

COAST TO THE CASCADES
COMMUNITY WELLNESS NETWORK

C.H.E.F.

Culinary Health Education
& Fitness Program

BUSINESS PLAN 2017-2020

BENTON, LINCOLN & LINN COUNTIES

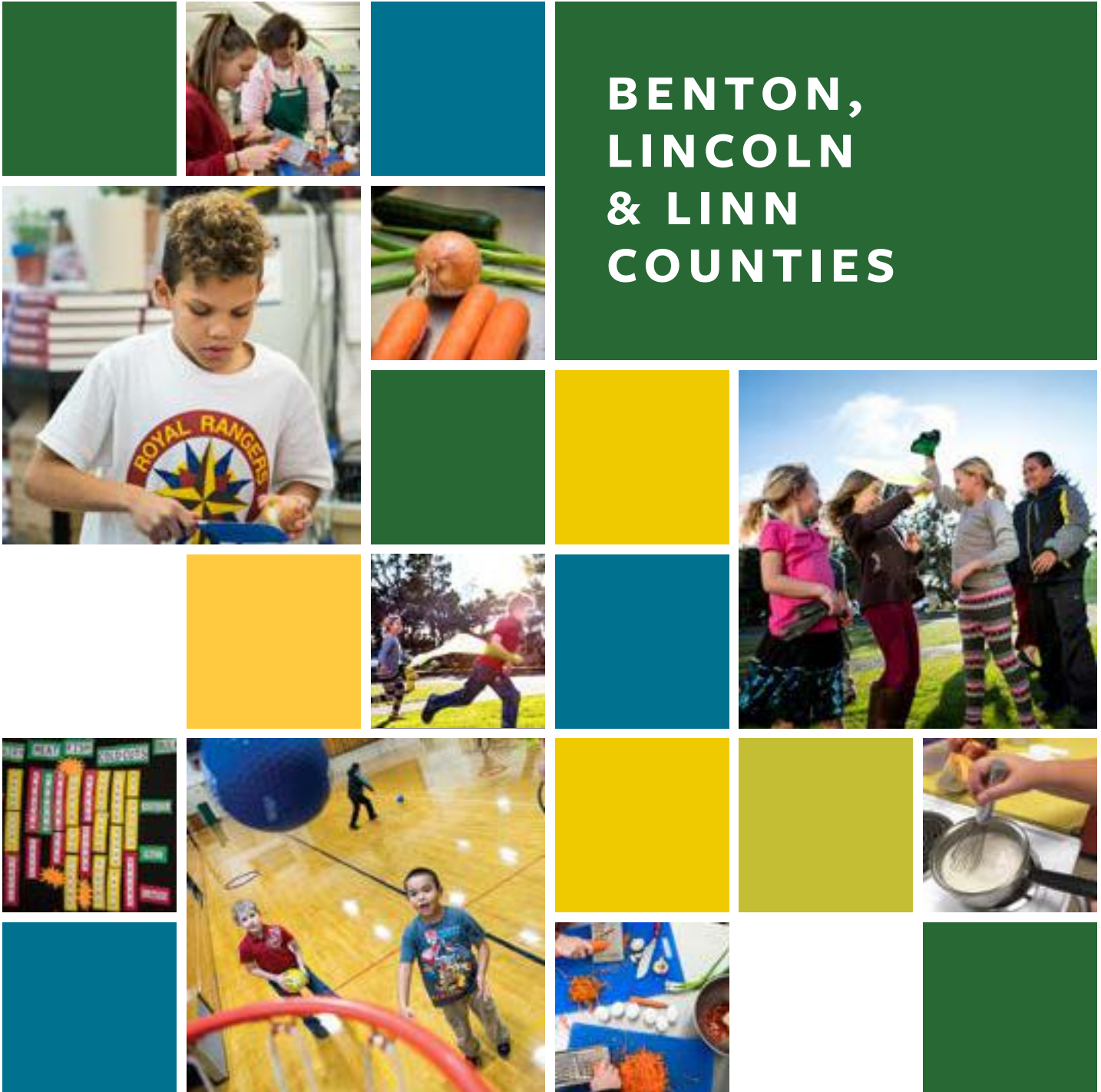




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NETWORK + PROJECT DESCRIPTION

NETWORK MISSION

CCCWN's mission is to improve community health in Benton, Lincoln and Linn counties by providing leadership and support for regional partnerships.

