

NRPA 2014 Out-of-School Time Programs Grant Application

2. Contact Information

1. Applicant Information

Agency Name

Greensboro Parks & Recreation

Federal Identification Number

566000230

Director

Wade Walcutt

Street Address

1001 Fourth St

Apt/Suite/Office**City**

Greensboro

State

NC

Zip

27405

Phone Number

336-373-2558

2. Grant Application Contact

First Name

Kim

Last Name

Porter

Title

Recreation Center Superintendent

Organization Name

Greensboro Parks & Recreation Community Centers

Street Address

1001 Fourth St

Apt/Suite/Office**City**

Greensboro

State

NC

Zip

27405

Email Address

kim.porter@greensboro-nc.gov

Phone Number

336-373-3268

3. Program Participants

3. What is the age of participants you serve in your out-of-school time programs? (Please provide a percentage for each to total 100.)

Children (3-12) : 95%
Teens (13-18) : 5%
Total : 100%

4. What race/ethnicity are the participants you serve in your out-of-school time programs? (Please provide a percentage for each to total 100.)

Asian or Pacific Islander : 1%
Black or African-American : 65%
Hispanic or Latino : 5%
White or Caucasian : 27%
Bi-racial or Multi-racial : 2%
Total : 100%

5. What special populations do you serve in your out-of-school time programs? (Please check all that apply.)

SNAP (food stamp) recipients
Low-income areas or neighborhoods
WIC recipients
Persons with disabilities

4. Current Programs

6. Does your agency currently provide meals and/or snacks to children through a USDA food service program (e.g., Summer Food Service Program, Child and Adult Care Food Program)?

Yes

5. Program Description

7. In your own words, please describe your agency's food service program and the benefits it provides your community. What challenges exist to meeting the needs of your community?

We offer the summer food program to the participants at our 11 recreation centers nine week long summer day camps. We average 63 participants per week and serve both breakfast and lunch. A majority of our participants qualify for free and reduced lunch through the local school system and come from low income families. Having a nutritious, balanced breakfast and lunch is important to us since some of these participants may not get healthy food options during the summer months.

Some of the challenges that we have experienced during the summer food program include: accommodating various diets, second helpings, and unhealthy options brought from home. The caterers have tried to accommodate and adapt his menu for various diets; however, it is becoming harder to take into account every diet for every child. Second helpings are another challenge. We have growing kids that are accustomed to eating more than they should. Giving kids second helpings would be better than having them bring extra unhealthy food from home because they are still hungry. Bringing unhealthy options from home or buying from vending machine is another challenge. We cannot control what kids bring from home, but we can educate. We can try to control what goes in our vending machines by pricing and choices but unhealthy choices still are made. We need to start educating our kids and NRPA's program will help greatly.

Greensboro has been identified as an area with one of the highest rates of food insecurity in the region. The City of Greensboro has pledged to address food deserts and food insecurity through a multi-faceted approach involving several departments as well as external agencies. For example, the City is currently leading an initiative to convert a school bus into a mobile farmer's market in order to provide healthy foods to those in parts of our community who do not have convenient access otherwise. Attaining funding through this program would further our efforts to address food insecurity.

6. Meal and Site Specifics

8. How many total meals and snacks (including seconds) did your agency serve through ALL out-of-school time (before/afterschool and summer) programs in 2013?

32564

9. How many total children did your agency serve through ALL out-of-school time (before/after school and summer) programs in 2013?

5206

10. At how many feeding sites did your agency operate feeding programs during out-of-school times (before/after school and summer) in 2013?

9

11. How will these grant funds help you increase the number of meals/snacks served through your out-of-school time programs?

We will add 2 new recreation center sites as well as our free summer playground sites.

This grant will help provide staff and transportation needed for our playground staff to transport food from the FDA school sites to various playgrounds. The funds will also help buy new refrigerators for centers that need upgrades as well as coolers to help in transporting of food on field trips. We will also buy tables and chairs for centers to use during our summer food programs. Activity equipment such as balls, bases, jump ropes, nutritional posters and games will also be purchased to help encourage a healthy lifestyle.

7. New Program

How will these grant funds help you start a feeding program during your out-of-school time programming?

8. Nutrition Literacy Implementation

12. Please describe your agency's past experience, if any, with implementing a nutritional literacy program.

We have partnered with our local co-operative extension, Guilford County Cooperative Extension Service, to offer classes on family cooking and healthy nutrition. Also we have partnered with Be Active NC and received a grant for pedometers and utilized their Energizers in our Afterschool program. Additionally, this concept is being further explored in collaboration with the Greensboro Public Library.

13. Please describe your agency's capacity and willingness to implement the OWG curriculum in at least 10 out-of-school time sites in Summer 2014 AND Fall 2014.

Greensboro Parks and Recreation currently has 10 recreation centers with an additional site to open in May. Each center operates a summer camp averaging 63 kids for 9 weeks as well as an afterschool program with a minimum of 10 kids per center. We also have summer playground sites that are offered as a free program to the public.

