

Student Title: Magee, Tim OL 201 Assignment 2

Student Date: May 17, 2015

Magee Example Project OL 201 Assignment 2

Online Learning: OL 201 Designing and Funding Non Profit Projects: From the Ground Up

Center for Sustainable Development: <http://www.csd-i.org/ol-201-northern-nonprofit/>

Use this document as your template for your assignment.

Assignment 2. What's your theory of a solution?

Part 1.

Searching for project activities; a list of colleagues and websites that you consulted for potential activities.

I spoke with two colleagues in Claremont about developing a project based upon the needs assessment.

Nancy Pefley, Retired School Teacher

Marianne Zaugg, Executive Director, Earthworks Farm and Community Garden

Nancy Pefley gave me a book she had used when she was a teacher about establishing vegetable gardens at schools. Emily spoke with me about the process that they went through to develop a community garden, rent the land from the city, and get the garden started. She also talked about how they maintain much of the garden program through volunteer help. She said that when the my project gets closer to getting started that she would be happy to answer specific questions based upon the experiences they've had.

I also looked through the Internet for community gardens, restaurant and grocery store food donations, and individual food box selection ideas. I found the following sources:

Family Gardens/Urban Agriculture

Steps to Create a Community Garden or Expand Urban Agriculture

<http://www.epa.gov/brownfields/urbanag/steps.htm>

- Survey the property and identify potential risks and contaminants for testing.
- Test your soil. Consider likely environmental contaminants, pH, organic content, and soil nutrients needed for healthy plant growth.
- Clean contaminants and add soil amendments to create a safe growing environment.
- Consider garden design including location, crops, water, sunlight, lighting, and accessibility.
- Construct the garden to accommodate children, the elderly, and people all abilities. Raised beds, wider paths, and benches can all be used to create a more usable space.
- Plant a safe and healthy garden and enjoy your growing community.

Community Garden Start-Up Guide: University of California Cooperative extension, Los Angeles County

<http://celosangeles.ucdavis.edu/files/97080.pdf>

This guide is perfect because it addresses the region were hoping to begin a community garden through the food pantry. "This community Garden startup guide is intended to help neighborhood groups and organizations along the path to starting and sustaining a community garden."

Community Gardens: Lessons Learned From California Healthy Cities and Communities. Joan Twiss, MA, Joy Dickinson, BS, CHES, Shirley Duma, MA, Tanya Kleinman, BA, Heather Paulsen, MS, and Liz Rilveria, MPA.

Community gardens enhance nutrition and physical activity and promote the role of public health in improving quality of life. Opportunities to organize around other issues and build social capital also emerge through community gardens.

<http://www.northeaststreetcityfarm.org.au/LITG%20DOCUMENTS/community%20gardens%20am%20j%20ph.pdf>

Restaurant and Grocery Store Surplus Food Donation Program

Restaurant Chains Donate Unserved Food to Families in Need

<http://www.earth911.com/food/darden-restaurants-harvest-program/>

Through partnerships with regional distributors like Waste Not, along with national organizations like Food Donation Connection, Second Harvest and Feeding America, Darden Restaurants (Red Lobster, Olive Garden, LongHorn Steakhouse and Bahama Breeze) now donates 10 to 12 million pounds of food per year from its 2,000 restaurants. The program also brings Darden closer to its ambitious goal of zero-waste.

Supermarket Gleaning

<http://www.cfbnj.org/help/donate-food/supermarketgleaning/>

"Our staff will come to your store to meet with the Store Manager, Department Heads, and Receiver to discuss procedures for donating. This will also be an opportunity to answer any questions the staff has. At the meeting a weekly pick-up schedule will be determined (the number of pick-ups per week will be based on the store's volume). Our refrigerated trucks will then come to your store on its scheduled day(s)."

From reading through these sources and from ideas uncovered in my meetings, I chose what I thought were the 4 best intervention/activities to address the problems and their underlying causes, and then placed them within the problem list.

Individual Food Box Selection: I looked through the Internet starting with the phrase "selecting food to go in individual food boxes at food banks." I discovered that this is called "client choice" and so refined my search using terms like "client choice at food pantries" and came up with quite a few resources. The first on the list just below was the most thorough and gave the clearest directions on how to set this program up.

