

# NRPA/Walmart Foundation 2016 Out-of-School Time Programs Grant Application

## 2. Applicant Eligibility

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1. Are you a local, municipal, regional, or state government agency (e.g., park and recreation department) or federally recognized tribal community?

Yes

## 3. Applicant Information

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### 2. Applicant Information

**Agency Name**

San Antonio Parks and Recreation Department

**Federal Identification Number**

746002070

**Director**

Xavier Urrutia

**Street Address**

114 W. Commerce 11th Floor

**Apt/Suite/Office**

**City**

San Antonio

**State**

Tx

**Zip**

78205

**Director's Email Address**

xavier.urrutia@sanantonio.gov

**Phone Number**

210-207-8480

**NRPA Member Number**

25033

## 4. Contact Information

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### 3. Grant Application Contact

**First Name**

Brenda

**Last Name**

Burton

**Title**

Assistant Parks and Recreation Manager

**Organization Name**

San Antonio Parks and Recreation Department

**Street Address**

5800 Enrique Barrera Parkway

**Apt/Suite/Office****City**

San Antonio

**State**

TX

**Zip**

78227

**Email Address**

brenda.burton@sanantonio.gov

**Phone Number**

2102073020

## 5. Program Participants

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**4. What is the age of participants you serve in your out-of-school time programs? (Please provide a percentage for each to total 100.)**

Children (3-12) : 95%

Teens (13-18) : 5%

Total : 100%

**5. What race/ethnicity are the participants you serve in your out-of-school time programs? (Please provide a percentage for each to total 100.)**

American Indian or Alaskan Native : 0%

Asian and Pacific American Islander : 1%

African American or Black : 13%

Hispanic or Latino : 61%

White or Caucasian : 20%

Multi-ethnic : 5%

Total : 100%

## 6. Current Programs

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**6. Does your agency currently provide meals and/or snacks to children through a USDA food service program? Please check all that apply.**

Summer Food Service Program (SFSP)

**7. If you are currently not serving meals through both SFSP and CACFP, please explain how you plan to start a program.**

The San Antonio Parks and Recreation Department does not qualify to be a sponsor for CACFP because we do not operate an after school program.

**8. Is your agency the USDA sponsor of SFSP?**

Yes

**9. If no, who is the SFSP sponsor?**

N/A

**10. Is your agency the USDA sponsor of CACFP?**

No

**11. If no, who is the CACFP sponsor?**

N/A

**12. What are the start and end dates of your summer program in 2016?**

June 13 - August 19, 2016

**13. What are the start and end dates of your before/after school program in fall 2016?**

N/A

**14. Please describe the frequency of participation in your programs. Are they drop-in programs or do they require registration? How consistent is attendance in your out-of-school time programs?**

The Summer Youth Program (SYP) is offered at 24 facilities. Registration is required for the 8 week program. The 8 day absentee policy. This assists in keeping attendance high for the program.

## **7. Program Description**

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**15. Briefly describe your agency's food service program and the benefits it provides your community. What challenges exist in meeting the needs of your community?**

The Summer Food Service Program (S.F.S.P.) is projected to serve over 7,600 participants at 71 locations during the 2016 summer. A hot lunch is served at community centers and schools. A hot/cold lunch is served at pools. A snack is served at all locations. To increase the nutritional value of snack an additional piece of fresh fruit is offered. This is above U.S.D.A. requirements for S.F.S.P. and is paid for by the San Antonio Parks and Recreation Department. Additionally, in order to serve a healthier menu, the San Antonio Parks and Recreation Department coordinates with the San Antonio Metro Health Department to offer a menu that is low fat, serves baked instead of fried foods, and is low in sodium.

Existing challenges are increasing S.F.S.P. participation and providing nutritional education component to participating S.F.S.P. sites. information. According to San Antonio Metro Health Department health statistics, only 22% of children receive the daily recommended five (5) serving of fruit and vegetables, and 30% of students surveyed were found to be overweight or obese.

## **8. Meal and Site Specifics**

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**16. How many total meals and snacks (including seconds) did your agency serve through the CACFP program in 2015?**

0

**17. How many total meals and snacks (including seconds) did your agency serve through the SFSP program in 2015?**

260,559

**18. How many children did your agency serve through the CACFP program in 2015?**

**Please provide the number of children served meals, counting each child only once.**

0

**19. How many children did your agency serve through the SFSP program in 2015?**

**Please provide the number of children served meals, counting each child only once.**

8,770

**20. How many total children did you agency serve through ALL out-of-school time (before/after school and summer) programs in 2015?**

**Please provide your total enrollment number, counting each child only once.**

8,770

**21. At how many meal sites did your agency operate meal programs during out-of-school times (before/after school and summer) in 2015?**

60

**22. How will these grant funds help you increase the number of meals/snacks served through your out-of-school time programs in 2016? If you do not currently have one, how will these grant funds help you start a meal program during your out-of-school time programming?**

Grant funds will be used to hire Nutrition Instructors to work at 24 locations. Part of their work schedule will include time to recruit children and teens to come and participate in the Summer Food Service Program. They will visit with the citizens in the park to inform of the lunch and snack hours offered at the facility they are assigned to on a daily basis. The Nutrition instructors will also put fliers and posters up in the surrounding neighborhoods advertising the program.

