

# 2018 Healthy Out-of-School Time Grant Application

Response ID:182 Data

## 2. Applicant Eligibility

1. Are you a local, municipal or regional government agency (e.g., park and recreation department) or federally recognized tribal community?

Yes

## 3. Section I. Applicant Information

### 2. Applicant Information

#### Agency Name

Fayetteville Cumberland Parks and Recreation

#### Federal Identification Number

56-6001226

#### Director

Michael Gibson

#### Street Address

121 Lamon Street

#### Apt/Suite/Office

N/A

#### City

Fayetteville

#### State

NC

#### Zip

28301

#### Director's Email Address

mgibson@ci.fay.nc.us

#### Phone Number

910-433-1557

#### NRPA Member Number (enter N/A if you are not a member of NRPA)

31621

#### 4. Grant Contact Information

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### 3. Grant Application Contact

**First Name**

Adrianne

**Last Name**

Thomas

**Title**

Business Manager

**Organization Name**

Fayetteville Cumberland Parks and Recreation

**Street Address****Apt/Suite/Office****City****State****Zip****Email Address**

adthoms@ci.fay.nc.us

**Phone Number**

910-433-1699

#### 5. Program Information

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#### 4. What is the age of participants you serve in your out-of-school time (before/afterschool and summer) programs? Please provide a percentage for each to total 100.

Infants (birth -2) : 0%

Children (3-12) : 97%

Teens (13-18) : 3%

Total : 100%

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

American Indian or Alaskan Native : 2%

Asian and Pacific American Islander : 2%

African American or Black : 45%

Hispanic or Latino : 13%

White or Caucasian : 30%

Multi-ethnic : 8%

## 6. Section II. Out-of-School Time Programs

**6. Please describe your out-of-school time programs. Do you offer both before/after school and summer programs? Are your programs enrolled or drop-in? How consistent is attendance in your programs?**

FCPR's summer programs are enrollment programs, which are offered at 15 different recreation sites throughout Cumberland County starting in June and ending in August. These programs are designed for children who have completed Kindergarten through 12 years of age. FCPR sites that host a summer camp program are classified as "open sites", thus allowing FCPR to provide free meals to any child who drops in and requests a meal. Daily average enrollment was 717, with a deviation of no more than 26.

**7. How many total children did your agency serve through ALL out-of-school time (before/after school and summer- not limited to meal program service) programs in 2017? Please provide your total enrollment number, counting each child only once.**

778

**8. Please provide your program schedule for 2018.**

Please list the start and end dates of your summer program in 2018: : June 11, 2018 - August 17, 2018

Please list the start and end dates of your fall program in 2018: : N/A

## 7. Section III. Meal Programs

**9. Does your agency currently provide meals and/or snacks to children through a USDA food service program?**

Yes

**If you do not currently serve meals through a USDA meal program (Summer Food Service Program, Child and Adult Care Food Program, National School Lunch Program), please describe how this funding will help you to start a program at your out-of-school time sites. Have you taken steps to start a program? If yes, please describe the steps you've taken.**

**10. Which USDA food service programs does your agency participate in? Please check all that apply.**

**\*If you serve meals/snacks that come to your site from another sponsor (school system, food bank, etc.) please verify with the sponsor which meal programs you participate in. For more information on the meal programs, please refer to the [FAQ document](#).**

Summer Food Service Program (SFSP)

**11. Is your park and recreation agency the USDA sponsor of the SFSP?**

If no, who is the SFSP sponsor?: Cumberland County Schools System's Child Nutrition

**12. How many total meals were served through SFSP (summer) in 2017?**

19,771

**13. How many total children were served meals through SFSP in 2017?**

838

**Is your park and recreation agency the USDA sponsor of CACFP?**

**How many total meals were served through CACFP (before/afterschool meals) in 2017?**

**How many total children received meals through CACFP in 2017?**

**How many total meals were served through NSLP (summer, before/afterschool) in 2017?**

**How many total children were served meals through NSLP in 2017?**

**14. At how many meal sites did your agency operate meal programs during out-of-school times (before/after school and summer) in 2017?**

15

**15. Describe your agency's food service program and the benefits it provides your community. What challenges exist in meeting the hunger needs of your community?**

