Request for Proposals
Youth Food Leadership and Advocacy Program

1. Statement of Purpose

Sprout City Farms (SCF) and An Ounce of Nutrition (AOON) seek to develop a partnership with schools in the Denver Metro area that will serve as an integrated host for our Youth Food Leadership and Advocacy Program. The program will serve the following purposes:

- Offer a unique experience for students to become involved in creating a healthier food system for all of us!
- Provide the school with a highly-requested and popular elective that is aligned with educational standards.
- Introduce and expand student knowledge of the food system, food sustainability, leadership skills, equity, advocacy, and policy.
- Teach and enhance cooking skills that are related to the topics discussed in the elective.
- Provide students with an opportunity to work on a local school-based farm, so they can form a better understanding of how our food is produced.
- Expose students to a variety of community partners that are already working to improve the quality of our current food system.

2. An Ounce of Nutrition Core Initiatives and Strategies

AOON believes that the youth of today are our future around food and we would like them to be as informed as possible about it. We strive to ensure that all students, regardless of their socio-economic status, have the opportunity to learn about the benefits of choosing “real” foods that are responsibly produced and then feel inspired to create a healthier food system for all of us. We envision this being sustained by the following initiatives and strategies:

- **Curriculum:** An Ounce of Nutrition’s curricula is designed to help educators teach students about the benefits of choosing more “real” nutritious foods,
while inspiring them to advocate for a healthier food system. Students learn about basic nutrition and cooking skills, farm to table concepts, the value of consuming more fruits and vegetables, food marketing, food inequity and other food literacy topics.

• **Teacher training:** We offer teacher training, planning and implementation support, material purchases, program evaluation, and coordination of class logistics for the many hands-on activities, such as cooking, labs, field trips, speakers, and more. We take care of the details so that teachers can focus on teaching! Many of our workshops/courses provide continuing education credits for teachers.

• **Advocacy:** We train students on how they can advocate for healthier foods in their school or in their community. After taking our other classes (see Food for Thought curriculum), many students want to become involved but they are unsure on how to go about it. We provide them with the education, skills and tools to bring a food initiative to fruition.

### 2.1 AOON History

AOON was started by a Registered Dietitian who believes that educating students about nutrition has to be about more than just nutrients in food. It has to be about the food itself. How food is grown, how it’s processed, how it’s marketed, sold and consumed, and how the food choices they make not only impact their personal health, but also the world around them.

We developed our first program, Food for Thought, in partnership with a high school science teacher who taught the class everyday over the course of a semester and helped make it “teacher-friendly.” The program was picked up by LiveWell Colorado and they helped move us into schools statewide. Soon after, we had a middle school program “You Are What You Eat,” and this year an Early Childhood program “Zero to Five Nutrition Guide.”

Most recently, we received funding from the Colorado Health Foundation in partnership with Sprout City Farms to pilot our Youth Food Leadership and Advocacy program at Denver School of Innovation and Sustainable Design (DSISD) during the 2018-2019 scholastic year.
After many requests nationwide for our program, we decided to offer purchasing online and since have expanded into schools across the country, including PACE Center for Girls in Hillsborough, Tampa, Florida.

*Coming soon is an online version of our programs using the learning management system, Schoology.*

### 2.2 SCF History, Mission, and Vision

Sprout City Farms is an urban agriculture nonprofit based in Denver cultivating educational urban farms that engage and strengthen communities. We envision a thriving local food system supported by a network of accessible city farms that nourish, and are nourished by, their surrounding community.

The founders of SCF were approached throughout 2009 by a number of community groups interested in urban farming and its potential role in education, food justice and access, economic development, sustainability, community building, and health. While the model of providing urban residents with community garden plots has been growing for years, urban farms are unique in their ability to scale up production and distribution methods to support large community institutions (i.e. schools) and whole neighborhoods. It became apparent that an independent non-profit that could work with many diverse stakeholders was needed to develop an effective, sustainable, and replicable model for farming underutilized urban land to support city dwellers, especially in at-risk and underserved neighborhoods. Thus, in response to the growing enthusiasm around farming in public spaces and providing access to healthy food and food education, a group of farmers, teachers, researchers, and business leaders began working together to establish Sprout City Farms in January of 2010.

