

A. Write one sentence that summarizes the problem you want to address.

Texas is the state rated second highest for food insecurity, and teaching people how to garden, will hopefully lower those rates.

B. Provide proof that the problem exists. This can include internet research, results of surveys, public records, results of town meetings, etc. (500 words or less, be sure to provide a resource list)

Hunger in Bexar County

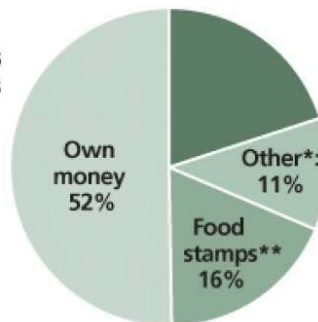
More than 260,000 people in Bexar County struggle to get adequate nutrition, according to a recent state study, and many don't qualify for food assistance programs.

■ **Food insecure:** One in six Bexar County residents struggles to afford food; of those, half may make too much money to receive food stamps.

■ **Missed benefits:** Bexar County passed up more than \$2 million in federal benefits in 2010 because of incomplete enrollment in the food stamp program.

Gap in food budget

■ **On average, Bexar County's 600,000 low-income residents** (incomes of 185% of the poverty level or less) face a 21 percent gap between resources available to pay for food and the amount the USDA says is needed for a moderately-priced nutritious diet.



*Other includes: School lunch program, 4%; Summer meals program, 0.2%; Charity, 2%; School breakfast program, 2%; WIC, 2%; After-school program, 0.7%; USDA, 0.5%; Meals on Wheels, 0.1%; Senior bags, Less than 0.1%

**Supplemental nutrition assistance program (SNAP)

Sources: Texas Food Bank Network, Texas Hunger Initiative/Baylor University

EXPRESS-NEWS GRAPHIC

Source:

In Texas, 18 percent are facing hunger

The state's rate of 'food insecurity' is 2nd-worst in U.S.

By [Melissa Fletcher Stoeltje](#), San Antonio Express-News

Published 12:50 am, Thursday, September 8, 2011

C. Provide testimony from people in authority that know about the problem such as nonprofit directors, government officials, doctors, experts in the field, or residents that live in the community.

“Chronic diseases such as diabetes and heart disease are directly related to poor diets and eating habits that include minimal to no fresh vegetables. An important step to improving the diets of low income families is education! A “show garden” will be a great learning tool to educate individuals on how to grow their own fresh vegetables in an easy, cost-efficient manner.” Quote from Jana Osborn, Agri-Life Agent, Kendall County, Texas A & M University.

D. Provide a human interest story that demonstrates how the problem impacts people in your community.

In Bexar county we have 1,789,088 people of which 13% or about 232,740 people face food insecurity and many area children. This is a story about one like them:

“My name is Zoey and I’m 11 years old. I live with my mom and my brother Zeus.

My mom works really hard to make sure me and Zeus have a roof over our head and enough to eat. When we’re eating, she’ll make sure we eat first and are full. Then if there’s leftovers she’ll make dinner for herself. She works from home, but I know it’s still a struggle.

During the school year, I get free lunch and breakfast at school, which helps my mom make sure we have enough food for the weekends. But during the summer when school is out, we don’t have those meals, so instead we go to the free lunch program.

I love the free lunch program. I go every day. They serve us turkey and cheese, peanut butter and jelly, apples, carrots and broccoli. It’s really good food that gives me the energy I need to be active and play with my friends. It also helps my mom not stress, because she doesn’t have to worry about finding money to feed us extra meals during the summer.

Without the lunch program, I would be sad. I’m really happy that we have it. To everyone who makes it possible I want to say thank you. Because you’re making kids like me happy and our parents happy too, by making it easier for all of us to get enough to eat.”

Source: 2017 Feeding America,

<http://www.feedingamerica.org/hunger-in-america/hunger-stories/your-stories/>

<http://www.feedingamerica.org/hunger-in-america/our-research/map-the-meal-gap/data-by-county-in-each-state.htm>

Part II: How are you going to help those in need?

A. Goal Statement:

We will teach the children good gardening skills and healthy eating habits. This will hopefully help to lower the rates of food insecurity, and obesity in San Antonio. By the end of our project

the children should have good knowledge of how to start, and take care of a garden and produce fresh wholesome vegetables for their table.

Write one sentence to describe your goal. It should be opposite the problem.

We wish to lower the rates of food insecurity in San Antonio Texas by teaching youth and their families how to maintain easy container gardens.

B. SMART Objectives: (specific, measurable, achievable, realistic, time phased) (one sentence each and they must reflect your goal.)

Obj. 1 We plan to have small bean pots planted by the second week of March. The students will eventually plant their bean seedling in their container garden and harvest home grown beans.

Obj. 2. We plan to have our larger container gardens planted by the first week of May. In these container gardens, we will include vegetables such as tomatoes, peppers, and beans that will be nurtured, grown and harvested in their homes by the students.

Obj. 3. We will discuss and learn about healthy eating using our garden produce.

Part III. What is needed to complete your goals?

A. Time line: Attach a chart providing info on the steps that will be taken, when and by whom.

See attached class schedule for five weeks of lessons.

B. Budget: (itemize cost of supplies needed to implement the project)

(Please see attached excel document.) Budget includes gardening items, those to be purchased and those to be donated in-kind or obtained through matching funding.

C. Who else other than Alamo RCD will you approach for help in funding and how? (Matching funds, Attach a list or chart.)

I will look for donations from HEB, Home Depot, Rainbow Gardens, Local Community Members, and Sunshine Cottage School for the deaf (Location of project)

D. Capacity: Who will you need to help you get this done?

I will need and have the help of my 6 Volunteers, the Teacher Mrs. Vasquez, Mrs. Alma Aguirre of Alamo RCD, and my Mother, Peggy Hollin, for transportation.

Part IV: How will you know you project goals have been reached? Who has benefited from your work?

A. Evaluation: In 500 words or less, write a paragraph describing how you will measure your success

Evaluation 1. We will measure our success by having the teacher at sunshine cottage and the volunteers fill out a feedback form following the class.

Evaluation 2. We will have the students write a reflection on their success after they complete the project.

Evaluation 3. We will follow up with the staff of Sunshine Cottage 4 weeks after our final class.

Evaluation 4. The third measure of success can be measured by future Youth 4 Earth F.I.R.S.T. participation by the new volunteers recruited for this program.

Part V: Dissemination

Explain how you will inform the community of your success. (100 words or less)

We will ask Alamo RCD to post our success on their web pages, and social networks and in email campaigns. Alamo RCD will also put articles and photos in the local newspapers.

(Please submit this document via email to A. Aguirre, at alamorcd@gmail.com asap. The proposal will be reviewed by a committee from Alamo RCD and will not be returned to you. It must be also accompanied by a Parent Permission Slip for Student Participation and a detailed Budget. Please keep a copy for your records.)

ACKNOWLEDGEMENTS:

_____	_____
Signature of student applicant	Date
_____	_____
Signature of Parent/Guardian	Date

Approval by Alamo RCD Board Representative

_____	_____
Name/Title	Date

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