

Organization Name #33	Contact Person	Address	City	Zip Code	Phone Number	E-mail Address
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Project Description						
<p>The Nutrition Enhancement Mini Project is addressing the propensity of Latinos for heart disease, diabetes and high blood pressure, which is aggravated by a diet high in carbohydrates. Not only has this project supplemented the children's diets at home, but it has reinforced the health messages that they receive at Phoenix Day by encouraging them to develop a taste for nutritional fruits and vegetables so that they can develop better eating habits and help ward off childhood obesity and disease. The project kicked off on August 14th with a Tasting Event where children and parents tried fruit and vegetable treats such as sweet potato pancakes, frozen bananas and broccoli and raisin salad – and children were given “Wild about Nutrition” wrist bands to wear during the project. The project will conclude on October 2 with a “Taste Off” where family’s creative recipes will be judged and incentive prizes will be awarded.</p>						
Amount Received						
\$2000.00						
How did this project make a difference in reducing childhood hunger in Arizona						
<p>Through the Nutrition Enhancement Mini Project, children at Phoenix Day – as well as their siblings – were able to enjoy a variety of fresh and healthy fruits and vegetables. Eight weeks of providing families with a variety of fruits and vegetables supplements and enhances what we at Phoenix Day strive to provide to our children on a daily basis – nutrition that families might not choose – or be able to provide to their children at home.</p>						
Number of children served						
187						
Number of meals served						
Number of snacks served						
Bananas 820						
Apples 885						
Sweet Potatoes 186						
Carrots 761 Lbs						
Grapes 96 Lbs						
Cantaloupe 85						
Broccoli 84 Lbs						
Romaine Lettuce 170						
Description of meals/snack served						
<p>For eight weeks a variety of fresh fruits and vegetable were distributed to Phoenix Day families to take home for their family. The fruit or vegetable was distributed every Friday for eight weeks starting August 17 and ending on October 2. The</p>						

distribution consisted of the following fruits and vegetables: Bananas, sweet Potatoes, Grapes, Broccoli, Apples, Carrots, Cantaloupe and Romaine Lettuce.
Description of most popular meal/snack served
Bananas and apples were without a doubt the most popular fruits among the children of Phoenix Day. Parents would come back asking if there were extra bananas and apples and said that their children ate them all in one day.
What improvement/impact was made
The project increased the intake and offering of more fruits and vegetables at home as a snack, with a meal and/or dessert. In an effort to assist the families in learning more about the nutritional facts and the benefits of fruits and vegetables, information – along with “easy to make recipes” – was given to the families along with the fruit or vegetables of the week. Each family was personally informed that the purpose of the project was to encourage them to incorporate these and other healthier foods into their regular diets.
How did you measure the success of the project
Phoenix Day families participated in a Like-scale pre test survey to measure their levels of nutritional knowledge. When the project concludes on October 2, we will also measure their increased use of fruit and vegetables, in their family meals and snacks, through a post-test survey. Also, to ensure project accountability, families were given a simple log to record the addition of fruits and vegetables to their children’s diets at home. Additionally Phoenix Day tracked the number of children whose families received supplemental fruit and vegetables during the project period. 90 families and 187 children benefited from this wonderful program.
Will the program continue
We, at Phoenix Day have high hopes that our parents will use this experience, and knowledge gained, to make improved choices for their children over time. As mentioned above, parents would come back asking if there were extra bananas and apples and said their children ate them all in one day – so our children seem to be making better choices in selecting as well. From Waste Not’s perspective, this initial collaborative project has served as an excellent and feasible model to be replicated over time with other Waste Not recipient partner agencies that feed hungry children, youth and their families. We are very proud of our recipient agency partner, Phoenix Day, and the quality and results of the project.
Additional Information