



Fillmore/Western Addition Mobilization of Adolescent Growth In our Communities

Healthy Holiday Brunch Proposal

Prepared for: African American Health Disparity

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Executive Summary

Objective

To give youth an opportunity to raise awareness about the health disparity between the African American community and other groups, to learn healthy eating habits, to provide options for cooking holiday meals that are tasty and healthy and to offer tools that help develop long-term healthy eating habits.

Goals

1. Learn about the African American health issues
2. Cooking classes with local restaurateurs with a focus on cooking healthy holiday food.
3. Shopping at local farmer's market and local stores for healthier alternatives.
4. Host a Holiday Brunch for community members and leaders featuring food prepared by the youth, comparing the traditional fare with the healthier choice.

Program

The program would be offered during the school Winter Break and would be open to all youth, with a priority given to African American Youth. The youth will be involved in the research, outreach and workshops, culminating with a brunch. There will be approximately 10-20 participants. Participants will serve a minimum of 100 people through the outreach and at the brunch. The program will be offered in the Western Addition, with targeted outreach to under-served populations (African American, low income, public housing residents, etc.).

Research

Youth will learn/research the health disparities facing African Americans compared to other racial groups. The participants will be required to report back their findings either in a display, report or multimedia form (video, audio, art) as well as offer a solution. The reports will be featured at the closing brunch and throughout the community.

Outreach

Participants will reach out to community members (community based organizations, elected officials, residents, merchants, etc.) to invite them to attend the brunch and to learn more about the health disparities facing African Americans. Youth would sell tickets, no one will be turned away, seniors and children would be offered discounted or free meals.

Workshops

Youth will spend time in workshops with local restaurant owners to learn how to cook healthy. Youth will also visit local farmers markets and shop for the brunch.

Potential partners:

- 1300 on Fillmore
- Gussie's Chicken and Waffles
- Kaiser Nutritionist
- Fillmore Farmer's Market
- JubilYogurt
- CommunityGrows
- Kate's Kitchen

Brunch

Participants will host a brunch where they will prepare "holiday faire". They will compare the traditional meal with a healthier version. The brunch will showcase the participants' findings and solutions. Participants will act as hosts, greeters, servers and coordinators.

Request

The cost for the program is \$5,000 we are requesting a grant of \$3500 to cover the cost of food, workshops and participant costs (aprons, supplies, travel, meals, etc.). We believe this is a great opportunity to raise health awareness with youth and adults.