



### **Mission**

Our mission is to gather, learn and grow in our gardens and schools.

### **Project Name**

Edible Education

### **Community Need**

Summit Community Gardens - EATS (SCG-EATS) provides seed-to-table-to-soil Edible Education to children, promoting lifelong healthy eating and mental wellness. Gardening, cooking, and nature activities enhance academic achievement, mood, and behavior, reducing childhood obesity. Nationally, 17% of youth ages 10-17 are obese; in Utah, 23.1% of children are overweight or obese, with significant disparities in the Latinx community at 31%. SCG-EATS addresses these issues by offering hands-on education, increasing willingness to try new foods, and providing an additional 1-2 servings of fruits and vegetables per lesson. This is crucial for families struggling to afford or access fresh produce.

### **Project Overview**

SCG-EATS requests \$75K over three years to continue and expand the Edible Education program, reaching over 2,000 students in Park City. Hands-on lessons in cooking, nutrition, and gardening are fun, developmentally appropriate, and tailored to an equity focus. The aim is to meet requests from the Park City School District for expanded lessons, Pre-K engagements, and management of the Ecker Hill Middle School Garden. Since April 2023, 1,030 students have participated in multiple programs, with 770 in one-time events. Programs include Eat the Rainbow, Curious Cooks, Elementary Enrichment, In-school Elementary, Greenhouse Growers, and Middle School. As a part of these programs, fruit and vegetable servings are provided to 500 children across seven schools. Currently relying on negligible fee-for-service revenue, there are plans to diversify income by partnering with Park City School District and Park City Education Foundation. This grant will support impactful Edible Education and ensure fair wages for dedicated staff. Serving a diverse community, the focus is on underserved populations, providing scholarships to Latinx families and those earning less than 80% of AMI, more than doubling last year's scholarship numbers.

### **Impact**

SCG-EATS expects to reach over 1,800 students in the 2024-25 school year, 1,900 in 2025-26, and 2,000 in 2026-27. The program aims to increase children's willingness to try new foods, enhance their preference for fruits and vegetables, and boost their cooking skills and knowledge of the food cycle and gardening. Anecdotal evidence shows children progressing from refusing new foods to enjoying them, with many trying recipes at home and sharing their excitement with caretakers. In the 2024-25 school year, SCG-EATS will use surveys to measure these outcomes in middle school and elementary programs, collecting data at the beginning and end of select sessions.



## Edible Education Grant Funds

Cost Categories	2024	2025	2026
Labor	\$18,000	\$14,000	\$14,000
Food Supplies	\$7,000	\$7,000	\$3,700
Equipment	\$3,250	\$2,250	\$1,050
Consumables	\$1,250	\$1,250	\$750
Marketing & Communication	\$500	\$500	\$500
<b>Subtotal</b>	<b>\$30,000</b>	<b>\$25,000</b>	<b>\$20,000</b>
<b>TOTAL</b>			<b>\$75,000</b>

The utilization of granted funds for this program is shown in five (5) cost categories as listed above:

**Labor** – Labor costs include wages, taxes, and benefits for our Youth Education Director, Educators, and % of time from Operations and Executive Director as well as independent contractor fees paid to Montessori certified pre-K counselors and other summer camp contractors. Educators lead students during classes averaging 2-3 hours in the after-school program, 4-5 hours in the summer program and 2 hours for partner enrichment lessons. About an hour of prep work and cleanup are required for each class. Volunteers and interns are used to support the Educators as extra hands during the lessons.

**Food Supplies** – Each class is designed to provide a healthy snack for all participants, so ingredients for between 14 and 20 students are required per class. A typical lesson requires between \$60 and \$80 in food materials to include fresh fruits and vegetables for cooking, art supplies, or science experiments.

**Equipment** – Throughout the year, we require replenished equipment to include additional blender parts, knives, bins, a rolling cart, mini ovens and induction burners. We also build mobile herb gardens and other structures that help bring the outdoor education indoors as needed. There are various kitchen supplies required to create classes with full cooking.

**Consumables** – Items to support the classes include disposable gloves, utensils and other serving ware, seeds and garden supplies, paper supplies for creating journals, and cleaning supplies.

**Marketing & Communication** – We provide various printed materials including laminated posters to display in the garden and classrooms, paper surveys measuring impact, recipe cards, nutritional information sheets, and activity books for students to take home to share with their families. Additionally, we plan to send promotional messaging through a third-party platform, Peachjar, which can be used to send schoolwide emails to families. Staff will design messages to keep the school community updated on lessons taught, positive reinforcement of nutritional concepts, and inspiring ways to take part in family-oriented meal planning. Each email message campaign has a cost generally between \$100 - \$125.

**Additional Notes:**

A) This grant funding will cover 12-15% of our overall spend on Edible Education.

B) Foundation grants, generous individual donors, LivePC GivePC campaign and local corporations contribute to funding to entire Education budget.

C) The Edible Education in partnership with the schools is 100% funded by SCG-EATS so that children receive free access to our programming.