**23. Does your agency currently have strategies or best practices in place that address food waste reduction in your meal programs?**

Yes

**24. If yes, please describe the strategies and best practices used to reduce food waste at your meal sites.**

Meals are ordered from the food vendor based on the number of children expected to attend the program the next day. This reduces the amount of 2nd meals served and leftovers. A sharing table is set up at each location and food can be placed there if the child does not want to eat it.

**25. Please identify at least one new strategy or best practice that you will implement in 2016 at your meal sites to reduce food waste (e.g. composting, share table, food donation, etc.).**

This year we will encourage children to take home their leftover grain or fruit/vegetable serving they did not eat. They can eat this later, which will reduce waste. This practice is acceptable under SFSP guidelines.

## **9. Nutrition Literacy Implementation**

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**26. Please describe your agency's past experience, if any, with implementing a nutritional literacy program.**

We have not implemented a nutritional literacy program in the past.

We have participated in the City of San Antonio Veg Out program which emphasized increasing the amount of vegetables eaten daily. We also implemented a Healthy Drink Bingo Game which encouraged drinking water instead of sugary drinks. Also, during the SYP Get Fit curriculum a weekly nutrition activity is conducted by staff.

**27. Please describe your agency's capacity and willingness to implement the nutrition literacy curriculum in at least 10 out-of-school time sites in Summer 2016 AND Fall 2016.**

We are excited to have the opportunity to implement the nutrition literacy curriculum that is being developed for this grant. Implementation will occur at 24 facilities offering the eight week Summer Youth Program (SYP). Six Nutrition Instructors will be hire to visit 4 locations for 8 hours a day to: 1) provide weekly nutrition literacy programming for 4 hours; 2) provide healthy eating education/motivation during lunch and snack for 1 hour; 3) assist with the morning Get Fit exercise activities for 1 hour; and 4) promote the Summer Food Services Program to the surrounding neighborhood area for 2 hours. The Nutrition Instructors will be in the office one day a week for 4 hours gathering supplies, putting together the lesson plans and planning the family nutrition awareness events which will be held once during the summer at all Summer Youth Program locations offering the grant programming.

**28. If your agency does not have 10 out-of-school time sites, you may still apply for a grant. If you have fewer than 10 sites, at how many sites could you implement the nutrition literacy curriculum?**

24

**29. How many children do you anticipate reaching through implementation of the nutrition literacy curriculum?**

2,025

**30. How many staff members do you anticipate reaching through implementation of the nutrition literacy curriculum?**

96

## **10. Family Engagement**

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**31. Please describe your agency's willingness and capacity to implement the *Cooking Matters at the Store* program in both Summer 2016 and Fall 2016.**

Due to implementing this grant during our 8 week Summer Youth Program will not implement the Cooking Matters at the Store Program. During this short time period we do not consider this feasible.

**32. How many adults do you anticipate reaching through implementation of the *Cooking Matters at the Store* program?**

0

**33. Please describe how you engage the parents/caregivers of the children in your out-of-school time programs (host regular family nights, send home newsletters, etc.)?**

During the Summer Youth Program we send out newsletters monthly.

**34. NRPA will launch a campaign using mHealth (mobile technology) to promote good nutrition, physical activity, and healthy eating for children and families. Grantees will be asked to provide phone numbers for parents, teens, and staff who will be able to opt-in to receiving text messages with weekly tips and tools to help them lead healthier lives.**

**If selected for funding, will your agency help to engage parents, teens and staff in the mHealth campaign?**

Yes

**35. How many individuals (parents, teens, staff) do you anticipate reaching through the mHealth campaign?**

200

## **11. Evaluation**

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**36. NRPA will be conducting focus groups with some of the grantee agencies including staff, parents/caregivers and children in the 4th and 5th grades. The focus groups will measure the level of increase in knowledge of nutrition and healthy living as a result of nutrition literacy training being implemented through the curriculum.**

**If selected for grant funding, is your agency willing to host focus groups at one or more of your sites to include program participants, parents/caregivers, and staff?**

Yes

**37. NRPA will be asking some of the grantee agencies to administer pre- and post-program surveys to staff of their out-of-school time programs. The surveys will measure the level of increase in knowledge of nutrition and healthy living as a result of nutrition literacy training being implemented through the curriculum.**

**If selected for grant funding, is your agency willing to administer surveys to your out-of-school time programs staff?**

Yes

## **12. Nutrition and Physical Activity Standards Pledge**

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**38. Please describe your agency's experience, if any, with the adoption of healthy eating and/or physical activity standards for out-of-school time programming.**

The San Antonio Parks and Recreation Department has provided healthy lunches and snacks for since 2011 when we partnered with the San Antonio Metro Health Department Por Vida! program. A Por Vida! Registered Dietitian reviews the lunch and snack menus yearly to certify that they are low fat, baked not fried, and have low sugar. In 2015 the San Antonio Metro Health Department included the SFSP in a Low Sodium grant designed to lower sodium content in the meals over a 3 year period.