NETWORK VISION

CCCWN's vision is to lead and sustain a system of partnerships between agencies and organizations working together to provide integrated services and programs that promote individual and community health.

PROJECT GOALS + STRATEGIC OBJECTIVES

The C.H.E.F. Program is a collaborative, community-level obesity prevention program that will help children and families in Lincoln, east Linn, and rural Benton counties achieve higher-quality lives free of preventable diseases related to poor nutrition and obesity. It has two components:

- **Culinary Education** will provide age-appropriate and nutrition-focused cooking classes to elementary and middle school students and families.
- **Coordinated Approach to Child Health (CATCH)** will increase students' opportunities for physical activity while also providing them with basic nutrition education, introducing them to new fruits and vegetables, and establishing lifelong healthy habits.

The following C.H.E.F. Program goals and strategic objectives align directly with CCCWN's network vision.

GOAL 1

Implement nutrition-focused culinary education courses to empower children and families in Lincoln, east Linn, and rural Benton counties to be self-sufficient in the kitchen and to make healthy food choices.

Strategic Objectives

- Conduct 69 CE courses across the tri-county region, serving at least 1,380 adults and children.

- At least 80 percent of CE participants show a positive change in knowledge, skills and attitudes about cooking meals at home.

GOAL 2

Expand CATCH (Coordinated Approach to Child Health) as a sustainable program for promoting health and the attainment and maintenance of a healthy weight for children in Lincoln, east Linn, and rural Benton counties.

Strategic Objectives

- Implement CATCH in 11 new schools, increasing the physical activity levels of at least 80 percent of eligible children.

GOAL 3

Increase consumption of fruits and vegetables among children in Lincoln, east Linn, and rural Benton counties.

Strategic Objectives

- Give at least 80 percent of eligible children an opportunity to try new fruits and vegetables by hosting monthly tasting tables at CATCH schools.
- At least 80 percent of children at CATCH schools receive instruction on selecting healthy foods.
- Establish a health-conscious culture that promotes healthy choices at all CATCH school events.

HISTORY + CULTURE

Coast to Cascades Community Wellness Network (CCCWN) was established through a 2009 HRSA network planning grant (HRSA-10-020). Today, it leads and sustains a system of partnerships providing integrated community health programs and services. It consists of 25 organizations active in regional health and wellness, including hospitals, health departments, schools, law enforcement, and community and tribal organizations. Members bring diverse perspectives as well as administrative and clinical skills

NETWORK + PROJECT DESCRIPTION

CONTINUED

essential for the success of health promotion and disease prevention programs. CCCWN members are strongly committed to working together to implement long-term health solutions throughout the region.

BUSINESS STRUCTURE + GOVERNANCE

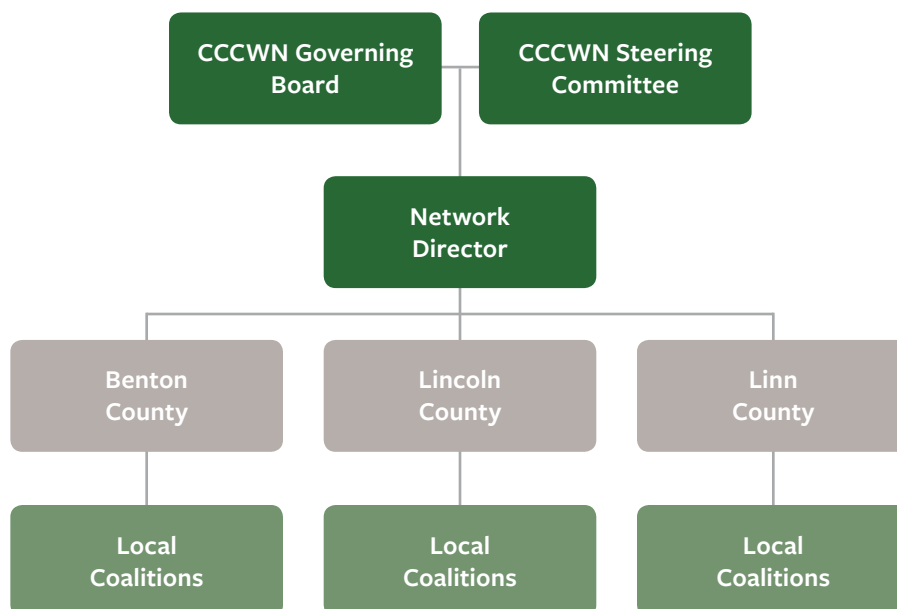
CCCWN comprises a 25-member board, a seven-person Steering Committee and eight subcommittees. The Steering Committee is responsible for managing and overseeing CCCWN actions, while subcommittees are responsible for locally driven activities around CCCWN priorities.

