

Organization Name #4	Contact Person	Address	City	Zip Code	Phone Number	E-mail Address
Community Alliance Against Family Abuse	Brenda Nichols	185 E Apache Trail Suit 1	Apache Junction	85120	480-982-0205	BrendaN@CAAFaz.org
Project Description						
<p>The Arizona Partnership to End Childhood Hunger funds will enable CAAFA to provide nutritional education and healthy snacks for children currently living at the CAAFA domestic shelter. In addition to preparing and eating a healthy after school and weekend snack, children and their mothers will have the opportunity to participate in grocery shopping and meal preparation classes where everyone will learn to make healthy choices at the grocery store and how to prepare healthy meals that will be served family style. Residents of the shelter will learn the importance of eating at the table as a family.</p>						
Amount Received						
\$1,000.00						
How did this project make a difference in reducing childhood hunger in Arizona						
<p>Thanks to the Arizona Partnership to End Childhood Hunger grant CAAFA was able to provide nutritional information to children and mothers in a fun and eatable setting. CAAFA did this by purchasing gift cards at the grocery store so each week we could go purchase fresh fruits and vegetables. Through this program CAAFA reached the following goals:</p> <ol style="list-style-type: none"> 1) Encourage healthy food choices 2) Increase families access to affordable fresh produce 3) Provide comprehensive public education about available assistance 4) Provide healthy meals and snacks 5) Ensure access to nutritious food in shelters and food pantries 						
Number of children served						
288						
Number of meals served						
96						
Number of snacks served						
192						
Description of meals/snack served						
Fruit Pizza, Ants on a Log (carrots, celery), Cookies Cut Sandwiches (turkey and cheese on whole wheat bread), Crepes (with seasonal fruit), grilled cheese (on multi-grain bread), Fruit Smoothies, Veggies & Dips, and Apples & Oat Cookies, just to name a few. All snacks served with milk.						
Description of most popular meal/snack served						
Fruit Pizza was the most popular meal prepared! The children and moms really enjoyed shopping for the fruit, washing and preparing it. They liked the taste of the fruit flavored cream cheese but most importantly, they were able to choose what and how much fruit went on their pizza. More girls than boys loaded up on strawberries. More boys than girls liked the blueberries best. The kids even thought the milk tasted even better than normally does.						
What improvement/impact was made						

Parents and children learned/are learning how to make healthy choices at the grocery store. Children preferred the fresh fruit pizza over a prepackaged fruit snack and a freshly prepared turkey sandwich over a prepackaged sandwich type snack. Parents found that their children were more interested in making a healthy food choice when they were able to participate in purchasing and preparing the food.

How did you measure the success of the project

Children took pre and pos tests. We measure success by an increase in post-test scores. (sample test attached)

Will the program continue

Yes, it will continue due to success. Parents find that it can be fun to grocery shop and prepare meals and snacks with their children. The children find that food tastes better when they have a say in what they choose to eat, if it is healthy, and if they participate in the food preparation.

Additional Information