

## ONE-PAGE GRANT PROPOSAL TEMPLATE

The Do Good Organization seeks a grant of \$2,500 from the Give Away Foundation for a two year family fitness and nutrition program entitled “Families Feeling Fine.”

48% of families in the Do Good community suffer from obesity and related problems such as diabetes, high blood pressure, and heart disease. When surveyed, 72% of families stated that lack of knowledge and experience with exercise and healthy cooking were major obstacles to weight control.

The Families Feeling Fine program will teach family groups how to make exercise and healthy cooking a fun, fulfilling part of their daily lives.

The Local Church has pledged to donate space, including a large parish hall and kitchen, for use by the Families Feeling Fine program. Each Saturday morning, up to ten families of 3 – 6 people will gather to learn about nutrition, take part in a fun fitness activity, learn to prepare a tasty, nutritious meal, and enjoy a meal together. As they leave, families will take away weekly packets with recipes, shopping tips, and exercise ideas to try out during the intervening week.

The FFF program will be managed by Joe Smith, Director of Programs at the Do Good Foundation, with support from Jane Jones, a nutritionist, and Bill Brown, a personal trainer. Several Do Good volunteers will also assist at each week's program. To assess the outcomes of the program, Mr. Smith will distribute a pre-program survey and repeat the survey at the end of the program. If successful, FFF participants will leave knowing at least three new recipes, three new fitness activities, and seven new, healthy ways to buy and/or prepare food. In addition, participants will feel empowered to lose weight and live healthier lives. The project will cost an initial \$5,000 for development of program materials, activities, and recipes. We are requesting \$2,500 from your foundation, and we are seeking an additional \$2,500 from other foundations. Once the program is underway and materials are in place, it will cost only \$500 per session to run the program. We anticipate charging a nominal \$5 per person for future programs, and seeking additional minimal funding from local community foundations and philanthropies.