CCCWN employs a nontraditional organizational structure, serving as the hub of multiple local coalitions. Information, support and leadership flow in both directions between CCCWN and the coalitions. CCCWN and subcommittee members recommend activities and programs that address local health issues. In addition, county coordinators provide project leadership to the network as needed.

Members elect a chairperson who also sits on the CCCWN Steering Committee, which is drawn from the membership body and includes one person from each county. The Steering Committee is responsible for the overall direction of the CCCWN; it meets every other month to develop agenda items, review activities and identify potential projects. It also reviews and approves all items—including grant and foundation applications—that will be forwarded to the full CCCWN. The full CCCWN meets twice a year. Primary duties include reviewing and approving reports, assessments and plans required by local organizations and agencies, as well as grant and foundation applications requested by local organizations, agencies and members. More generally, CCCWN meetings entail a discussion of projects and goals, funding and grant opportunities, and related activities.

Member-approved recommendations are forwarded to the Steering Committee, which meets every other month to review and finalize recommendations. When issues arise outside this timeframe, the Project Director will contact CCCWN members for recommendations.

CCCWN ORGANIZATIONAL CHART



MARKET ANALYSIS + PLAN

NETWORK MEMBERS

- **Benton County Health Department** is guided by a vision of engaged communities and blended services achieving better health for underserved individuals and the community.
- **Capitol Dental Care** has served members of the Oregon Health Plan since its inception in 1994. It is committed to preventing dental disease and improving the oral and systemic health of children and low-income patients.
- **Communities Helping Addicts Negotiate Change Effectively (C.H.A.N.C.E.)** assists individuals who have mental health and/or substance abuse issues and are seeking recovery to implement positive change.
- **Community Outreach, Inc.** moves families and individuals in Benton and Linn counties from crisis to self-sufficiency by helping people help themselves and others to lead healthy, productive lives.
- **Community Services Consortium** is the state-designated community action agency for Linn, Benton and Lincoln counties. Services include food and housing, education, training and work programs.
- **Confederated Tribes of Siletz Indians** is a federally recognized confederation of regional Native American tribes that provides housing, education, health, social and employment services.
- **Community Health Centers of Benton and Linn Counties** provides an integrated and inclusive medical home for anyone, regardless of insurance status, economic status, language, age or health status.
- **Good Samaritan Regional Medical Center** is a 188-bed Level II trauma center serving Benton County and Oregon's western region.
- **Lebanon Community School District** oversees Lebanon's nine schools, including school-based health, wellness and nutrition services.
- **Lincoln County Board of Commissioners** is a county government office located in Newport.
- **Lincoln County Health and Human Services** provides leadership, collaboration and services to improve health, wellness and quality of life for county residents.
- **Lincoln County Sheriff's Office** strives to enhance public safety, reduce the fear and impact of crime, and improve quality of life for Lincoln County residents.
- **Linn County Department of Health Services** works collaboratively to promote the health and well-being of all Linn County residents.
- **Oregon Cascades West Council of Governments** manages local, state and federal programs serving tri-county residents, governments and businesses.
- **Oregon Office of Rural Health** is a state body committed to improving the quality, availability and accessibility of health care for rural Oregonians.
- **Oregon State University** is an international public research university (and designated land grant university) with headquarters in Corvallis.
- **Samaritan Albany General Hospital** is a 79-bed acute care facility and health center providing medical services to the greater Albany area since 1924.
- **Samaritan Health Plans** offers insurance plans in Oregon built on an extensive network of hospitals, doctors, clinics, specialists and caring professionals.
- **Samaritan Health Services, Inc.** provides innovative, compassionate, and quality health care to tri-county communities.
- **Samaritan InterCommunity Health Network Coordinated Care Organization (IHN-CCO)** is a regional partnership currently serving more than 50,000 Oregon Health Plan members.
- **Samaritan Lebanon Community Hospital** is a 25-bed critical access hospital serving east Linn County.
- **Samaritan North Lincoln Hospital** is a 25-bed critical access hospital located in Lincoln City, which serves north Lincoln and south Tillamook counties.
- **Samaritan Pacific Communities Hospital** is a 25-bed critical access hospital located in Newport and serving south Lincoln County.
- **Western University College of Osteopathic Medicine of the Pacific-Northwest (COMP-NW)** continues COMP's commitment to medical education in the Northwest.

