

Our Kitchen Table: Status Report – March 2019

Quarter III: Continued

- Teach participants how to design diverse indoor/outdoor native gardens and how they support food growing and environmental remediation;
- Continue Food growing activities;
- Create snack menus and draft recipe cards

Quarter II: Continue

- Host in-class environmental education sessions;
- Refer participants to Kent County Health Department for lead testing;
- Refer participants to a locally based program training about lead exposure;
- Teach participants how to design diverse indoor/outdoor snack gardens;
- Implement food growing activities;
- Continue information gathering activities food assessments;

Quarter I: Continue

- Host planning meetings with school staff and partners to identify start-up tasks needing to be completed along with determining responsible parties;
- Determine and recruit additional key staff/consultants/local practitioners needed to facilitate enrichment sessions;
- Meet with the school Parent Action Leadership group to introduce the project and recruit parent volunteers
- Review the environmental education curriculum with school staff and partners to determine enrichment program calendar and demonstration activities;

Quarter IV

- Provide sampling toolkits (air);
- Meet with governmental and health department representatives;
- Continue food growing activities;
- Host demonstration activities (water sampling – collect 10 water samples from school families);
- Conduct wrap-up activities;
- Finalize data analysis and submit report;
- Finalize food map;
- Create Guide to Replication
- Prepare Elevate to Educate for next cohort/replicate project activities
- Make oral presentation to the Michigan CLEEC
- Tasks Completed.
- Teach participants how to design diverse indoor/outdoor native gardens and how they support food growing and environmental remediation;

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- Continue to teach participants how to design diverse indoor/outdoor snack gardens high in iron, calcium and vitamin C
- Continued information gathering activities (food assessments)
- Continue to host planning meetings with school staff and partners and school Parent Action Leadership;
- Continue to review the environmental education curriculum with school staff and partners;
- Continue Demonstration activities – A nutrition education demonstration activities completed; and
- Planning project orientation and recruitment strategy for new group members;
- Met with external consultants to assist design and develop the MLK food landscape for program year 2019;
- Develop food growing training for MLK food garden coaches;
- Plant selection – food and native;
- Develop cooking demonstration exercises/sessions;
- Drafting food mapping and grocery store tour activities for programming year 2019;
- Drafting snack menus and recipe cards
- Developing Guide to Replication and;
- Identified governmental representatives to meet;
- Participated in Day at the Capital – 2019 Lead Education Day
- 3 MLK parents participating in Lead Prevention workshop series hosted by Healthy Homes
- 5 new MLK parents join Program for Growth cohort.

OKT completed the following TASKS for December 2018:

Quarter II:

- Host in-class environmental education sessions (land use, soil, water, air, sampling, composting, childhood lead poisoning, and childhood obesity);
- Test soil of MLK family's/caregivers' homes;
- Refer participants to Kent County Health Department for lead testing;
- Refer participants to a locally based program "Get the Lead Out" training about lead exposure and safety practices in homes and urban growing settings as well as learn information about what's happening on governmental levels and how to get involved;
- Provide sampling toolkits (home/soil);
- Create baseline database/spreadsheet collection;
- Provide data to the Lead Safe Housing registry;
- Teach participants how to design diverse indoor/outdoor snack gardens;
- Implement food growing activities;
- Create snack menus;
- Host demonstration activities (soil sampling, testing and data interpretation, cooking with cast iron skillets; collect 40 soil samples from school families);

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- Continue information gathering activities (food assessments – collect 40 assessments from school families, interview school food staff about onsite meals program, create map of food resources/food retail located with surrounding neighborhood);
- Facilitate photo journaling and cooking demo activities; and
- Conduct report writing activities

OKT completed the following TASKS for December 2018:

- Taught participants how to design diverse indoor/outdoor snack gardens high in iron, calcium and vitamin C; - Implement food growing activities (Sprouting) and Succession planting in school garden);
- Continued information gathering activities (food assessments) 8 families;
- Hosted planning meetings with school staff and partners and school Parent Action Leadership; and
- Reviewed the environmental education curriculum (Food Corp.) with school staff and partners;
- Demonstration activities – A nutrition education demonstration activities completed;

