Equity Council Draft Application

Lancaster Equity Grant

*Grant Proposal Information*

**Project Title\***

Name of Project.

* Healthy Feelings

**Project Description**

Short description of your project. (25 words or less)

* Healthy Feelings dedicates itself to enriching the Southeast Asian community of Lancaster, Pennsylvania, with healthy and wholesome meals through cooking classes with locally sourced ingredients.

**Is this a new idea, or an existing program?**

**Choices**

* New Idea
* **Existing Program**

**Addressing Racial Equity**

Short description of how this project addresses racial equity in Lancaster County. Examples of areas that often impact the lives of BIPOC communities include, but are not limited to *Community Leadership and Personal Development.*

*Education and Job Readiness*

*Health and Wellness within communities of color*

* Growing up in the area, grocery stores were barren, and what often was available was not familiar to my parents, who grew up with Southeast Asian cuisine. At least five days out of the week, I remember eating dry goods and instant meals because they didn’t know what else to make. I wasn’t alone in that experience; my friends and I often talked about how we would only get home-cooked Southeast Asian foods with proper vegetables and proteins when we visited family outside of Lancaster.

This project would help directly impact the health and wellness needs of the Asian community in Lancaster by utilizing the same grocery stores they shop from and showing families how to create healthy, familiar recipes. I will then distribute the same recipes and ingredient sourcing tips to the larger Asian community to provide education beyond the 50-100 residents I’ve reached so far. Also, as someone that’s been dedicated to bettering my community, I’d like the opportunity to participate in a certification and cooking course to increase my knowledge and skills that I can pass on.

**What do you value most about your identity?**

* My experience as a woman in the restaurant industry has shown me the need for more accessible and familiar food in the area. Food is a community experience. I grew up cooking together in the kitchen with my family. Food was the love language that said it all. It was home away from home for my parents, who migrated in 1989 from the Philippines. I hope to push that further and teach the younger generations how to experience Southeast Asian culture with whatever tools and groceries we have.

**Project Start Date (No later than May 1, 2022)**

* April 23 (first class)

**End Date**

* July 26 (last class)

**Grant Amount Requested**

Up to $5,000

* $4,000

*Project Overview*

**I. Introduction**

Please share what your group or organization does? Why does your group or organization feel this work is important? Who are the founding members and what are your experiences in this work?

* My organization is called Healthy Feelings, and we provide education and resources to cook healthy meals that reflect the cultural background of Lancaster Residents. While this project started as a solo project, I’ve been able to get community support and have five BIPOC volunteers with over ten years of restaurant experience, including a community gardener, in Lancaster that support with prepping for and during classes. Combined with my 15 years in the restaurant industry, we have the technical knowledge to create recipes and teach families how to prepare meals accessible to them with ingredients available in our community. More so, as a collective, we believe that too many families in Lancaster do not have access to healthy meals or meals that are culturally familiar due to limited budgets, income, and where they live due to the food deserts in Lancaster.

**II. Project Summary**

Please describe your project, including **key activities** and **goals**.

* By the end of July 2022, I will provide 60 families in South East Lancaster with 2-hour cooking classes to teach them quick, easy, and healthy recipes.
* By the end of the grant, I will provide 300 families who have not participated in the cooking classes with brochures containing recipes and locations to source ingredients.
* By the end of the grant, my team will have participated in one professional development course to increase our knowledge of different Asian cuisine and expand the recipes that we can offer our community.

**III. What Will Your Project Accomplish?**

Describe how people participating in your project will be impacted. Explain if and how you plan to continue your project beyond this grant.

* This project ultimately addresses the disparities in the healthy foods accessible to families and the food deserts that many live in by providing education on creatively sourcing familiar ingredients in Lancaster and building healthy meals from them. Often, families don’t have the time to visit multiple grocery stores to find the right ingredients, nor do they have the culinary experience to adapt the recipes they grew up on to reflect what is available locally. The hope is that by doing some leg-work for families, Healthy Feelings can teach Lancaster residents new tools and skills to enrich their diet.

During this grant, Healthy Feelings will explore the need and demand for a program like this to understand if this can be sustainable in the long term. Healthy feelings will use this grant period to grow its client base that would participate in more than one workshop and a fee-based model and/or apply for other grants.

**IV. How Will You Measure Your Achievement? How Will You Know That You’ve Been Successful?**

Explain how you will know when your project has completed its planned goal. Explain how you will measure the success of your project.

* To ensure that our classes meet the needs of Lancaster residents, we will include surveys as a regular practice after every class. The goal is to have 90% of our participants feel as though the classes have made it possible to cook healthier meals for their families and get feedback on the program overall. The surveys will also allow us to adapt classes during the grant and help us understand the following items: how many meals would families like to prepare during the class? How many participants would return to a second workshop? What recipes would they use again? How likely are they to refer the class to others? Also, as sharing the recipes and ingredient sourcing information through brochures is an important part of this project to increase our outreach, we will be tracking how quickly the brochures are distributed and their demand.

**V. Participants** Please share approximately how many Black, Brown, Indigenous and/or Immigrant People of Color will participate in your project.

* Class participants: 60 individuals (6 classes of 10 participants)
* Brochure Recipients: 300 families
* 80% of participants will be BIPOC

**VI. Who is on your project team?** Please list individuals and/or local organizations involved with the proposed program/project.

* Healthy Feelings: Our team comprises six individuals, including myself. As a collective, we bring over 25 years of culinary experience; many of us have worked through the ranks of different kitchens, some starting as dishwashers and owning our own restaurants/food trucks. More so, as a BIPOC team, we have the cultural understanding of Asian cuisine and ingredients to ensure our recipes are culturally appropriate for Asian Lancaster Residents. Also, recognizing that there is a need for direct access to healthy ingredients, one of our volunteers is a community gardener that will supply classes with information about growing your ingredients and providing ingredients for classes. Our team includes Denise Wang, Julia Morales, Cynthia Wong, Brooke Smith, Evan Ngo, and Leslie Reilley. Fiscal Sponsor: Meals on Wheels

**VII. Budget**

Please upload a budget detailing your project proposal. You may use the LCCF budget template (found here) or use your own. We encourage you to include in your budget the time you spent creating this project (pay yourself). Include other funding sources if applicable.

* Ingredients for 60 meals: $900 ($15 per participant for a four portion meal)
* Equipment: $860 (pots, pans, utensils, etc.)
* Graphic Design for Recipe Cards: $320 ($80 per recipe card, four recipe cards)
* Printing of Recipe Cards: $240 ($.80 per recipe card)
* Professional development for the team: $480 ($80 for the course per team member)
* Stipend for the team: $1200 ($200 per team member)

*Supporting Documents*

**Website/Social Media Link**

If applicable, please provide a link to your group/organization’s website or social media page(s) *Character Limit: 2000*

**Additional File Upload One**

Optional: You may use this to upload your annual report or any additional documents relevant to your program.

*File Size Limit: 2 MB*

*Video File Option to Upload or Interview*