



**Mission:**

Eat Awesome Things (EATS) is a 501c3 nonprofit organization formed in 2014 with a mission to empower children of Summit County by addressing diet-related illnesses, malnutrition, and obesity. Its holistic programs directly respond to these widespread and alarming issues through various community partnerships to include Summit County school districts.

**Project Name:** Full Time Community Liaison for the Empowering Food Security Program (EFSP)

**Community Need:**

It is not a well-known issue that 1,300 children in Summit County face food insecurity. A staggering 900 children live below the federal poverty level (Source: Utahns Against Hunger/Utah Health Department). Further exacerbating children's ability to thrive, juvenile diabetes cases are on the rise. Every child deserves to function at their maximum potential, and the importance of healthy food in a child's diet is as vital as their access to education. From the American Academy of Pediatrics, "After multiple risk factors are considered, children who live in households that are food insecure, even at the lowest levels, are likely to be sick more often, recover from illness more slowly, and be hospitalized more frequently. Lack of adequate healthy food can impair a child's ability to concentrate and perform well in school and is linked to higher levels of behavioral and emotional problems from preschool through adolescence. Food insecurity can affect children in any community, not only traditionally underserved ones." An essential solution to creating a healthier and more equitable community is a collaborative food security program; one that provides quality, culturally relevant, nutritious food alongside education about healthy eating habits. The collaborative approach, with frequent and direct community input, involvement, and feedback, is key to understanding and responding to the challenge of improving the diet quality of Summit County's children in need.

**Project Overview:**

EATS created a collaborative community-based approach to food security by forming its Empowering Food Security Program (EFSP). Operational for the past 14 months, the program provides nutrient-dense, minimally processed, deliciously prepared meals to families to provide for their children. An essential part of the EFSP is identifying assistance that meets needs where they actually exist and not where generalized assumptions say they exist. It takes a network of trust and reliability from our recipient families to help EATS determine 1) where to find the most affected potential beneficiaries, 2) what program services fulfill needs on a short and long-term basis, and 3) how best to deliver these services.

EATS has dedicated and successfully staffed a part-time position over the past year, for which the surprise support from the Women's Giving Fund in 2021 was a vital element. The position, entitled Community Liaison, maintains, and expands the direct outreach vital to completing the circle of communication in the EFSP network. Responsibilities include hosting community dinners that introduce EATS programs to beneficiaries, performing polling and other data collection methods to discover food

security needs, translating EATS presentations and materials into Spanish, liaising with local leaders who connect deeply with the community, and developing personal relationships with community members. With a \$45,000 contribution from the Fund, and committed support from individuals and foundations, EATS can sustain its Community Liaison on a full-time basis for eighteen months. Grant funds will specifically enable the organization to convert the position from part-time to full-time, allowing the Community Liaison to work with continuity, predictability, and reliability – all essential functions when forging relationships based on food security.

**Impact:**

There are approximately 10,275 children in Summit County and 13.4% need support from a food security program. Therefore, EATS can impact 1,300 children of all ages, gender, and ethnicity. (Source: Utahns Against Hunger) EATS’ current food security program successfully serves approximately 800 children in need, most within the Park City School District. With additional support, EATS has the potential to reach all 1,300 children (a 63% increase!) through the extra time and effort given by our Community Liaison to establish ties across the entire county. With a well-functioning system to communicate EATS’ program, the long-term benefits can extend to nearly any fluctuation in the number of children in need and affect them for a lifetime.

**Budget**

| <b>Women's Giving Fund   Program Budget</b> |                  |                  |                   |                          |
|---|------------------|------------------|-------------------|--------------------------|
| <b>EMPOWERING FOOD SECURITY PROGRAM</b>     |                  |                  |                   |                          |
| <b>Line Item</b>                            | <b>WGF</b>       | <b>Match</b>     | <b>Total</b>      | <b>Explanatory Notes</b> |
| Labor                                       | \$ 35,000        | \$ 35,000        | \$ 70,000         | 1                        |
| Food  | \$ 6,000         | \$ 27,000        | \$ 33,000         | 2                        |
| Equipment                                   | \$ 550           | \$ 1,000         | \$ 1,550          | 3                        |
| Supplies                                    | \$ 2,260         | \$ 3,260         | \$ 5,520          | 4                        |
| Printed Materials                           | \$ 500           | \$ 1,000         | \$ 1,500          | 5                        |
| Travel                                      | \$ 690           | \$ 1,035         | \$ 1,725          | 6                        |
| Other Misc Expenses                         |                  | \$ 500           | \$ 500            | 7                        |
|   |                  |                  |                   |                          |
| <b>Total</b>                                | <b>\$ 45,000</b> | <b>\$ 68,795</b> | <b>\$ 113,795</b> |                          |