



United Way of St. Catharines & District
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2010 Innovation Grants

Innovation grants are one time grants awarded to 'innovative initiatives' delivered by non-profit organizations, separate from United Way's annual allocations. United Way has invested \$15,000 into the following agencies delivering four innovative programs in 2010.

1. YMCA of Niagara. Results of a 2007 Canadian Community Health Survey reported that 31.7% of Niagara youth are overweight or obese; 11.7% above the provincial average. The *YMCA Healthy Kids Centre* is working to reduce this growing trend of overweight children by providing physical activity in fun, less traditional ways and nutritional workshops that include cooking classes. The program also educates children and parents on the benefits of a healthy lifestyle through interactive exhibits. **Grant Amount: \$7,000**

2. Westview Christian Fellowship. *Women 4 Women* provides women age 18 – 70 years of age with a safe environment to express their problems and receive support and guidance from their peers. This emotional support is important as many *Women 4 Women* participants struggle with mental health issues, from depression to anxiety. Located in the stressed Queenstown Street neighborhood, this program also provides women with additional supports, such as meals, childcare, haircuts and clothing alterations. **Grant Amount: \$1,100**

3. Folk Arts Council. '*A World of Tastes*' cookbook will feature immigrants' authentic recipes and facts that will help increase the understanding and acceptance of new Canadians. This project is a unique instructional tool enabling immigrants to enhance their communication skills, build their self confidence and help learn more about the diverse cultures. **Grant Amount: \$2,900**

4. Gateway Residential and Community Support. *The St. Catharines/Thorold Good Food Box* program will provide lower income families with access to fresh and affordable produce. Many lower income earners depend on food banks, which provide very little or no produce. By accessing local produce and learning and learning how to prepare it, this program will help participants create healthier eating patterns and ultimately a healthier lifestyle. **Grant Amount: \$4,000**