Physical activity programming for the Summer Youth Program closely mirror the HEPA Physical Activity Standards endorsed by the NRPA Commit to Health campaign with the exception of no television, which can be on at some sites during the early arrival time.

**39. NRPA is asking agencies as part of this grant to pledge to implement a set of nutrition standards in your out-of-school time programs. Specifically, NRPA would like your agency to work towards implementation of at least five of the nutrition standards [linked here](#) that you are not currently implementing.**

**Is your agency willing to work towards implementation of at least five of the nutrition standards referenced in the above linked document at a minimum of 10 (or the number of sites you indicated in Question 31) of your out-of-school time sites?**

Yes

**40. List the five nutrition standards your agency would adopt at your out-of-school time sites.**

Currently department practices already meet 9 of the following Healthy Eating standards: 1) Serve a fruit or vegetable at every snack and meal, 2) serve only foods with not artificial trans fats, 3) serve only lean meat, skinless poultry, seafood, beans/legumes or eggs, 4) provide plain potable water, 5) serve only plain low-fat milk, plain or flavored nonfat milk or milk alternative limited to 8 fluid ounces per day for elementary school students and 12 fluid ounces per day for middle and high school students, 6) serve only 100% fruit or vegetable juice with no added sweeteners or 100% juice diluted with water with no added sweeteners, 7) Serve no soda, sports drinks or juice drinks to elementary age school or middle school students, 8) Serve no full-calorie sports drinks, but may serve diet soda, low-calorie sports drinks or other low calorie beverages to high school students.

We will work towards adoption of 2 additional standards: 1) serve only whole grain-rich products and 2) serve only packaged snacks or frozen desserts that meet the USDA Smart Snacks in Schools nutrition standards. Currently, some of our items served meet this standard but our goal will to meet 100 % compliance.

41. NRPA is asking agencies as part of this grant to pledge to implement a set of physical activity standards in your out-of-school time programs. Specifically, NRPA would like your agency to work towards implementation of at least two of the physical activity standards [linked here](#) that your agency has not currently implemented.

Is your agency willing to work towards implementation of at least two of the physical activity standards referenced in the above linked document at a minimum of 10 (or the number of sites you indicated in Question 31) of your out-of-school time sites?

Yes

42. List the two physical activity standards your agency would adopt at your out-of-school time sites.

Currently we have already adopted 4 of the 5 standards. The exception is access to television or movies. .

43. Please upload a letter from the head of your agency as evidence of their support of this grant application and the adoption of the HEPA standards at your out-of-school time sites.

[Directors Letter Of Support - NRPA - Walmart Foundation Grant - 3-29-16.pdf](#)

44. What do you anticipate will be the greatest challenges to implementing these nutrition and physical activity standards in your out-of-school time programming?

The greatest nutrition challenge we anticipate is serving low fat cheese. Our food vendor purchases food from U.S. Foods and they do not list any low fat cheese in their catalog. This year we are working to serve whole grain products and USDA Smart Snacks. Currently many of our items meet this standard but the goal will be to reach 100%.

45.

NRPA will require your agency to pledge to adopt these standards at 10 of your out-of-school time sites (or the number of sites you answered in question 29). As part of this commitment you will be asked to fill out the Alliance for a Healthier Generation's Out-of-School Time Inventory (a series of yes/no questions) and Action Plan once at the beginning of the grant cycle before grant funds are released and once at the end of the grant by (February 1, 2017). For more information about the inventory, please visit <https://host.healthiergeneration.org>.

Are you willing to complete the inventory and action plan for the out-of-school time sites where the HEPA standards are adopted twice during the grant period?

Yes

### 13. Budget

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46. What is the total amount of cash grant funding you are requesting? Cash grant awards will typically range from \$25,000 to \$35,000.

\$35,000

**47. List itemized anticipated expenses to reflect how the amount of funding requested above would be implemented for your out-of-school time programs. Food is not an eligible expense. Please be sure that the total of expenses equals the amount requested above.**

	Dollar Amount	Description
Expense	\$21,546	Nutrition Instructor Salary
Expense	\$1,648.27	FICA
Expense	\$150	T-shirts
Expense	\$7,200	Food Supplies
Expense	\$600	Office Supplies
Expense	\$2,400	Recreation Supplies
Expense	\$1,455.73	Printing
Expense		
Expense		

#### **14. Final page**

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**48. Thank you for completing an application for a grant from NRPA. We will contact you if additional information is needed. Are you ready to submit your application?**

Yes