During the months of June and July FCPR participates in the "Summer Food Service Program" which is funded by the US Department of Agriculture and the North Carolina Department of Health and Human Services. The program provides the necessary resources so USDA sponsors, can feed children during the summer months when school is not in session. Through this program FCPR is able to provide nutritious meals to youth aged 18 or younger at 15 neighborhood recreation centers throughout Cumberland County between the hours of 11 a.m. to 1 p.m. Mondays through Fridays, participation in a FCPR program is not a requirement. Last year, FCPR summer camp sites participated for 6 weeks (June 12th – July 28th) with the exception of the EE Miller site which participated for only 4 weeks due to its year round school status Cumberland County Schools prepares the meals and CCS along with FCPR distributes the meals out of a local high school cafeteria. Some of the challenges for FCPR include providing adequate space (tables and seats) for the 700+ children who use the program on a daily basis along with staffing. FCPR cannot budget personnel solely for this program so often staff perform multiple roles which include transporters, servers and facility supervisors. Although all children receive the same meal, it has become necessary to designate assigned areas for eating to ensure the safety and integrity of the various groups who participate. The program would not be a success without FCPR providing staff for the transportation of meals, site preparation (setup and tear down) and servers. FCPR's duties include taking orders during the morning hours, assisting with the pick-up and transportation of meals, site preparation, serving, cleanup and daily documentation. FCPR receives no reimbursement for man hours, transportation cost and materials such as tables and chairs. Although the program is funded by US Department of Agriculture and the North Carolina Department of Health and Human Services, which provides for the meals no funds are provided for resources need to actually feed 700+ children such as tables and chairs.

**16. How will these grant funds help you to increase the number of meals/snacks served through your out-of-school time programs in 2017? If you do not currently have one, how will these grant funds help you start a meal program during your out-of-school time programming?**

FCPR mandated participation in the "Summer Food Service Program" at all of the county's recreation centers in 2009. Since then the program has grown by more than 12%. Grant funding could be used to replenish and acquire new tables and chairs.

Considering those tables and chairs are used almost everyday during those months by the feeding program, avoiding over booking tables and chairs has become a challenge. One of the program's requirements is that meals must be consumed on site. If FCPR could designate a minimum of 16 tables and 100 chairs at each site for the Summer Food Service Program, it would ensure for future growth. Currently FCPR sites are averaging almost 60 participants daily. Some of the sites that number can balloon up to 180 some days. Guaranteeing that each facility has an adequate number of tables and chairs would ensure future growth could continue without hindering other FCPR programs.

## 8. Section IV. Nutrition Literacy Implementation

### 17. Please describe your agency's experience and interest in implementing a nutrition literacy program.

FCPR understands the importance of healthy nutrition and the impact it can have in our community. In 2014 FCPR incorporated a Farm to Table component to the summer camp programs. During those months camp and playground sites visited an actual farm or community garden. Tours were conducted by local experts on farming and gardening. These visits were educational and included topics such as the local food system, agricultural heritage and the importance of eating freshly grown produce. The program was coordinated through Sustainable Sandhills Organization and FCPR provide the children and Cumberland County School System supplied the transportation. The actually times of the visits vary from afternoons to early mornings. All tours were conducted at farms within Cumberland County and the program objective was to stress the importance of buying local produced produce. All 15 FCPR sites participated during the summer months. Sites visited included the Bunce Brothers Family Farm, Gillis Hill Farm, Fayetteville Community Garden and the local food bank. These visits average an hour and children were allowed to pick blueberries, see farming practices and were taught the importance of beekeeping. The program was sponsored by Cumberland County's Sustainable Sandhills Organization and FCPR. The response from the community, farms and the media was very favorable.

### 18. If your agency does not have 10 out-of-school time sites, you may still apply for a grant. If you have fewer than 10 sites, at how many sites will you implement the nutrition literacy curriculum?

15

### 19. How many children/staff do you anticipate reaching through implementation of the nutrition literacy curriculum?

Child Number: : 700

Staff Number: : 60

## 9. Section V. Commit to Health

### 20. Please describe your agency's experience or interest with adopting/implementing healthy eating and/or physical activity standards in your out-of-school time programming. Include any relevant experience with adopting wellness policies at park and recreation sites or within programs.

