

Date

Name, Title (Grantmaker Contact)  
Foundation, Bank, Corporation (Grantmaker)  
Address  
City, State Zip Code

RE: Name of Grant or Proposal #

Dear (Grantmaker Contact),

The Ourtown Cancer Coalition seeks \$15,000 to fund the next three years of *Fresh Start Ourtown*, a community garden and education program for the senior adult residents of ABC Assisted Living Center located in an economically deprived area of Ourtown, Texas. This innovative program, sponsored by the Ourtown Cancer Coalition and the Ourtown Garden Club, with guidance from Dr. V. G. Table of the University of Ourtown School of Nutrition, seeks to increase awareness of the link between obesity and certain cancers. *Fresh Start Ourtown* promotes increased vegetable consumption, cancer screenings and daily exercise among low income senior citizens of Ourtown. Participation is monitored through a sign-up sheet to work in the garden and weekly questionnaires to measure fresh vegetable consumption and doctor visits.

Ourtown Cancer Coalition was started in 2001 by five local cancer survivors hoping to raise awareness of cancer in the local community. Over the past eight years, the Coalition has grown to include 60 participants who have produced a cancer resource guide, sponsored annual cancer awareness and screening days and partnered with other cancer organizations to host cancer education seminars for local health professionals.

The Ourtown Gardening Club generously donated all the seeds, soil, mulch and pest control treatment for first year of *Fresh Start Ourtown* and its volunteer members oversee and help tend the garden. Dr. V. G. Table, nationally recognized gerontology and nutrition specialist from the University of Ourtown School of Nutrition, conducted a four-week class for ABC residents on understanding food labeling and determining appropriate portion sizes. Residents were also taught how to prepare healthy and delicious meals using vegetables harvested from the *Fresh Start* garden.

Twenty ABC residents participated the pilot year of *Fresh Start Ourtown*. Results from the questionnaires demonstrate that 60% of the participants decreased their body mass index (BMI) by a minimum of 10% and 80% complied with recommended cancer screenings. Limiting the usage of canned vegetables has also decreased the participants' sodium intake, potentially impacting rates of high blood pressure.

Ourtown Cancer Coalition is proposing to recruit 80 additional senior residents of Ourtown into *Fresh Start Ourtown* garden and educational program, bringing the total participants to 100. To accomplish this, the Coalition will reach out beyond ABC Assisted Living Center to recruit seniors living in private homes and apartments. To accomplish this ambitious goal, Ourtown Cancer Coalition requires \$15,000 dollars to fund gardening supplies, materials, travel expenses and office supplies for the next three years. Ourtown Cancer Coalition is also seeking funding from the Example Food Company Healthy Lifestyle Grant and the Aging Research Fund.

Thank you for your consideration to fund *Fresh Start Ourtown*. With your support, Ourtown Cancer Coalition will improve the quality of life of senior citizens of Ourtown through the *Fresh Start Ourtown* program. Please visit our Web site, [www.freshstartourtown.org](http://www.freshstartourtown.org), or contact me directly for more information. I look forward to hearing from you and having the opportunity to provide an in-depth view of our program.

Sincerely,

(Name of CEO/Board Chair)

(Title of CEO/Board Chair)

(Contact phone number)