# **Project Outcomes/Expectations Report**

cmc community Health Foundation

Please submit this completed form with your application and again when the project is complete. All final grant reports must include financial statements showing grant distribution. Expand and contract the numbers as appropriate. This may require two pages. For any questions, please contact our Grant Coordinator, Mayra Caswell mayra@communityhealthfoundation.org For the follow-up you can use the same Project Outcomes/Expectations report used in the applications and include the **actual** in blue.

### **Grantees' Planned Outputs:**

1. Rescue roughly one million pounds of viable food from various sources such as grocery stores, schools and restaurants

### 2,723,00 pounds of food were rescued from multiple sources

2. Distribute an estimated one million pounds of rescued food to approximately 14,000 clients per year

Distributed 2,569,450 pounds of rescued food to 12,456 unique clients

4. Provide an estimated 400 clients with nutrition education through 12 training sessions

Provided 11 training sessions to 425 clients

5. Distribute approximately 240 recipe bags per year

Distributed 240 recipe bags

#### Expected Outcomes, which we will measure during grant period:

1. Increase in client knowledge of issues specific to their own health

85% of surveyed attendees reported increase knowledge about health-related issues through our sessions

2. Positive changes in client dietary habits in at least 20% of training attendees by way of nutrition training demonstration

89% of surveyed participants were willing to make at least one healthy dietary change after attending our sessions

3. Increase client's repertoire of healthy foods and willingness to try unfamiliar but healthy foods and recipes

92% of surveyed participants are willing to try new healthy foods and recipes, some of which they learned during our sessions.



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## Expected Outcomes which we expect to measure during and following grant period:

1. Same as part 2

2.

3.

# Valuable Outcomes which may not be measurable during or after the grant period:

1. Decreased incidence of poor physical health days as clients apply what they have learned

2. Subtle positive changes in clients financial state such as reduced medical and prescription bills and grocery money that stretches further

### Other factors which influence outcomes over which we have no control:

1.Adverse weather and other variables that influence crowd size during training sessions (ex. COVID-19 safety precautions)

2. Clients who do not see health as important enough to change their behavior and eating habits