FCPR is constantly striving to increase the quality of life for the citizens of Fayetteville and Cumberland County. Our programs reach all ages and ability. Fitness is a major component of FCPR's programing. Our focus is on engaging youth through affordable sports and leisure activities. We achieve this goal by partnering with outside agencies such as the Cal Ripken Foundation, Blue Cross and Blue Shield, Sustainable Sandhills Organization and the Arts Council of Fayetteville—Cumberland County. "Leisure opportunities for all neighborhoods and generation" is actually a priority vision set by Fayetteville's City Council in 2002. Our Summer Day Camp and playground programs offer a healthy summer time experience

of organized indoor and outdoor activities consisting of sports, games, arts and crafts and off-site field trips. With our partners we have been able to enhance our camps with programs such as Healthy Choices Healthy Children, Farm to Table Farm Visits and Ashanti Yoga. Last year's program reached an average of 717 school aged children. The program takes place weekdays during the summer months from 7:30am-6:00pm. Programming includes indoor and outdoor activities throughout the day. Site supervisors also schedule guest speakers to discuss topics such as health and nutrition. Cumberland County Health Department, Department of Social Services and the Child Advocacy Center have all provided speakers. These programs have been an important part of FCPR programming for over 30 years. In 2009 FCPR mandated county wide participation in the summer feeding program to ensure every child and in every community had the opportunity to receive a nutrition meal during the summer months. FCPR will continue to participate in the "Summer Food Service Program" as long as the opportunity is there and resources allow it.

## 10. Section VI. Additional Grant Elements

### **21. An important part of helping youth to develop healthy habits is to encourage those habits in the home. Please describe how your agency currently engages parents/caregivers in your out-of-school time programs and how you will engage them in the grant elements around nutrition and physical activity?**

Summer Camp and Playground programs are a vital part of FCPR programming. We serve over 700 children on a daily basis through these programs. These children come from all walks of life. Because of Fort Bragg and Pope Army Air Field, the military is a huge component of our community. Families are constantly cycling in and out of Cumberland County and our growth can be attributed to the military. In an effort to ensure our message reaches those families we utilize social media such as Twitter, Facebook and text alerts. We also use marketing print to get our message out and our biannual leisure guide is distributed to every elementary school in Cumberland County. Each facility also conducts an orientation for parents prior to start of summer camps and playground programs to ensure parents and caregivers understand the services we offer along with what our expectation are and to alleviate any anxiety. Parents are given a weekly agenda highlighting the activities, lunch menus and goals of each week. We also catered to special nutritional needs and focus on healthy habits. Parents are informed daily of how their child is doing through face to face interaction and through personal updates using text messaging. If additional funding were made available for this program we could provide more detail information to parent and outside agencies prior to its start date. Often staff and children are rushed to eat because of the seating arrangements and volume being served. Sometimes just providing a clean safe environment and allowing a child the time to enjoy a healthy meal can make a difference. In addition to providing a healthy meal, FCPR will ensure that these programs incorporate more than hour of physical activity through games and organized activities. Games will be inclusive but age appropriate such as kickball, basketball and floor hockey. Organized activities would also be inclusive such nature walks, scavenger hunts and yoga. One day of recreational swimming is also scheduled each week. Here at FCPR physical fitness is our purpose and not just a goal.

## 11. Budget

### **22. What is the total amount of cash grant funding you are requesting? NRPA anticipates funding 20 grantees in the amount of \$25,000 each. Matching funds are not required.**

**\*Expenditures that support your out-of-school time programs, such as transportation, equipment, staffing, marketing, supplies, etc. are eligible expenses. The funding cannot be used to purchase food unless part of the nutrition education activities.**

\$24,943.72

### **23. List itemized anticipated expenses to reflect how the amount of funding requested above would be implemented for your out-of-school time programs. Food is not an eligible expense unless purchased as part of the nutrition literacy activities.**

**Please be sure that the total of expenses equals the amount requested above.**

	Dollar Amount	Description
Expense	\$11,995.20	240 Lifetime 6' Commercial Grade Stacking Folding Tables
Expense	\$12,948.52	296 ECR4Kids 18" Stack Chair with Chrome Legs & Swivel Glides
Expense		
Expense		
Expense		
Expense		
Expense		
Expense		
Expense		

**24. You have the option of uploading a letter from the head of your agency as evidence of their support of this grant application and the adoption of the HEPA standards at your out-of-school time sites. If you would like to include this letter of support, please upload it here.**

## 12. Final page

**25. 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

## 13. Thank You!

### Copy of NRPA Grant Application

Mar 16, 2018 16:08:52 Success: Email Sent to: adthoms@ci.fay.nc.us