

FKF x BETTER PLACES GRANT PROPOSAL

FKF is a 501(c)(3) tax-exempt organization, and a Vermont registered Domestic Non-profit Corporation. FKF is a solution-based organization committed to providing practical and effective problem solving, for issues that plague the physical and mental health of today's youth. We strive to provide a safe space where we can effectively teach and train the at-risk youth of Winooski as well as surrounding areas. As a resident of Winooski, King McMillan, Director and Founder of FKF sees the need to share his gym and his experience.

FKF's goal is to empower young people by allowing them to find their strength and resilience physically, mentally, and emotionally through the physical arts, mindfulness training and nutrition. Developing these skills gives our kids the confidence and strength to avoid negative peer pressure.

Substance abuse is particularly prevalent in Chittenden County communities where cigarette, drug and alcohol use continue to increase, contributing to crime and lifelong health issues. FKF aims to empower kids by offering them the strength both mentally and physically to cope with life's trials, and build skills for successful futures. The impact of such mentorship in a child's life will more likely lead them to become adults who make healthy choices and contribute as positive members of the community and society as a whole.

Fight for Kids Foundation would like to propose a series of six open air all ages classes beginning mid July 2022 called **Fit Fridays** to take place in the current gym location at 39 Union St. Winooski, VT. These sessions will welcome the whole of Winooski and surrounding areas of Chittenden county community with the intentions of advancing diversity, equity, inclusion and accessibility. The event will begin with a 45 minute all levels class which will include teachings of FKF's philosophy of fitness, mindfulness and nutrition. Equipment such as shirts, wraps and gloves will be offered while supplies last. The class will be followed by healthy snacks and an outdoor movie of features such as Karate Kid, Kung Fu Panda or Rocky.

With the densest demographic of population in Vermont, Winooski is home to the most diverse communities of BIPOC and New American residents. A population that is largely underserved and low income. King McMillan, as a person of color who once himself experienced the benefits of mentorship, wants to give back to his community by showing them not only their physical and mental strengths but their potential as leaders themselves. By opening up to everyone the hope is to engage members of the community, raise awareness for FKF's mission and build participation in the Foundation's future outreach.

Budget

ITEM	COST	# OF ITEMS	TOTAL
Screen	220	1	220
JBL Speakers	499	2	998
Projector	1699	1	1699
Blankets	43	8	344
Chairs	60	12	720
Folding table	230	1	230
Healthy Snacks	200	6	1200
Class Instructor	400	6	2400
Site Manager	200	6	1200
Promotion	500	1	500
Production	800	1	800
Bug spray etc	150	1	150
Equipment (gloves, wraps, shirts)	3000	1	3000
Operating/unforeseen costs	1000	1	1000
Flowers/Planters	500	1	500
Grand Total			14961