Each of our centers offers a wide variety of programming during our camp. We have guest speakers, summer reading, field trips, and swimming during the day. Our camps operate from 7:30 am -6 pm Monday through Friday so implementing the OrganWise program would be a wonderful and educational opportunity for our kids to learn how to have a healthy lifestyle for a lifetime.

14. If your agency does not have 10 out-of-school time sites, how many sites could you implement the OWG curriculum?

15. How many children do you anticipate reaching through implementation of the OWG curriculum?

750

16. NRPA will be conducting an intensive evaluation to measure the level of increase in knowledge of nutrition and healthy living as a result of nutrition literacy training being implemented through the OWG curriculum.

If selected for grant funding, is your agency willing to administer surveys to children, caregivers, and staff pre, post and 6 months post-intervention?

Yes

9. Nutrition and Physical Activity Standards Pledge

17. Please describe your agency's experience, if any, with the adoption of healthy eating and/or physical activity standards for out-of-school time programming.

We have worked with our local County Co-operative extension to offer educational classes on healthy nutrition for individuals and for families. We have incorporated pedometers and energizers into our afterschool settings. We utilize the playworks books during our physical activity time. We make sure the vending machines in our centers abide by the NC Eat Smart School Standards. We have raised the prices of unhealthy items and lowered the prices of healthier ones to make it an easier choice. We have parks and recreation staff on the advisory board for Get Healthy Guilford, a local non-profit for a healthy lifestyle. We work with our local university's parks and recreation and kinesiology departments to provide new and innovation physical activities for our afterschool programs.

18. NRPA is asking agencies as part of this grant to pledge to implement a set of nutrition standards in your out-of-school time programs. Specifically, NRPA would like your agency to work towards implementation of at least five of the nutrition standards [linked here](#) that your agency has not currently implemented.

Is your agency willing to work towards implementation of at least five of the nutrition standards referenced in the above linked document at a minimum of 10 of your out-of-school time sites?

Yes

19. List the five nutrition standards you would adopt at your 10 out-of-school time sites during the grant period.

1. Serve a fruit or veggie at every snack or meal
2. Serve only packaged snacks or frozen desserts that meets USDA standards
3. Serve only plain or low fat milk or flavored milk
4. Serve only non-caffeinated beverages
5. Provide potable water at all times at no cost to youth and staff

20. NRPA is asking agencies as part of this grant to pledge to implement a set of physical activity standards in your out-of-school time programs. Specifically, NRPA would like your agency to work towards implementation of at least two of the physical activity standards [linked here](#) that your agency has not currently implemented.

Is your agency willing to work towards implementation of at least two of the physical activity standards referenced in the above linked document at a minimum of 10 of your out-of-school time sites?

Yes

21. List the two physical activity standards you would adopt at your 10 out-of-school time sites during the grant period.

Dedicate 20% of the out of school program time, or at least 30 minutes to physical activity twice a day (i.e., 60 minutes all day)

Ensure physical activity takes place outside whenever possible

Provide physical activities in which youth are moderately to vigorously active at least 50% of time

22. What do you anticipate will be some of the biggest challenges to implementing these nutrition and physical activity standards in your out-of-school time programming?

Vending machines still offering unhealthy options(candy, soda) but they are still abiding by NC Eat Smart School standards because they offer at higher prices

Unhealthy foods brought from home

Children having speciality diets that the summer food program cannot accomodate

23.

NRPA will require your agency to pledge to adopt these standards at 10 of your out-of-school time sites. As part of this commitment you will be asked to fill out the Alliance for a Healthier Generation's Out-of-School Time Inventory (a survey) once at the beginning of the grant cycle (by June 1, 2014) and once at the end of the grant (by February 1, 2015). For more information about the inventory, please visit <https://host.healthiergeneration.org>.

Are you willing to complete the inventory for all of your out-of-school time sites twice during the grant period?

Yes

10. Nutrition and Literacy Summit

24. Are you able and willing to send a representative to the Nutrition Literacy and Training Summit that will be hosted by NRPA in May 2014 in the Washington DC/Baltimore area? (NRPA will provide a travel stipend.)

Yes

11. Budget

25. What is the total amount of cash grant funding you are requesting? Cash grant awards will typically range from \$25,000 to \$35,000 plus additional in-kind nutrition literacy materials.

\$30,000.00

26. List itemized anticipated expenses to reflect how the amount of funding requested above would be implemented for your out-of-school time programs. Please be sure that the total of expenses equals the amount requested above.

	Dollar Amount	Description
Expense	900	Refrigerator
Expense	900	Refrigerator
Expense	3050	Staff to drive vans
Expense	3050	Staff to drive vans
Expense	200	Coolers for transportation
Expense	7500	Tables (10) & chairs (90)
Expense	3000	Fitness equipment for activities
Expense	11400	2 Van rental for summer
Expense		

12. Final page

27. Thank you for completing an application for a grant from NRPA. We will contact you if additional information is needed. Are you ready to submit your application?

Yes