# TWO PAGE GRANT PROPOSAL TEMPLATE

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### DO GOOD ORGANIZATION

The Do Good Organization seeks a grant of $2,500 from the Give Away Foundation for a two year family fitness and nutrition program entitled “Families Feeling Fine.”

**The Problem**

48% of families in the Do Good community suffer from obesity and related problems such as diabetes, high blood pressure, and heart disease. When surveyed, 72% of families stated that lack of knowledge and experience with exercise and healthy cooking were major obstacles to weight control.

**Our Mission**

The Families Feeling Fine program will teach family groups how to make exercise and healthy cooking a fun, fulfilling part of their daily lives. Our mission is to educate families on health and nutrition in order to tackle the problem of obesity and it’s associated health issues. We want to create a world in which every family is healthy and happy.

**Project Brief:**

The Local Church has pledged to donate space, including a large parish hall and kitchen, for use by the Families Feeling Fine program. Each Saturday morning, up to ten families of 3 – 6 people will gather to learn about nutrition, take part in a fun fitness activity, learn to prepare a tasty, nutritious meal, and enjoy a meal together. As they leave, families will take away weekly packets with recipes, shopping tips, and exercise ideas to try out during the intervening week.

**Goals and Objectives**

**Goal:** Decrease the rate of obesity in the community

**Objective 1**: Educate 10 families a week on nutrition by preparing healthy meals through workshops and cooking classes

**Objective 2:** Get 60 people to learn a new exercise every week

**Objective 3:** Ensure 10 families practice healthy habits for 6 months

By ensuring families attend our workshops regularly and take home reminders after every class, we hope to achieve our goal of decreasing the rate of obesity in the Do Good Community.

**Impact**

If successful, FFF participants will leave knowing at least three new recipes, three new fitness activities, and seven new, healthy ways to buy and/or prepare food. In addition, participants will feel empowered to lose weight and live healthier lives.

**Team**

The FFF program will be managed by Joe Smith, Director of Programs at the Do Good Foundation, with support from Jane Jones, a nutritionist, and Bill Brown, a personal trainer. Several Do Good volunteers will also assist at each week’s program. To assess the outcomes of the program, Mr. Smith will distribute a pre-program survey and repeat the survey at the end of the program.

## Project Budget:

The project will cost an initial $5,000 for development of program materials, activities, and recipes. We are requesting $2,500 from your foundation, and we are seeking an additional $2,500 from other foundations. Once the program is underway and materials are in place, it will cost only $500 per session to run the program. We anticipate charging a nominal $5 per person for future programs, and seeking additional minimal funding from local community foundations and philanthropies.

A detail cost of our project for one month is listed below.

| **Item** | **Quantity** | **Cost** | **Total** |
| --- | --- | --- | --- |
| Recipe booklet | 10 | $100/week | $400 |
| Food |  | $250/week | $1000 |
| Cutlery | 50 sets | $300 (one-time cost) | $300 |
| Gym trainer | 1 | $200/week | $800 |
| Training space | 1 | Free |  |
|  |  | **Grand total** | **$2500** |

We intend to use the initial $2500 as seed funding to kickstart our project and seek additional funding once we are able to show impact.