Client Choice Pantry Handbook:

http://www.akroncantonfoodbank.org/Data/Sites/52/assets/agency/Available%20Agency%20Forms/General%20Membership/choice-pantry-handbook_may2012.pdf

Setting up a Client Choice Pantry is a bit like putting together a puzzle: all the pieces fit together, but you have to find the right way! Take some time to review the client choice models. Talk it over with your workers. Point out that they won't have to pre-pack food bags, which is one advantage for every client choice model. Decide together which model might be best for your pantry, you can also choose to use a combination of the models. Any space can be made to work as client choice! The models described in this handbook can be modified to fit your pantry, or you can come up with a different way to bring client choice into your pantry.

A Food Pantry Strategy: Client Choice

<https://www.purdue.edu/indianasefnetwork/docs/June2013supplementalinsert.pdf>

What is client choice?

Client choice is a method of food distribution at food pantries. Clients are encouraged to select the foods they want, similar to shopping at a grocery store.

Benefits of client choice for the client

Client choice acknowledges that no two families or individuals have the same needs or preferences. Here are a few ways client choice can benefit the client:

- Enables selection of desired products
- Encourages client dignity, self-esteem and builds trust and satisfaction
- Accommodates needs (ie. certain type of diet or limited cooking equipment)
- Promotes critical thinking and allows for exercise and practice of budgeting and nutrition knowledge

Benefits of client choice for the pantry

Offering client choice can benefit the pantry in several ways. Listed below are a few:

Reduces waste and monetary losses; clients choose products they will use and want

- Allows pantry staff to control their inventory and finances by seeing which products are most popular and which are not
- Volunteer and staff time is not spent pre-bagging, but instead, engaging and aiding clients.

From reading through these sources and from ideas uncovered in my meetings, I chose what I thought were the best intervention/activities to address the problems and underlying causes, and then placed them within the problem list.

Part 2.

Important: I cut and pasted the Problem Statement from assignment One. I then annotated the Problem Statement, the Project Outline, and the Goal statement so you can see how they interrelate and are parallel to each other. Please annotate yours in exactly the same way.

Problem Statement:

[Problems and underlying causes] (1) 1,000 small children from 500 families in four cities surrounding Claremont, California, suffer a lack of access to sufficient fruits, vegetables, and meat products due to a lack of a place for raising their own vegetables and a lack of a program for collecting surplus food from restaurants and grocery stores. (2) They also suffer from an inability to choose their weekly food products from food pantry due to a lack of knowledge of family nutrition for better stocking the food pantries and in making healthy choices in the selection of food. These challenges contribute to [Negative Impacts] (a) families suffering from food insecurity and a lack of food diversity that reduces (b) their children's ability to concentrate in school (c) and also reduces the ability of adults to lead the productive, meaningful, prosperous lives they need to leave the cycle of poverty.

Part 3.

Project Outline: Problem list combined with potential interventions/activities/solutions that I chose

I decided to postpone the farm gleaning idea because the project was beginning to look a little too complicated. One or more of the programs below may not be appropriate or feasible for the food pantry. Consequently, each of the programs below starts with establishing a team to assess feasibility and appropriateness for the food pantry. This simple feasibility study will then be presented to senior staff for approval prior to continuation with the balance of the activities. There is also repetition in each of the programs (such as conducting surveys); these repeat activities could be conducted once and results shared between the selected programs.

[Problem 1]. A lack of access to sufficient fruits, vegetables, and meat products

Community garden program [Solution to underlying causes: A lack of a place for community members to raise their own vegetables]:

- [Activity 1]. Form a community garden team which includes staff members, volunteers, and community members to assess feasibility and develop a plan.
- [Activity 2]. Research different community garden programs, and visit local community gardens
- [Activity 3]. Research potential garden plot locations
- [Activity 4]. Conduct a survey with community members to gauge interest and also to better understand the things they would like to grow
- [Activity 5]. Work with a nutritionist to determine feasibility, appropriate crops – and develop a simple gardening and nutrition workshop
- [Activity 6]. Develop a detailed plan, budget, and timeframe for launching the community garden program
- [Activity 7]. Assess funding possibilities
- [Activity 8]. Hold a workshop and follow-up in family nutrition and home garden planning for nutrition
- [Activity 9]. Hold a forming beds and planting seeds workshop and follow-up