MARKET ANALYSIS + PLAN

CONTINUED

TARGET MARKET + MEMBER NEEDS

The primary target market for the Culinary Education and CATCH programs is rural and/or geographically isolated elementary and middle school students and their families in Lincoln, east Linn, and rural Benton counties.

These underserved families are affected by the rising obesity and diabetes rates among Oregon's adolescents and adults, but they have limited or no access to obesity prevention and nutrition education services that would help them establish and maintain lifelong healthy habits. Many of the region's rural and isolated families also lack access to full-service grocery stores—which limits their access to fresh fruits and vegetables—as well as safe, accessible exercise and recreation options for children.

PRODUCTS + SERVICES

The C.H.E.F. Program addresses the needs of its target population in two ways:

- **Culinary Education** consists of multiple age-appropriate and nutrition-focused courses: *Fresh Grown Cooking for Kids* and *Simply Delicious* (through the Linus Pauling Institute); *Cooking Matters for Families*, *Cooking Matters for Kids* and *Cooking Matters for Teens* (through Food Share of Lincoln County). Participants gain nutrition knowledge and self-efficacy as they learn the basics of food labeling, safe food handling, cooking skills, and healthy menu planning on a budget. They also receive take-home foods.
- **CATCH** participants learn to avoid obesity and establish lifelong healthy habits through better access to recreational options, enhanced physical education activities, nutrition education, fresh and healthy foods, and health fairs at CATCH schools and community sites.

Both program components encourage participants to establish and maintain healthy habits and to reduce their risk of obesity and related health issues such as diabetes.

KEY MESSAGES

Culinary Education

- Learn to cook, and explore and prepare nutritious recipes.
- Gain tools to help make healthy food choices and purchase, prepare, and cook healthier meals.

CATCH

- An evidence-based program that teaches children the importance of healthy eating and physical activity to improve overall health.
- Encourage children and families to try new fruits and vegetables.

OPERATIONAL REVIEW

LEADERSHIP TEAM + SKILLS

CCCWN benefits from the broad range of expertise of its members, who include key leaders and executives with a strong interest in the health needs and concerns of children and adults in Benton, Lincoln and Linn counties. CCCWN's leadership team is active in regional health and wellness and includes key representatives from tri-county hospitals, health departments, schools, law enforcement, and community and tribal organizations.

Partners are included in CCCWN based on their history of successful collaborative activities, their willingness and capacity to commit personnel and in-kind resources to community health projects, and their ongoing engagement in regional health issues. CCCWN members have frequently facilitated each other's activities and routinely support each other in obtaining funding for individual and collaborative activities.

These collaborations have strengthened relationships and knowledge about each other's programs, creating an environment that is naturally conducive to coordinating activities, reducing service overlap and filling gaps. Because members are executive decision-makers, they can ensure the timely implementation of agency activities and services, which increases the effectiveness of network collaborations.

