



## Healthy Foods & Nutrition

### Contact:

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### Description

The Boys & Girls Club of Corvallis is engaged in a long range plan to build health equity for our members and address the root causes that lead to poor health. We are building opportunities for youth to have access to the highest quality local food. Currently our organization offers supplemental food service through partnership with our local school district. For some youth, the dinner meal served at the Club is the only hot meal they will eat in the evening. Through our nutrition education and cooking classes, we encourage children to make healthy eating choices, expand age-appropriate cooking skills, and try new foods like zucchini and hummus! Our Healthy Foods and Nutrition program creates sustainable partnerships with local social service agencies. The project serves youth ages 6-18 in Corvallis.

We evaluate our success using participation metrics. We are in the process of developing nutrition standards for our snacks and developing systems to monitor the quality of our food services. We will measure partnership success by evaluating the sustainability and depth of the partnerships.

### Timeframe

Building Healthy Lifestyles has always been a key component of our mission at the Boys & Girls Club of Corvallis. We have taught nutrition and provided physical fitness activities as part of our primary services. Nutrition is a critical aspect of our work and we are committed to expanding nutrition education. In 2015 through a grant from the Lynne Ruffin-Smith Foundation, the Club converted a small prep kitchen and storage room into a Nutrition lab, complete with cooking stations, commercial ovens, and cooking equipment. established popular cooking classes and the annual Super Chef event competition. With partners from the community, we have begun expanding programs to elementary and high school youth.

### Funding

This program and the youth we serve need committed, long-term volunteers with expertise in food delivery as a core competency. Spirit Mountain Community Fund has awarded the Club a grant to support this program for the 2018-2019 school year. We need ongoing funds for the cost of food and to continue to expand our partnerships.

### Equity and Accessibility

Club leaders are trained in Pacific Education Group's Beyond Diversity Courageous Conversations protocol to intentionally build equity in our service delivery and processes. We invited our non-profit partners to engage in the training so that we can create an environment where staff not only understands multiple perspectives, but seeks to transform our services so that socially dominant

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cultures are not establishing norms that are counterproductive to our equity efforts. The Corvallis School District has trained over 500 of their staff in this protocol. A Program Director from the Corvallis Environmental Center attended our recent September event. Future trainings will include additional partners. The Club and medical/dental clinics are fully accessible and meet ADA standards.

### **Approvals**

Partners have established Memorandum of Understanding's (MOU) and partnership agreements.

### **Community Action Plan (CAP) Objectives**

ES1: Wellbeing & Basic Needs

LT6: Access to Healthy Lifestyles

### **Partners**

Samaritan Health Services

Healthy Youth Program – Linus Pauling Health Institute at OSU

Edible Corvallis – Corvallis Environmental Center

Corvallis 509J School District