Since then, SCF has built three farm projects:

1. **Denver Green School Community Farm**, a one-acre organic vegetable farm established in 2011 on the grounds of the Denver Green School in SE Denver, in partnership with Denver Public Schools;

2. **Mountair Park Community Farm**, a 1.5-acre organic vegetable farm established in 2014 on the grounds of Mountair Park in partnership with the City of Lakewood;
3. Dahlia Campus Community Farm, a one-acre organic vegetable farm established in 2016 in partnership with the Mental Health Center of Denver (MHCD) in NE Denver (this farm is now managed by MHCD).

In 2018, SCF’s 8th season of operations, the farm sites grew and distributed over 27,000 pounds of healthy, locally-grown fruits and vegetables, and reached over 5,000 community residents through food production, access, and education programs focused on family wellness and self-sufficiency, community development, equity, and sustainability. Looking forward to 2019 and beyond, SCF is preparing for another period of growth to continue to improve current programs and build partnerships for new community farm sites.

We have worked with the Denver Green School since it opened its doors for the 2010-2011 school year, and the DGS Community Farm was the first on-site farm to cafeteria program in the state of Colorado! Now entering its 9th season, the farm regularly hosts students of DGS and nearby schools for farm-based curriculum and service learning opportunities, in addition to supplying the school kitchen, food pantry and backpack program, donation-based farm stand, and 60 shares in the Community Supported Agriculture program with farm-fresh veggies throughout the year.

Sprout City Farms’ guiding principles:

- **Food Access, Education, and Community Building:** Cultivate engaging community spaces where residents of all ages come together to build relationships around food, have equal access to fresh produce, and gain and share the knowledge of how to produce it themselves. Work with communities that have demonstrated a need and desire for healthy food access and education, and build farm projects through grassroots efforts and collaborative community partnerships from the ground up.

- **Environmental Stewardship:** Care for the land we farm in an environmentally sustainable and socially responsible way, focusing on small-scale organic methods that encourage biodiversity, soil building, and pollinator protection. Conserve scarce urban lands and/or maximize the potential of underutilized urban land for food production.

- **Thought Leadership:** Lead a coalition of urban agriculture organizations to grow the local food movement and form a training pipeline for aspiring farmers and food systems advocates.

2.3 Goals for Growth

AOON and SCF are poised for growth and we plan to bring our Youth Food Leadership and Advocacy program to more schools in the Denver Metro area. This is consistent with our
long-term goal of ensuring that every child in the United States has the opportunity to participate in this program, and that it is sustainable. We have demonstrated over the past year that both teachers and students find this program fun, engaging, and valuable and want to continue it long-term.

3. **Host School Requirements**

We are seeking **5 new high schools** that each meet the following basic requirements:

- Has a principal or school leader who values and supports sustainable food and nutrition education in their school.
- Has a teacher(s) interested in being part of the program’s implementation. *Minimal teacher time will be required to run this program.*
- Is willing to offer this course as an elective.
- Can enroll at least 15 students in this course.
- Offers experiential learning opportunities where students can be at the farm for at least 2-3 days in the fall (best in September during harvest time).
- Can offer a student cooking or other demonstration night where students share their progress with parents and other family members.
- Can integrate the program team into the school’s PTA or Wellness Team meetings for broader school and community interaction.
- Can provide transportation to farm days.
- Can provide a classroom with a sink.

4. **An Ounce of Nutrition and Sprout City Farms shall provide:**

- “Youth Food Leadership and Advocacy” curriculum.
- A certified trainer who will train students on our YFLAP curriculum in the school’s electives (one class a week) during the 2019-2020 school year.
- Student support with conceptualizing and bringing to fruition a policy-related initiative that may extend beyond elective class time.
- Completed pre- and post-YFLAP surveys by all students participating in the program.
- Scheduling of field trips, speakers, and other class logistics.
- Planning, implementation, and evaluation of the farm experience in partnership with the school.
- All materials, supplies, food, and equipment to run the farm experience and the elective.
• Farm space to host students for the program during the 2019-2020 school year.
• Education on growing and harvesting food with students.
• Produce from the farm to be used in student lunches during the farm experience.

