

## **Gourmet on a Budget Program Proposal**

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## Evaluation Plan

*Gourmet on a Budget* will have several activities to improve the financial literacy and overall health of the clients participating in the program. First, clients will participate in a total of sixteen cooking classes. These classes will teach clients to cook more nutritious foods to save money and get them on track for proper, healthy nutrition. The cooking classes will take place twice per week for a total of two months. Each class will last an hour and a half and will focus on not only how to cook, but the proper nutrition to focus on to maintain a healthy lifestyle. Secondly, clients participating in *Gourmet on a Budget* will take grocery store tours to learn how to pick out the most affordable and healthy options to maintain an improved lifestyle and budget. These tours will take place twice per week for two months. Each tour will be limited to four clients to ensure comprehension and social distancing regulations. The tours and the cooking classes will be led by the team of administrators at *Gourmet on a Budget*, Samir Khalil, Elizabeth Riley, Susan Yates, and Tiffany Yi. There will be two classes taught by volunteer instructors from local restaurants that will be recorded and added to the *Gourmet on a Budget* website. The last portion of the *Gourmet on a Budget* classes will be a financial literacy class to teach budgeting techniques to build more stable savings. These classes will be one hour long and taught twice per week for two months. This financial literacy class will be taught concurrently with the cooking classes and grocery store tours. Financial literacy will be taught by Samir Khalil and Elizabeth Riley from the team of administrators at *Gourmet on a Budget*.

There are multiple intermediate outcomes that clients will hope to achieve while participating in the *Gourmet on a Budget* program. Within two months of completing the cooking courses presented by the program, clients will have a better understanding of how to cook healthy, affordable meals for themselves and their families. This will allow them to begin

to get creative with the meals they choose and preparation ideas that conform to the nutritional guidelines taught by the courses. After two months of grocery store tours offered by *Gourmet on a Budget* program, clients will be able to take trips to the market and choose the most affordable and nutritious options in order to build a base for not only their nutritional health, but their financial security as well. The last component of *Gourmet on a Budget* is the financial literacy courses offered by the administrative team. These courses will allow the participants to identify where they are spending their financial resources and how to adjust those resources to begin building a savings and a budget based on their personal goals and needs.

The end outcomes for the *Gourmet on a Budget* program for clients is that within five to ten years of completing the program, clients will be able to cook healthier, more affordable meals for themselves and their families at least four nights per week. Clients will also be able to manage their finances more effectively by creating and maintaining a budget. Clients who participate in the *Gourmet on a Budget* program will have learned the essential skills to be able to improve their food security and physical health.

To measure the outputs of the *Gourmet on a Budget* program, the team will utilize attendance sheets at the beginning of each class. By making sure that clients sign in at the beginning of each class, the team will be able to have an accurate record of the number of clients being served each week. The data will also be evaluated at the end of two months to see if the goal of each class is being met. As the planning project form shows in appendix C, there should be a minimum of 12 clients participating in each cooking class, four clients in the grocery tours, and about 10-15 clients per financial literacy class. By understanding the overall attendance levels of each class, the program can adapt to depending on the need of each class.

Benchmark measures will be used to measure whether or not the program is achieving the predetermined intermediate goals. One of the intermediate goals is that after one year, clients will have gained some independence with cooking affordable and healthy meals for themselves and for their families as demonstrated by cooking home-cooked, nutritious meals 4 nights a week. The benchmark used to measure this will be the number of meals cooked on average per week. The second intermediate goal is that after one year, clients will be able to independently create their own budget and maintain financial literacy. The benchmark measure for this goal will be if, after one year, clients have created a budget and the level of confidence clients express in maintaining their finances. To measure intermediate outcomes of the *Gourmet on a Budget* program, primary data will be collected from program participants through qualitative interviews. From these interviews, a goal attainment report will be utilized to show statistical progress in meeting intermediate objectives over time. Each of these methods are connected to the overall evaluation plan in that it will give the team an insight into the progress of the program on the broader community.

With approximately 200,000 individuals who lack access to affordable and nutritious foods living in Chattanooga, Tennessee, 12 people will be enrolled in the cooking classes and approximately 10 to 15 clients will be enrolled in the financial literacy class that are provided by the *Gourmet on a Budget* program and 75% of participants will complete the program. It will lead to an increase of cooking more nutritious meals for the client and their families as well as an increase in knowledge about managing their own finances and maintaining a tailored budget.

### **Proposed Program Resources**

The human resources and support the *Gourmet on a Budget* program will need are cooking instructors and financial literacy advisors/instructors. Cooking class will be one and a

## Appendix C

### Interview Guide for Participants

**Purpose Statement:** The purpose of the research study is to grasp a deeper understanding of food insecurity in Chattanooga and to determine the effectiveness of the Gourmet on a Budget program. To this end, the researchers will assess the perceptions of program participants in Chattanooga to determine if the Gourmet on a Budget program is appropriate to meet food insecurity needs and to educate residents to eat healthier on a low-income budget. This research is in collaboration with Southern Adventist University School of Social Work.

1. Describe your experience with food insecurity since childhood. (According to the USDA, food insecurity is the condition assessed in the food security survey and represented in USDA food security reports—is a household-level economic and social condition of limited or uncertain access to adequate food.)
  - a. Have you ever received SNAP benefits?
  - b. Were your parents receiving SNAP benefits at any time during your childhood?
2. Tell me about your experience with food insecurity in the Chattanooga area.
  - a. When did you first experience food insecurity?
  - b. What do you feel is the greatest barrier to securing a stable food supply?
  - c. Have you ever had difficulties accessing food due to inconvenient store locations?
  - d. What is your neighborhood like? [appearance, location, etc.]
3. Describe some of the foods that you would normally buy when grocery shopping.
  - a. Did you feel you had what you needed?
  - b. Did you feel you had nutritious items for your family?
4. Describe your relationship with local agencies that assist with food insecurity.
  - a. Explain their accessibility and their responsiveness to requests for assistance.
5. Have you experienced health issues due to not being able to afford nutrition-rich foods? If yes, please describe the health implications you experienced. If no, please describe the resources and strategies that helped to prevent this.
  - a. Were you offered or able to acquire healthier food alternatives?
  - b. Were you able to receive the necessary medical assistance due to the health implications you experienced?
6. Do you or anyone in your residence have any dietary restrictions or health issues that can affect the needs for certain foods?
  - a. Explain how these restrictions and health issues make food insecurity an even greater issue for you individually.
7. Is there anything else you would like for me to know about your experience with food insecurity and/or the Gourmet on a Budget program?
  - a. Thank you for your participation!