



# *Gourmet on a Budget*

Samir Khalil, Elizabeth Riley,  
Susan Yates, Tiffany Yi



# Social Problem

# Food Insecurity



- Food insecurity can lead to poorer physical and mental health outcomes such as heart problems, obesity, depression, anxiety and others (Bahadur et. al., 2018; Chang et. al., 2019; Gundersen et. al., 2015; Kuhn et. al., 2020; Miller et. al., 2020).
- Individuals experiencing food insecurity are often limited to eating low-cost foods that lack nutrients (Pritt et.al., 2018).

# Food Deserts

- “A **food desert** is an area that has limited access to affordable and nutritious food” (Story et al., 2008).
- In Chattanooga alone, more than 200,000 people lack access to affordable, nutritious food (Henderson, 2018).



# Target Population

- Low-income families
  - ◆ \$48,700 per year for a family of four (National Center for Children in Poverty, 2018)
- Single-parent with dependents
- College students aged 18-35 with an emphasis on non-traditional students



# Goals of Program

# Reduce Food Insecurity

- Teach people of low-income status to cook healthier meals for themselves and their families while staying within their means.
- Teach financial literacy and budgeting to purchase healthy ingredients to cook healthy meals and promote well-being.



# Activities of Program

# Cooking Classes



- 1.5 Hour Classes
- Twice Weekly for 2 Months
- Professional Guest Chefs
- Meal Planning

# Grocery Store Tours

- How to choose items.
- How to use coupons
- Where to shop.
- What NOT to buy.
- How to buy in bulk.



# Financial Literacy Classes



- Work to plan and maintain a budget.
- Personalize goals.
- Build a savings.

# Main Evaluation Plan

# Evaluation Methods

- Attendance sheets
- Benchmark measures:
  - ◆ The number of healthy meals cooked on average per week
  - ◆ The number of clients who have created a budget
  - ◆ The level of confidence clients express in maintaining their finances
- Primary Data collected from participants through qualitative interviews

# Sustainability of the Program

# Grants and Donations



- Government grants will be the main source of this program's sustainability.
- Donations from community and local partners are greatly appreciated!
- Participants are what makes this program thrive. Without them, this program would close down.

# Lessons Learned

# Administrative Advanced Learning

- Assessment Tools
  - ◆ SWOT Analysis
  - ◆ Logic Model
  - ◆ Needs Assessment
  - ◆ Power Matrix
- Stakeholders
- Evaluation



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**Thank You!**