



# The Florida Senate

## Local Funding Initiative Request

### Fiscal Year 2024-2025

LFIR # 1150

1. Project Title
2. Senate Sponsor
3. Date of Request

**4. Project/Program Description**

Cardiovascular disease (CVD) remains the highest cause of mortality and morbidity worldwide and a frequent cause of hospitalization, with costs of \$363 billion per year in the US. Patients are often discharged from the hospital due to a cardiac cause and go back to poor dietary habits and often lead to recurrent hospitalizations. Providing Medically Tailored Meals (MTM) for up to 3 months has been shown to reduce hospitalizations and improve quality of life. After MTM is discontinued, however, little is known about adherence. Our goal is to provide Central Florida heart disease patients extensive nutrition education through an electronic “community cookbook” supporting ecosystem, provide meal kits using nutritionally dense produce from Florida Farms as part of a de-escalation component. Biometrics, labs and surveys will be used to assess change and long-term adherence.

5. State Agency to receive requested funds
- State Agency contacted?  No

**6. Amount of the Nonrecurring Request for Fiscal Year 2024-2025**

Type of Funding	Amount
Operations	2,700,000
Fixed Capital Outlay	2,300,000
<b>Total State Funds Requested</b>	<b>5,000,000</b>

**7. Total Project Cost for Fiscal Year 2024-2025 (including matching funds available for this project)**

Type of Funding	Amount	Percentage
Total State Funds Requested (from question #6)	5,000,000	46%
<b>Matching Funds</b>		
Federal	0	0%
State (excluding the amount of this request)	0	0%
Local	900,000	8%
Other	5,000,000	46%
<b>Total Project Costs for Fiscal Year 2024-2025</b>	<b>10,900,000</b>	<b>100%</b>

8. Has this project previously received state funding?  No

Fiscal Year (yyyy-yy)	Amount		Specific Appropriation #	Vetoed
	Recurring	Nonrecurring		

9. Is future funding likely to be requested?  Yes
- a. If yes, indicate nonrecurring amount per year.

b. Describe the source of funding that can be used in lieu of state funding.

10. Has the entity requesting this project received any federal assistance related to the COVID-19 pandemic?



# The Florida Senate

## Local Funding Initiative Request

### Fiscal Year 2024-2025

LFIR # 1150

Yes

If yes, indicate the amount of funds received and what the funds were used for.

## Complete questions 11 and 12 for Fixed Capital Outlay Projects

### 11. Status of Construction

a. What is the current phase of the project?

- Planning    
  Design    
  Construction    
  N/A

b. Is the project "shovel ready" (i.e permitted)?

c. What is the estimated start date of construction?

d. What is the estimated completion date of construction?

12. List the owners of the facility to receive, directly or indirectly, any fixed capital outlay funding. Include the relationship between the owners of the facility and the entity.

The 4R Foundation, Inc., dba 4Roots. 4Roots has an 18-acre site in the Packing District via a long term-low cost lease from the City of Orlando.

### 13. Details on how the requested state funds will be expended

Spending Category	Description	Amount
<b>Administrative Costs:</b>		
Executive Director/Project Head Salary and Benefits		0
Other Salary and Benefits		0
Expense/Equipment/Travel/Supplies/Other		0
Consultants/Contracted Services/Study		0
<b>Operational Costs: Other</b>		
Salary and Benefits	Funds will cover the salary and benefits for 4Roots staff, including: Principal Investigator: oversees and leads all aspects of the project. Recruiter: in charge of recruiting positions for the project. Research Coordinator: responsible for maintenance of regulatory standards. Program Manager: in charge of running the project in its entirety. Program Assistant: assists the program manager on task management for the project. Call Center Team (x3): three team members are available to answer phones	400,000
Expense/Equipment/Travel/Supplies/Other	Funds will be used to purchase food for the medically tailored meals. This also includes the packaging and shipping of the meals. iPad (x5) will be used for surveys, analysis, and project activity reporting. Funding for printing includes printed marketing materials to promote the project, recipes to include with the medically tailored meals, and any additional project materials. The patient stipend will be used to pay for travel for clinic appointments (555 people) at the Culinary Health Institut	1,400,000



