



(to be completed by Member)

Date: February 25, 2021

GRANT TITLE: Clean Your Plate Vegetable Prescription		GRANT START YEAR 2021
MEMBER NAME Anne Coyle	AGENCY NAME Clean Your Plate	PRESENTATION MEETING Spring

Funding

Total Amount Requested: \$10,000.00

Payable in: Spring 2021

Payable in: Click or tap here to enter text.

Payable in: Click or tap here to enter text.

Directions

Funds to be directed to: Clean Your Plate

Funds will match agency fundraising efforts: ~~No~~ Choose an item.

Disclosure:

My relationship with this organization is:

I am a volunteer

Certification:

I acknowledge that the above requested grant does not represent the payment of any personal pledge or other financial obligation, nor do I expect any personal benefit from this grant, including membership in a group, tickets, or invitations to events.

Member E-signature: Click or tap here to enter text.

Anne Coyle

A. SHORT DESCRIPTION



MEMBER CHECKLIST
MARCIA BRADY TUCKER FOUNDATION
PO BOX 1149
EASTON, MD 21601

(410) 310-2986
(410) 630-7738 FAX
<http://www.mbtbf.org>

2019
(2)

1. Amount

requested: \$10,000.00

Describe the grant request in one sentence.

This grant intends to improve the health of 35 underserved food insecure children and their families.

B. IMPACT ASSESSMENT

1. Please highlight the impact of this grant in your own words. Points to cover might include: what do you see as the strengths of this agency; what are the priority criteria in this project (such as high level of member involvement, stimulating matching funding, seed money for expansion, start-up costs, etc.) One paragraph should be sufficient.

This grant will impact 35 children and their families. Clean Your Plates (CYP) is a grassroots organization who looks to improve the overall wellbeing of physicians and families. The Vegetable Prescription Program will focus on families who are food insecure, do not have a well-balanced diet and do not support healthy cooking. Coastal Outreach Soccer program (COS) was started in 2004 and has built a strong relationship based on trust and success with the families in the Brunswick community. These families participate in COS from elementary school all the way through high school, with a very low drop-out rate. This trust with COS has created a tremendous buy in for this program with all of the participating families. The children will first be tested by Southeast Georgia Health System for their blood levels prior to the start of soccer. Then the families will be provided their produce on a weekly basis; they will be given an opportunity to learn how to cook healthy meals and how to use the foods that are available to them more wisely. The cooking classes will be offered multiple times along with menus to go with their produce each week. Data will be collected using Fitbits that were donated to COS by Fitbit. The children will use the Fitbits to gauge how well these dietary changes have impacted their health by monitoring their heart rates when they are active and resting. The Fitbits will also track their sleep patterns which will also prove whether or not proper nutrition is helping them sleep better. The coaches will be recording observations of the children on the field to see if the children are improving their cognitive and physical skills as well.



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The produce will be coming from local farms that are within a 150-mile radius of Brunswick. Most of the farms in this area use Aquaponics for growing, so some of the produce will be from right in Brunswick and from as far away as Waycross. Some of the farmers have started getting ready for this program by planting additional vegetables to prepare for the increase in volume. Once this program is successful, CYP will apply for grants from the FDA and the USDA to assist the farmers with keeping up with demand and to bring the cost of the vegetables down, as this is the most expensive part of the program. This will help the program become sustainable over time.

2. Has this agency been sponsored by the Foundation in the past? If so, assess the past grant's effectiveness. How does the current grant differ from past grant(s)?

No

C. PERSONAL INVOLVEMENT

- 1 What is your personal involvement with this agency?

I am a volunteer for CYP. I was approached last November to create a series of yoga videos for physicians because their profession has one of the highest rates of suicide from burnout and stress. This is completely voluntary. My purpose will be to teach physicians how to meditate, work through stress using a variety of breathing techniques, and do simple yoga postures. This Vegetable Prescription Program is completely separate from the other programs that CYP has such as the culinary garden, culinary medicine workshops, and I believe strongly that healthy eating will enable these families to feel and live better.

2. Have you contributed money and/or time to this agency?

I have contributed approximately 25 hours of my time to CYP.

3. Of your philanthropic interests, how does this project or agency rank?

Very high as I believe strongly in what they're doing.

D. FUTURE PROSPECTS

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1. Do you expect to come back with further requests for this agency?

It is a possibility; I truly believe that the benefit of this program will be huge. It will benefit the families by bringing them fresh produce, from local farmers; the farmers will benefit by having a greater demand for their produce; the children will become more aware of what they put into their bodies and will know firsthand what a great effect healthy cooking can have.