DESIRED EXPERIENCE + RELATIONSHIP

- **Culinary Education.** Convenient and enjoyable culinary education classes presented in classrooms and other easily accessible community sites, provided by credible and trustworthy instructors using evidence-based curricula.
- **CATCH.** Enhanced physical activities and nutrition education provided to underserved rural children in safe, fun and culturally / linguistically appropriate school and after-school programs.

DELIVERY

Culinary Education

- Meetings and trainings in local classrooms and other community sites.
- Take-home food items for participants.
- Flyers sent home with children and through email.
- Web-based media and resources.
- Recipes and nutritional information that reinforces lessons learned during classes.

CATCH

- Local school and after-school programming (physical activities and nutrition education).
- Tasting tables at schools.
- Pick of the Month Flyers sent home with children and through email.

OPERATIONAL PLAN

CONTINUED

KEY INITIATIVES

Culinary Education

- Recruit and train culinary education providers.
- Recruit and register culinary education participants.
- Prepare and disseminate marketing and educational materials.
- Facilitate culinary education classes in Spanish.
- Publish C.H.E.F. Program newsletter.
- Attend health fairs and other events that promote healthy food choices at schools and community sites.

CATCH

- Expand CATCH to new schools.
- Train CATCH champions.
- Prepare and disseminate marketing and educational materials.
- Coordinate tasting tables.
- Distribute Pick of the Month flyers through schools and community sites in both English and Spanish.
- Publish C.H.E.F. Program newsletter.
- Attend health fairs and other events that promote healthy food choices at CATCH schools and community sites.

KEY RESOURCES

Culinary Education

- CCCWN guides, implements and evaluates the culinary education program.
- Schools serve as culinary education sites (includes access to administrators, teachers, parent volunteers and culinary education instructors, as well as facilities and family outreach).
- Medical providers provide “referrals” to the program.
- Nonclinical human services sites such as WIC and Head Start promote the program and provide referrals.
- Philanthropic organizations such as Soroptimist, 4H and Rotary clubs support local health activities aimed at youth.

CATCH

- CCCWN guides, implements and evaluates the CATCH program.
- Schools serve as CATCH sites (this includes administrators, teachers, parent volunteers and instructors).
- Philanthropic organizations such as Soroptimist, 4H and Rotary clubs support local health activities aimed at youth.

KEY PARTNERS

- Samaritan Lebanon Community Hospital
- Food Share of Lincoln County
- Lebanon School District
- Western University of Health Sciences College of Osteopathic Medicine of the Pacific-Northwest
- Linus Pauling Institute at Oregon State University
- Alsea School District
- Boys & Girls Clubs of the Greater Santiam
- Central Linn School District
- Lincoln County School District
- Linn, Benton, Lincoln Partners for Health
- Live Longer Lebanon
- Monroe School District
- Neighbors for Kids
- Oregon State University Extension Service
- Samaritan Early Learning Center
- Samaritan Family Medicine Resident Clinic – Lebanon
- Samaritan Lebanon Health Center
- Samaritan North Lincoln Hospital
- Siletz Valley Schools
- Sweet Home Family Medicine
- Yachats Youth and Family Activities Program, Inc.
- County Coordinators
- CATCH Site Champions

FINANCIAL OUTLOOK

Financial support for C.H.E.F. has come primarily from federal grants and from in-kind contributions from program partners. It is assumed that fixed expenses (curriculum, equipment, groceries and staffing) are always present. Costs are based on current pricing for services and support. Because C.H.E.F. activities do not generate income, both programs are encouraged to continue in-kind contributions and annual grant funding from Samaritan Health Services.

CULINARY EDUCATION PROGRAM

CATCH PROGRAM

START-UP + OPERATIONAL COSTS

- Portable Kitchen Carts: \$1,000 each.
- Culinary Education classes: \$700 to \$2,086 per class depending on implementation costs.
- Training: \$400.

