartrege of ink	\$39.00		\$39.00	
Hand-on Meal Plans	10x avacados	\$32.00			
	10x bags of Strawberrys	\$26.00			
	10x packs of Ham	\$7.00			
	10x packs of pita Bread	\$17.00			
	10x packs of turkey breast	\$22.00			
	10x sac of grapes	\$18.00			
	10x spaggetti packs	\$40.00			
	1x pound of Sugar	\$18.00			
	20x tubs of Cool Whip	\$33.00			
	2x 100 Carry-out tray packs	\$24.00			
	2x sac of Apples	\$33.00			
	3x 100 paper plates packs	\$1.50			
	4x 100 Fork, Spoon, Knife Packs	\$68.00			
	4x bags of California rice	\$10.00			
	4x bottles of Cucumber Sauce	\$33.00			
	4x bottles of Soy sauce	\$30.00			
	5x 100 plastic cup packs	\$16.00			
	5x bottles of Italian Dressing	\$15.00			
	70x cutting boards	\$78.00			
	2x packs Plastic Aprons	\$45.00			
	5x heads of lettuce	\$20.00			
	5x packs of Seaweed Wrap	\$22.50			
	8x Gallons of Orange Juice	\$24.00			
Gardening Tools	10x pack of Cucumber Seeds	\$35.00			
	10x pack of Tomato Seeds	\$140.00			
	4x bags of Soil Doctor Soil	\$10.00			
	5x bottles of paint	\$10.00			
	60x panterra Oval Planters	\$27.00			
Health Kits	20x Ice Treys	\$15.00			
	65x Grocery list Panphlets	\$70.00			
	65x Jumpropes	\$78.00			
	65x Measuring cups	\$78.00			
	70x Health Portion Plate	\$75.00			
	Measuring Spoons	\$30.00			
Training Materials	DVD on healthy living			\$14.99	
	Educational Games			\$25.00	
	Educational Books			\$25.00	
	Educational Coloring sheets	\$10.00			
	Incentive for participants		\$250.00		
Detroit Science Center (health exhibit)	70x tickets	\$700			
Chandler Water Park	70x tickets	\$210			
	2x 15 passanger van fee for 2 day	\$170			
	2x 1/2 Tanks of gas for 2 vans	\$100.00			
Addin Youth rider to Insurance		\$109			
<b>Sub-Total</b>		<b>\$2,500.00</b>	<b>285.85</b>	<b>\$1,324</b>	<b>\$4,109.84</b>

**Budget Narrative:**

Office Supplies/Printing will cover the necessary supplies such as, makers, pens, and paper. Printing and copying will cover flyers, brochures, and duplicating materials for 70 campers.

Training/Educational Materials- will cover hands on training and education by qualified an expert who will work with the participants and expose them to alternatives to poor health choices and teach good eating habits that can stay with them for life. Individuals trained to educate 70 young participants for a two-week period will present the DVD's and Power Point presentations. Training materials include leadership book, food models, pamphlets, educational games, and DVD's.

A Health Kit- The health kit will be a tangible gift that children can take home to remind and assist them in monitoring there food intake. The kit will include a jump rope, measuring cup, measuring spoon, portion plates, ice tray (for healthy popsicles), and grocery list packet.

Cooking Supplies and Food- For participants who will actively be involved in preparing their own lunches over the two-week period. They will learn firsthand how to make good choices and how to prepare their foods for better health. Cooking supplies include food scales, aprons, utensils, cutting boards, portion plates, etc.

Field trips-The trip to the Detroit Science center will allow the children an opportunity to view the body's structural system. The Detroit Science Center finds new and innovative ways to express the importance of health food to the human philology. The package we will get would normally be roughly 1,000 dollars, but through discount the cost has be dropped 30 percent. Campers will also receive the opportunity to stretch there muscles by swimming at the Chandler Park Water park. To move 70 students the camp needs the program will need to rent two additional vans.

Gardening-Campers will learn to properly cultivate there very own small garden. The campers will have a 21" planter pot to grow up to three three different plants. After the students have successfully planted there seed they will be able to plaint the flowerpots.

Insurance- Funded agencies must add the Youth Development Commission as an insured rider on their liability insurance. This process cost \$109.00.