# The Florida Senate

## Local Funding Initiative Request

### Fiscal Year 2024-2025

**LFIR # 1150**

Consultants/Contracted Services/Study	Funds will be used to contract personnel and services, including:  Medical Educator: lead educational session for participants. Phlebotomist: collects blood from patients and prepares the samples for testing. Registered Dietician: assist with creating and educating on the medically tailored meals. Registered Nurse: for physical exams. Research Consultant (x2): assist the program leads with research and project activities. Medical Assistant: responsible for the medical screenings. Adjudicator	900,000
<b>Fixed Capital Construction/Major Renovation:</b>		
Construction/Renovation/Land/Planning Engineering	Funds will be used to build the 5,300 sq ft Culinary Health Institute in Orlando. Costs include: Building costs, Furniture, Fixtures and equipment, AV/IT, Site/Utility, Hardscaping, Landscaping, Amenities, and Soft Costs.	2,300,000
<b>Total State Funds Requested (must equal total from question #6)</b>		<b>5,000,000</b>

**14. Program Performance**

**a. What specific purpose or goal will be achieved by the funds requested?**

Our nutrition intervention is focused on showing that a combined approach of nutrition education, healthy food access from Florida farms, and a support system can improve health outcomes and reduce hospitalizations. Our program will target all of Central Florida, covering rural and lower socioeconomic areas. Our program will provide unique components which are a de-escalation component to the intervention from creating a “community cookbook” support system, MTM, and meal kits where participants will cook their own meals. We also will be providing weekly nutrition education classes once weekly for 16 weeks to empower participants to make healthy eating a focus.

**b. What activities and services will be provided to meet the intended purpose of these funds?**

Nutrition education, through video communications as part of the community cookbook ecosystem, will cover topics such as the impact of healthy eating on chronic illness, cooking on low budget, cooking with ethnic flavors, urban food growing and cooking for one. A full physical, lab testing and surveys to assess mood, quality of life and resilience will be conducted 4 times over one year to assess change and adherence. Meals and meal kits comprised of produce from Florida farms will be provided for 16 weeks.

**c. What direct services will be provided to citizens by the appropriation project?**

Direct services will include 6 weeks of twice daily MTM, 10 weeks of weekly meal kits, all comprised of produce from Florida farms. Nutrition education via community cookbook video communications, Physical examinations and laboratory testing will be done on day 0, 6 weeks, 16 weeks and 12 months.

**d. Who is the target population served by this project? How many individuals are expected to be served?**

We will target patients with cardiovascular disease and diabetes. These patients will come from Central Florida and will be from all socioeconomic groups including areas of food insecurity and rural areas. We anticipate working with 555 Floridians.

**e. What is the expected benefit or outcome of this project? What is the methodology by which this outcome will be measured?**

The expected outcomes are reductions in blood pressure, improvement in weight, cholesterol, blood sugar and inflammatory markers. We expect to see improvements in quality of life and mood. We expect to see a reduction in food and nutritional insecurity. These outcomes will be measured via physical examination, blood pressure monitoring, laboratory testing and surveys. Purchases for the produce used for the MTM and Meal Kits will create additional demand and a positive economic impact for Florida farmers.

**f. What are the suggested penalties that the contracting agency may consider in addition to its standard penalties for failing to meet deliverables or performance measures provided for the contract?**

The 4R Foundation, Inc. will return unused funds.



# The Florida Senate

## Local Funding Initiative Request

### Fiscal Year 2024-2025

LFIR # 1150

#### 15. Requester Contact Information

a. First Name  Last Name   
b. Organization   
c. E-mail Address   
d. Phone Number  Ext.

#### 16. Recipient Contact Information

a. Organization   
b. Municipality and County

#### c. Organization Type

- For Profit Entity
- Non Profit 501(c)(3)
- Non Profit 501(c)(4)
- Local Entity
- University or College
- Other (please specify)

d. First Name  Last Name   
e. E-mail Address   
f. Phone Number

#### 17. Lobbyist Contact Information

a. Name   
b. Firm Name   
c. E-mail Address   
d. Phone Number