- Elementary CATCH kits: \$3,560 each.
- Middle school CATCH kits: \$2,545 each.
- CATCH online access: \$50/per site for two years.
- Replacement costs: \$500/per site annually.

Tasting tables

- Kits: \$300 each.
- Food: \$40 per site per month.

Staffing

- 0.5 FTE Program Coordinator: \$22,880 annually.

REVENUES

1. Grant funding for start-up and operational costs.
2. In-kind contributions from program partners, including:
 - Culinary Education volunteers
 - Culinary Education coordinators
 - Site coordinators

1. Grant funding for start-up and operational costs.
2. In-kind contributions from program partners, including:
 - CATCH champions
 - Tasting table volunteers
 - Tasting table coordinators
 - Marketing staff

FORECASTED NET INCOME

- C.H.E.F. Program activities do not generate income.
- Programs will be encouraged to continue in-kind contributions.
- Programs will be encouraged to apply annually for social accountability funding through Samaritan Health Services.

- C.H.E.F. Program activities do not generate income.
- After initial investments and commitments are made, the CATCH program is sustainable with minimal funding.
- Tasting table facilitation costs are minimal.
- Programs will be encouraged to continue in-kind contributions.
- Programs will be encouraged to apply annually for social accountability funding through Samaritan Health Services.

Product and Service Development Canvas: Culinary Education

Product or Service: Age-appropriate nutrition-focused culinary education courses.

STRATEGIC THINKING

2a. Target Market: Rural and/or geographically isolated elementary and middle school students and families in Lincoln, east Linn, and rural Benton counties.

2b. Project goals met by this product or service:

- Goal 1: Implement nutrition-focused culinary education courses to empower children and families in Lincoln, east Linn, and rural Benton counties to be self-sufficient in the kitchen and to make healthy food choices.

2c. Project strategic objectives met by this product or service:

- Conduct 69 CE courses across the tri-county region, serving at least 1,380 adults and children.
- At least 80 percent of CE participants show a positive change in knowledge, skills and attitudes about cooking meals at home.

MARKETING THINKING

3a. Jobs being worked on or problems being solved by the target market:

- Healthy nutrition and obesity prevention for themselves and their family.

3b. Pains experienced by the target market while doing their work:

- Rising obesity rates among adolescents and adults, and limited or no access to obesity prevention services.
- Time and economic pressures that make it difficult to select and prepare healthy foods.

APPENDIX A

CONTINUED

Product and Service Development Canvas: Culinary Education	
	<ul style="list-style-type: none"> Lack of knowledge of nutrition labeling, safe food handling and cooking skills. <p>3c. Gains wished for or expected by the target market while doing their work:</p> <ul style="list-style-type: none"> Nutrition knowledge and self-efficacy. Planning and preparing healthy meals on a budget. Establishing and maintaining healthy habits. Reduced risk of obesity and related health issues such as diabetes.
<p>3d. Key Messages:</p> <ul style="list-style-type: none"> "Learn to cook, and explore and prepare nutritious recipes!" "Gain tools to help make healthy food choices and purchase, prepare, and cook healthier meals." 	
OPERATIONAL THINKING	
<p>4a. Desired experience and relationship:</p> <ul style="list-style-type: none"> Convenient and enjoyable culinary education classes presented in classrooms and other easily accessible community sites, provided by credible and trustworthy instructors using evidence-based curricula. 	<p>4b. Delivery:</p> <ul style="list-style-type: none"> Meetings and trainings in local classrooms and other community sites. Take-home food items for participants. Flyers sent home with children and through email. Web-based media and resources. Recipes and nutritional information that reinforces lessons learned during classes.

Product and Service Development Canvas: Culinary Education

4c. Key Initiatives:

- Recruit and train culinary education providers.
- Recruit and register culinary education participants.
- Prepare and disseminate marketing and educational materials.
- Facilitate culinary education classes in Spanish.
- Publish C.H.E.F. Program newsletter.
- Attend health fairs and other events that promote healthy food choices at schools and community sites.