OKT completed the following TASKS for November 2018:

- Referred participants to Kent County Health Department for lead testing;
- Referred participants to locally based program “Get the Lead Out” training about lead exposure and safety practices in homes;
- Taught participants how to design diverse indoor/outdoor snack gardens high in iron, calcium and vitamin C; - Implement food growing activities (Sprouting) and Succession planting in school garden);
- Continued information gathering activities (food assessments);
- Hosted planning meetings with school staff and partners and school Parent Action Leadership; and
- Reviewed the environmental education curriculum (Food Corp.) with school staff and partners and PALs to determine enrichment program calendar and demonstration activities for 2019.

OKT completed the following TASKS for October 2018:

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- Recruited additional student participants and caregivers – obtain parental consent (5 participants)
- Hosted an orientation for parents and students to inform about pilot school enrichment program; and food growing activities;
- Purchased items for toolkits/training materials;
- Referred participants to Kent County Health Department for lead testing;
- Referred participants to locally based program “Get the Lead Out” training about lead exposure and safety practices in homes;
- Taught participants how to design diverse indoor/outdoor snack gardens high in iron, calcium and vitamin C; - Implement food growing activities (Sprouting) and Succession planting in school garden);
- Explored ideas for the create snack menus;
- Hosted in-class environmental education sessions (soil, water, sampling, composting, childhood lead poisoning, and childhood obesity);
- Referred participants to Kent County Health Department for lead testing;
- Referred participants to locally-based program “Get the Lead Out” training about lead exposure and safety practices in homes – Particularly referred to Parent group;
- Taught participants how to design diverse indoor/outdoor snack gardens;
- Continue information gathering activities (food assessments;
- Hosted planning meetings with school staff and partners to identify start-up tasks needing to be completed along with determining responsible parties;
- Continue to recruit additional key staff/consultants/local practitioners needed to facilitate enrichment sessions;
- Met with the school Parent Action Leadership group to introduce the project and recruit parent volunteers and

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- Reviewed the environmental education curriculum (Food Corp.) with school staff and partners to determine enrichment program calendar and demonstration activities.

Quarter II:

- Host in-class environmental education sessions (land use, soil, water, air, sampling, composting, childhood lead poisoning, and childhood obesity);
- Test soil of MLK family's/caregivers' homes;
- Refer participants to Kent County Health Department for lead testing;
- Refer participants to a locally based program "Get the Lead Out" training about lead exposure and safety practices in homes and urban growing settings as well as learn information about what's happening on governmental levels and how to get involved;
- Provide sampling toolkits (home/soil);
- Create baseline database/spreadsheet collection;
- Provide data to the Lead Safe Housing registry;
- Teach participants how to design diverse indoor/outdoor snack gardens;
- Implement food growing activities;
- Create snack menus;
- Host demonstration activities (soil sampling, testing and data interpretation, cooking with cast iron skillets; collect 40 soil samples from school families);
- Continue information gathering activities (food assessments – collect 40 assessments from school families, interview school food staff about onsite meals program, create map of food resources/food retail located with surrounding neighborhood);
- Facilitate photo journaling and cooking demo activities; and
- Conduct report writing activities

OKT completed the following TASKS for September 2018:

- Began purchasing items for toolkits/training materials;
- Finalized work plan/logic model with partners, school staff and MLK family participants;
- Recruited student participants and caregivers – obtained parental consent (14 participants);
- Hosted first orientation for parents and students to inform about pilot school enrichment program; and food growing activities;
- Refer participants to community- based soil sampling trainings;
- Refer participants to Kent County Health Department for lead testing;

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- Refer participants to a locally based program “Get the Lead Out” training about lead exposure and safety practices in homes and urban growing settings as well as learn information about what’s happening on governmental levels and how to get involved. Healthy Homes did a presentation to participants at school;

Quarter I:

