

Approach and Management Plan:

Objectives and Goals:

The San Pablo Library is asking for \$13,000 to provide library programs designed to increase the health and wellness of the children in San Pablo and to aid in the continued efforts of the City of San Pablo to decrease childhood obesity.

Each of these programs will be intended for library patrons from 0-17 years of age. All library programs are organized and promoted with internal calendaring, marketing and publicity through social media outlets and local publications, and report software (Evanced DEMCO) to collect statistics.

Goal 1: To increase physical activity levels

Library staff have identified a variety of programs for children and teens that will make physical activity engaging and fun: these include juggling workshops, self-defense classes, dance, and Mom and Baby Yoga sessions. Opportunities for these activities will build on established library programs such as storytimes and crafts, and after school meals at the library.

Goal 2: Increasing Access to healthy Foods and Beverages and limiting unhealthy foods and beverages

For the 2017-18 school year the San Pablo Library partnered with the West Contra Costa Unified School district to provide healthy afterschool meals from 3-5 pm Monday through Thursday. Kids began to rely on these meals for eating afterschool instead of going to the convenience stores for chips and soda. We will build on that momentum by providing fun and engaging nutrition classes and activities to attract more students and families for the 2018-19 school year.

Goal 3: Changing messages about nutrition and physical activity

In addition to increasing access to nutritious meals and increasing physical activity, the library will also be hosting nutrition programs to make healthy eating fun and attainable to everyone. Entertaining and educational program like Uncle Jer's Traveling Bee Show will give kids a chance to see live bees up close and learn about their behavior and importance to our food sources. Currently the San Pablo Library is a stop for the Freshest Cargo van. Freshest Cargo is a mobile Farmers Market that provides fresh fruit and vegetables to library patrons each Friday in the library's parking lot. To augment this program we will expand with the organization's VeggieRx program, which is a course of mobile cooking classes emphasizing healthy cooking.

Descriptions of the roles and time commitments of personnel and participants involved in the project:

Staff involved in grant execution:

Angel Cowgill, Library Assistant: supervising the Teen Advisory Group and working with afterschool teen groups on a weekly basis to engage in dialogues and to identify how the programs are fulfilling the goals.

Albert Garcia, Librarian: Outreach, promotion of programs, recruiting volunteers, project

Proposed Scope of Services:

All programs will be held in the San Pablo Library, and supervised by appropriate staff.

Proposed Plan for the SP Anti Obesity Grant:

Name of Workshop or Program:	Cost:	Number of programs:	Timeline
Baby and Mom Yoga	\$2,500.00	8	October - February
IMPACT series of Self Defense for Teens	\$1,200.00	4	October –December
Juggling Workshop	\$200.00	1	Spring Break April 2019
TeoKalli Workshop?	\$375.00	1	President's Week Recess 2019
Gardening Workshops for kids	\$1,600.00	4	Spring 2019
Uncle Jer's Travelling Bees	\$450.00	1	Spring Break 2019
Dance Around the world	\$300.00	1	May 2019
Fitness in Transit	\$250.00	1	May 2019
Cultural Dance	\$2,700.00	4	October-January 2019
VeggieRx	\$2,000.00	8	January – May 2019
Healthy Snacks for Teen Programming	\$1,425.00	20	October 2018-June 2019
Total:	\$13,000.00		