4d. Key Resources:

- CCCWN guides, implements and evaluates the culinary education program.
- Schools serve as culinary education sites (includes access to administrators, teachers, parent volunteers and culinary education instructors, as well as facilities and family outreach).
- Medical providers provide "referrals" to the program.
- Nonclinical human services sites such as WIC and Head Start promote the program and provide referrals.
- Philanthropic organizations such as Soroptimist, 4H and Rotary clubs support local health activities aimed at youth.

4e. Key Partners:

- Samaritan Lebanon Community Hospital
- Food Share of Lincoln County
- Lebanon School District
- Western University of Health Sciences College of Osteopathic Medicine of the Pacific-Northwest
- Linus Pauling Institute at Oregon State University
- Alesa School District
- Boys & Girls Clubs of the Greater Santiam
- Central Linn School District
- Lincoln County School District
- Linn, Benton, Lincoln Partners for Health
- Live Longer Lebanon
- Monroe School District
- Neighbors for Kids
- Oregon State University Extension Service
- Samaritan Early Learning Center
- Samaritan Family Medicine Resident Clinic – Lebanon
- Samaritan Lebanon Health Center

APPENDIX A

CONTINUED

Product and Service Development Canvas: Culinary Education	
	<ul style="list-style-type: none"> • Samaritan North Lincoln Hospital • Siletz Valley Schools • Sweet Home Family Medicine • Yachats Youth and Family Activities Program, Inc. • County Coordinators
FINANCIAL THINKING	
5a. Significant Assumptions:	
Fixed expenses of curriculum, equipment, groceries and staffing are always present.	
5b. Start-Up and Operational Costs:	
Portable kitchen carts: \$1,000 each	
Culinary Education classes: \$700 to \$2,086 per class depending on implementation costs.	
Training: \$400	
5c. Revenues:	
1. Grant funding for start-up and operational costs	
2. In-kind contributions from program partners, including:	<ul style="list-style-type: none"> • Culinary Education volunteers • Culinary Education coordinators • Site Coordinators

Product and Service Development Canvas: Culinary Education

5d. Forecasted Annual Net Income (Pro Forma):

- C.H.E.F. Program activities do not generate income.
- Programs will be encouraged to continue in-kind contributions.
- Programs will be encouraged to apply for social accountability funding annually through Samaritan Health Services to sustain programs.

APPENDIX B: CATCH

PRODUCT + SERVICE DEVELOPMENT CANVAS

Product and Service Development Canvas: CATCH	
Product or Service: Coordinated Approach to Child Health (CATCH) program, offering an enhanced physical education and healthy eating curriculum.	
STRATEGIC THINKING	
2a. Target Market: Rural and/or geographically isolated elementary and middle school students in Lincoln, east Linn, and rural Benton counties.	
2b. Project goals met by this product or service: <ul style="list-style-type: none"> • Goal 2: Expand CATCH as a sustainable program for promoting health and the attainment and maintenance of a healthy weight for children in Lincoln, rural Benton, and east Linn counties. • Goal 3. Increase consumption of fruits and vegetables among children in Lincoln, rural Benton, and east Linn counties. 	2c. Project strategic objectives met by this product or service: <ul style="list-style-type: none"> • Implement CATCH in 11 new schools, increasing the physical activity levels of at least 80 percent of eligible children. • At least 80 percent of site champions and physical education teachers at CATCH schools advocate 30 minutes or more of daily physical activity in school master schedules. • Give at least 80 percent of eligible children an opportunity to try new fruits and vegetables by hosting monthly tasting tables at CATCH schools. • At least 80 percent of children at CATCH schools receive instruction on selecting healthy foods. • Establish a health-conscious culture that promotes healthy choices at all CATCH school events.

Product and Service Development Canvas: CATCH

MARKETING THINKING

3a. Jobs being worked on or problems being solved by the target market:

Avoiding obesity and maintaining lifelong health through regular exercise and healthy nutrition.

3b. Pains experienced by the target market while doing their work:

- Rising obesity rates among children and limited or no access to obesity prevention services.
- Lack of full-service grocery stores, which often limits access to fresh fruits and vegetables.
- Lack of safe, accessible exercise and recreation options, especially for rural or isolated children.