5. Costs/Financial Obligations

AOON and SCF will work collaboratively with your school and community partners/funders on costs and funding opportunities for the following items:

• A full-time YFLAP implementation trainer for the year – trainer time to be divided among schools.
• A part-time YFLAP program manager for the year to help with administrative aspects of the program, support and oversee the work of the trainer, and make changes to course content.
• Sprout City Farms staff to run the educational farm visits and provide produce for cooking activities.
• All materials, supplies, food, and equipment to run the farm experience and the elective.
• Recruitment of community partners to help support students’ food initiatives.

***PLEASE NOTE: THE ABILITY TO RUN THESE PROGRAMS WILL BE DEPENDENT ON THE AMOUNT OF FUNDING RECEIVED.***

6. Timeline and Process for Responding to RFP

Schools or community organizations interested in exploring a programming partnership with AOON and SCF should submit a letter of interest by Friday, December 14, 2018, describing the following:

• Mission and goals of the host school or organization, including a brief description of current programs offered and population(s) served.
• Location of host school(s), including any relevant demographic information regarding the surrounding community that shows need for Youth Food Leadership and Advocacy.
• Description of health and wellness programs or food access programs (e.g. food pantry, school garden) already offered within the school.
• Description of the classroom that will be used for this program.
• An explanation of how this program will be integrated into your school’s programming (e.g. as an elective) and how and when students will be able to visit and work on the farm (minimum of 2 full days). Our preference is early-mid September in order to give students the full harvest season experience.
• Summary of how this program will enhance student learning and provide a more intentional connection to their surrounding community.
• An example of how this initiative could change your school’s food policy.
• How the program could be sustained past the initial funding cycle.

Schools will be selected in early 2019. Additional information may be requested at that time in order to prepare for grant proposals to help with the cost of the program.

7. Resources

Interested applicants are welcome to visit us online:

An Ounce of Nutrition: www.anounceofnutrition.com (see more detailed descriptions of our program offerings) or you may visit us on Facebook, Linkedin, Twitter, Youtube and Instagram.

Sprout City Farms: www.sproutcityfarms.org (see more information on our farm sites and food access and education programs) or visit us on Facebook and Instagram.

8. RFP Contact Information

Questions regarding the RFP should be directed to:

Cathy Schmelter, RDN
info@anounceofnutrition.com
303-576-0511
Response to RFP for Youth Food Leadership and Advocacy Program

Please complete and return by Friday, December 14, 2018 to info@anounceofnutrition.com

School or community organization name: _____________________________________________

Address: _______________________________________________________________________

Address of potential schools (if different from above – list each school separately): _______
_________________________________________________________________________________

Website: _______________________________________________________________________

Phone: _______________________________________________________________________

Primary contact: __________________________________________________________________

Email: _______________________________________________________________________

Please limit responses to 2 pages, plus any photos or supporting materials you feel would be helpful.

1. Mission and goals of the host school or organization, including a brief description of current programs offered and population(s) served.

2. Location of host school(s), including any relevant demographic information regarding the surrounding community that shows need for a Youth Food Leadership and Advocacy program.

3. Description of health and wellness programs or food access programs (e.g. food pantry, school garden) already offered within the school.

4. An explanation of how this program will be integrated into your school’s programming (e.g. as an elective) and how and when students will be able to visit and work on the farm (minimum of 2 full days). Our preference is early-mid September in order to give students the full harvest season experience.

5. Summary of how this program will enhance student learning and provide a more intentional connection to their surrounding community.

6. An example of how this initiative could change your school’s food policy.

7. An example of how this program may be sustained in the long run after initial grant funding is depleted (e.g. integrating this program into your school’s budget).