Restaurant and Grocery Store Surplus Food Donation Program [Solution to underlying causes: No program in place for collecting surplus food from restaurants and grocery stores]:

- [Activity 1]. Form a Restaurant and Grocery Store Donation team (which includes staff members, volunteers, and community members) to assess feasibility and develop a plan
- [Activity 2]. Research different restaurant and grocery store donation programs and visit local food pantries, restaurants and grocery stores participating in programs
- [Activity 3]. Research product availability, transportation, pickup and delivery, and manpower requirements
- [Activity 4]. Survey community members to better understand products that they would enjoy from a program such as this
- [Activity 5]. Work with a nutritionist to better understand a healthy diversity of products identified by restaurants and grocery stores
- [Activity 6]. Use this information to determine feasibility and develop a detailed working plan, budget and timeframe
- [Activity 7]. Assess funding possibilities
- [Activity 8]. Launch a pilot program

[Problem 2]. Community members not able to choose which food products go into individual food boxes and in which quantities most appropriate for their families

Client Choice Food Pantry program [Solution to underlying causes: A lack of knowledge of family nutrition for better stocking the food pantry and in making healthy choices in the selection of food]:

- [Activity 1]. Set up a Client Choice team (with one staff member, one volunteer and one community client) to research feasibility and develop a plan for the Client Choice Program
- [Activity 2]. Develop a simple survey to gain a better understanding of community member food preferences
- [Activity 3]. Work with a nutritionist to fill in gaps in the list and to develop a simple family nutrition workshop for community members and staff alike
- [Activity 4]. Compare the food gaps to the programs above to determine feasibility in filling the gaps
- [Activity 5]. Develop a plan for launching the client choice program and have a few client choice program days as a pilot test
- [Activity 6]. Hold a family nutrition workshop with community members
- [Activity 7]. Fine-tune the client choice program based upon the tests and officially launch it
- [Activity 8]. Hand out questionnaires to community clients on a periodic basis to see if the new client choice program is meeting their needs

Part 4.

Goal Statement: This is an exact positive reflection of the Problem Statement above. Cut and paste your Problem Statement below and simply make it positive.

1,000 small children from 500 families in four cities surrounding Claremont, California, will [Underlying causes to problems as if they have been solved] (1) have access to sufficient fruits, vegetables, and meat products through a community garden program and through a restaurant, and grocery store donation program. (2) They will also enjoy better family nutrition and the ability to individually choose their food allotment through a client choice food pantry program. These opportunities contribute to [Positive Impacts] (a) family food security and food diversity. These opportunities improve (b) their children's ability to concentrate in school (c) and also improve the ability of adults to lead the productive, meaningful, prosperous lives they need to leave the cycle of poverty.



CSDi Forum Posting. Because my login name falls within A-F.

Good Morning,

I am part of OL 201 where I am developing a project at a food pantry in Claremont California attempting to increase the quantity of food available and also its diversity.

750 small children from 500 families in four cities surrounding Claremont, California, suffer a lack of access to sufficient fruits, vegetables, and meat products due to a lack of a place for raising their own vegetables and a lack of a program for collecting surplus food from restaurants, grocery stores and local farms.

I'm posting to this forum today to see if any of you have found any resources that could help me in the development of my project—including links to websites or scientific papers that would help me find intervention activities that I could use in my project, or links to sites where I can download how-to field guides or manuals on implementing these activities with my community?

In exchange, I would like to share with you a link that I found:

Restaurant Chains Donate Unserved Food to Families in Need

<http://www.earth911.com/food/darden-restaurants-harvest-program/>

Through partnerships with regional distributors like Waste Not, along with national organizations like Food Donation Connection, Second Harvest and Feeding America, Darden Restaurants (Red Lobster, Olive Garden, LongHorn Steakhouse and Bahama Breeze) now donates 10 to 12 million pounds of food per year from its 2,000 restaurants. The program also brings Darden closer to its ambitious goal of zero-waste.

Sincerely,

Tim Magee