The Garden Kitchen
Kayla Williams – Pima County Cooperative Extension

**Mission Statement & Logic Model**

**Social Problem:** Community members rely on the Supplemental Nutrition Assistance Program (SNAP) and may also not have access to healthy foods and proper fitness knowledge/equipment in order to stay active. Neighborhoods may not be safe to take walks/runs in as well.

**Mission Statement:** To empower Pima County residents in building community wellness by providing healthy eating strategies through sustainable living, and nutrition and fitness education for community residents of all ages.

**Needs Assessment**

- **Pima County**
  - The Garden Kitchen serves approximately 7,000 residents.
  - Amounts can vary per month and week due to the several different programs spread out over time.
  - SNAP allows low-income households and individuals to receive a basic level of nutrition.
  - TGK strives to help those families flourish within Pima County, AZ by teaching them how to budget and learning how to grow their own food
  - In 2017, categories on SNAP were as follows:
    - 10,559 married families
    - 247 non-family
    - 18,889 other family households

- **Arizona**
  - SNAP serves approximately 850,000 people every month
  - 54% children
  - 11% older adults
  - 10% with disabilities.
  - March of 2014-2018, statistics show that as employment increases, the enrollment of SNAP decreases; inexplicably linking the two together SNAP is meant to lessen food insecurity within these populations in AZ and the whole country
  - U.S.
    - 20.8 million households within the US received SNAP funds.
    - 38% of these households receive incomes at or below the poverty line
    - Receive an average of $836 per month
    - $5 increase from the past year.

**Evidence Based Practice**

By hosting free events that include being taught how to purchase healthy and nutrient-rich foods through the use of SNAP, indoor and outdoor physical activities and how to use local ingredients in budget-friendly recipes, The Garden Kitchen will help treat the current food insecurity in Pima County.

- In one study that was done on a Mexico-Texas border, it was found that there’s prevalence in child hunger and there are risk factors tied to being near the border (Sharkey et al., 2013).
- Contributes to the high amount of low-income households that are on SNAP.
- When families are provided with an increased amount of nutritional resources, then it will help fight food insecurity for families.

**Program Evaluation**

- **Type of Method**
  - Quantitative
  - Qualitative

- **Research Question:**
  - Is The Garden Kitchen establishes multiple branches of the program that surround specific topics of healthy strategies in nutrition and physical activity for low-income individuals and families in Pima County, will we see a greater number of individuals resulting in diabetes prevention?

- **Overall Methods of Data Collection**
  - Dependent Variable: We are measuring the effectiveness of nutrition education in regards to the use of SNAP funds, physical activity and gardening knowledge.
  - Independent Variable: The independent variable is the nutrition education and curriculum that is taught to families/individuals, which is structured to move towards a successful, healthier lifestyle.

- **Analysis Techniques**
  - A post-survey will be administered to participants of programs; this also allows us to get a solid number on how many participants attended.
  - The numbers are stored in online data formats for fiscal year data evaluations and budgeting purposes.

- **Program Evaluation**

**Budget**

- **TGK Budget**

<table>
<thead>
<tr>
<th>Resource</th>
<th>Process</th>
<th>Output</th>
<th>Impact</th>
</tr>
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<tbody>
<tr>
<td>Instructional Specialists (10)</td>
<td>Staff who lead and prepare activities at sites</td>
<td>10 FFS are held every year (Every 1st Saturday of the month, except for 2 months)</td>
<td>Look for behavior change at the individual level – higher levels of physical activity, eating a more well-balanced nutrient diet (evaluating the intention to change)</td>
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<tr>
<td>Program Coordinator (1): Oversees Specialists</td>
<td>Hands-On Cooking Classes provide proper knife skill and food safety covering ranges of local recipers</td>
<td>3 times a month (amount of classes varies)</td>
<td>Evaluating the intention to change in practicing safer knife skills and creating local recipes w/ local ingredients</td>
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<td>Assistant Program Coordinator (1): Oversees volunteers and other staff</td>
<td>Diabetes Prevention Program (DPP) classes are offered through the VA</td>
<td>DPP classes are held every other Tuesday for 6 months</td>
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<td>Master Gardeners: Extensive knowledge of gardening</td>
<td>Desert Food Festival: Offers a variety of vendors and our gardening/food demo services on an event day</td>
<td>DFF happens once every year in November</td>
<td>Exposes the community as a whole about the local foods and vendors, available nearby them</td>
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<td>Volunteers (varies): community members and student volunteers</td>
<td>SNAP-Education classes are provided to mothers with small children and older adults using SNAP</td>
<td>These classes can vary throughout the year, depending on the needs of the facilities</td>
<td>Exposes participants to new activities and healthier food options</td>
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<td>Student Workers (3): Support staff in areas of focus</td>
<td>Garden facilities are located at 39 locations in Pima County</td>
<td>Each garden is tended to by staff assigned at site and volunteers</td>
<td>A safe space provided to learn about healthy eating in their area</td>
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<td>Gardening and workout equipment</td>
<td>Gardening Hour at TGK</td>
<td>Every Thursday of each week, approx. 52 weeks each year</td>
<td>A space in their area to learn about gardening and help lessen food insecurity</td>
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**Flow & Organizational Charts**

**Social Efficiencies**

- Client Served Each Day (estimation)

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