- Host planning meetings with school staff and partners to identify start-up tasks needing to be completed along with determining responsible parties;
- Determine and recruit additional key staff/consultants/local practitioners needed to facilitate enrichment sessions;
- Meet with the school Parent Action Leadership group to introduce the project and recruit parent volunteers
- Review the environmental education curriculum (Food Corp.) with school staff and partners to determine enrichment program calendar and demonstration activities;
- Finalize project work plan and logic model indicating timeline and responsible parties;
- Recruit student participants and caregivers – obtain parental consent;
- Host orientation for parents and students to inform about pilot school enrichment program; and food growing activities;
- Enrichment program begins at school site – participants learn how to complete house and neighborhood histories;
- Host demonstration activities (begin photo journaling activities, cooking demo);
- Begin information gathering activities (food assessments- collect 25 assessments from school families);
- Incorporate an environmental education approach into an existing food growing/nutrition program being piloted at MLK school;
- Refer participants to community- based soil sampling trainings;
- Report writing activities

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- Press release/conference

OKT's August monthly report:

Our Kitchen Table accomplished the following task during the month of August 2018:

- Continued to determine and recruit additional key staff/consultants/local practitioners needed to facilitate enrichment sessions and continued developing a project work plan and logic model indicating timeline and responsible parties:

-----Met with Healthy Homes/Get the Lead Out - scheduled lead safe education sessions for recruited participant in September;

-----Met with Evaluator to create evaluation tools based on developed/drafted project work plan and logic model;

-----Met with Registered Dietitian Nutritionist to develop Lead screening/Food assessment intake forms/Nutrition and Lead Poisoning resource sheet;

-----Recruited additional community partner - ACCESS of West Michigan - labeling foods offered in pantries per Nutrition and Lead Poisoning resources sheet. Pantries identified by school participants. Discussing an identification format;

-----Identified an artist to develop labels for food gardens/food resource materials; and

- Continued to meet with the school Parent Action Leadership group to introduce the project and recruit parent volunteers and Began information gathering activities (food assessments) with potential participants in consultation project Registered Dietitian and recruited school parent/caregiver participants as well as student participants via school-based Student council:

-----GRPS schools hosted ice cream socials for families returning to GRPS schools. OKT and RDN participated in the MLK school social. Distributed information about the CLEEI project, collected Lead screenings/Food

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assessments from 13 parents with children entering Pre K and Kindergarten classes and invited interested parents/caregivers/families to September Programs for Growth meeting. Programs for Growth includes the CLEEI project. Also, met with Student council about recruiting students to participate in CLEEI project. Recruitment will be discussed at September council meeting.

- Continued to incorporate an environmental education approach into an existing food growing/nutrition program being piloted at MLK school.

-----Planted iron, vitamin C and calcium rich food plants. Worked with collaborative partners, MLK staff, PAL/volunteers, and OKT Food and Cooking coaches to design labels for iron, vitamin C and calcium rich food plants in school garden. Provided recipes using these food choices as a strategy to combat/prevent lead poisoning to parents/caregivers/families at school garden site. Began demonstrating recipes.

Report writing activities:

-----Submitted monthly reports to Program Coordinator for June, July and August.

Our Kitchen Table accomplished the following task during the month of July 2018:

- Continued to determine and recruit additional key staff/consultants/local practitioners needed to facilitate enrichment sessions;
- Continued to meet with the school Parent Action Leadership group to introduce the project and recruit parent volunteers
- Continued to incorporate an environmental education approach into an existing food growing/nutrition program being piloted at MLK school;
- Began developing a project work plan and logic model indicating timeline and responsible parties; and
- Began information gathering activities (food assessments) with potential participants in consultation project Registered Dietitian.

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Our Kitchen Table accomplished the following task during the month of June 2018:

- Determine and recruit additional key staff/consultants/local practitioners needed to facilitate enrichment sessions;
- Met with the school Parent Action Leadership group to introduce the project and recruit parent volunteers
- Referred participants to community- based soil sampling trainings; and
- Began incorporating an environmental education approach into an existing food growing/nutrition program being piloted at MLK school.