3c. Gains wished for or expected by the target market while doing their work:

- Reduced risk of obesity and related health issues such as diabetes.
- Establishing and maintaining healthy habits.
- Better access to fresh and healthy foods.
- Better access to recreational options and physical education.
- More frequent physical activities.

3d. Key Messages:

- "An evidence-based program that teaches children the importance of healthy eating and physical activity to improve overall health."
- "Encourage children and families to try new fruits and vegetables."

APPENDIX B

CONTINUED

Product and Service Development Canvas: CATCH		
OPERATIONAL THINKING		
<p>4a. Desired experience and relationship:</p> <ul style="list-style-type: none"> Enhanced physical activities and nutrition education provided to underserved rural children in safe, fun and culturally / linguistically appropriate school and after-school programs. 	<p>4b. Delivery:</p> <ul style="list-style-type: none"> Local school and after-school programming (physical activities and nutrition education). Tasting tables at schools. Pick of the Month Flyers sent home with children and through email. 	<p>4c. Key Initiatives:</p> <ul style="list-style-type: none"> Expand CATCH to new schools. Train CATCH champions. Prepare and disseminate marketing and educational materials. Coordinate tasting tables. Distribute Pick of the Month flyers through schools and community sites in both English and Spanish. Publish C.H.E.F. Program newsletter. Attend health fairs and other events that promote healthy food choices at CATCH schools and community sites. <p>4d. Key Resources:</p> <ul style="list-style-type: none"> CCCWN guides, implements and evaluates the CATCH program. Schools serve as CATCH sites (this includes administrators, teachers, parent volunteers and instructors). Philanthropic organizations such as Soroptimist, 4H and Rotary clubs support local health activities aimed at youth. <p>4e. Key Partners:</p> <ul style="list-style-type: none"> Samaritan Lebanon Community Hospital Food Share of Lincoln County Lebanon School District Western University of Health Sciences College of Osteopathic Medicine of the Pacific-Northwest Linus Pauling Institute at Oregon State University Alea School District Boys & Girls Clubs of the Greater Santiam Central Linn School District Lincoln County School District Linn, Benton, Lincoln Partners for Health Live Longer Lebanon

Product and Service Development Canvas: CATCH

- Monroe School District
- Neighbors for Kids
- Oregon State University Extension Service
- Samaritan Early Learning Center
- Samaritan Family Medicine Resident Clinic – Lebanon
- Samaritan Lebanon Health Center
- Samaritan North Lincoln Hospital
- Siletz Valley Schools
- Sweet Home Family Medicine
- Yachats Youth and Family Activities Program, Inc.
- County Coordinators
- CATCH Site Champions

FINANCIAL THINKING

5a. Significant Assumptions: Fixed expenses of curriculum, equipment, and staffing are always present.

5b. Start-Up and Operational Costs:

5c. Revenues:

1. Grant funding for start-up and operational costs

APPENDIX B

CONTINUED

Product and Service Development Canvas: CATCH	
<p>CATCH Elementary CATCH kits: \$3,560 each Middle school CATCH kits: \$2,545 each CATCH online access: \$50/per site for two years Replacement Costs: \$500/per site annually</p> <p>Tasting Tables Kits: \$300 each Food: \$40 per site per month</p> <p>Staffing 0.5 FTE Program Coordinator: \$22,880 annually</p>	<p>2. In-kind contributions from program partners, including the involvement of:</p> <ul style="list-style-type: none"> • CATCH champions • Tasting table volunteers • Tasting table coordinators • Marketing staff
<p>5d. Forecasted Annual Net Income (Pro Forma):</p> <ul style="list-style-type: none"> • C.H.E.F. Program activities do not generate income. • After initial investments and commitments to CATCH are made, the program is sustainable with minimal funding required. • Tasting Table facilitation costs are also minimal. • Programs will be encouraged to continue in-kind contributions. • Programs will be encouraged to apply annually for social accountability funding through Samaritan Health Services to sustain programs. 	



**Coast to the Cascades
Community Wellness
Network**