

REQUEST: Purchase of prepared food items utilizing the reimbursement funds from the Institute of Spirituality and Health for the Diabetes Self-Management, Education and Support Classes cohort taught by Fort Bend County Health & Human Services. This calculation assumes that we will teach this class to ≤ 100 community members for FY 25.

FOOD BUDGET EXPLANATION:

To ensure that patients diagnosed with pre-diabetes or diabetes who attend the class have something to snack on to ensure that their blood sugar does not decrease or increase, causing them to feel ill while attending the class. This also provides class participants with an example of healthy eating and drinking during the breakfast/morning hours as well as the importance of adequate hydration – both to improve chronic disease prevention and management.

Breakfast Snacks

- Breakfast Combination (examples below) \$454.00
(~ \$4.54 per person)

Examples:

- Greek yogurt, fruit, and nuts
- Vegetables and hummus
- Cheese and fruit
- Boiled eggs and fruit

Beverage for Hydration

- Water (bottled) 4 packs/cohort \$96.00

Graduation from the Cohort

- \$10/person x100 \$1,000.00

Total estimated annual food expenditure \$1,550.00
for DSMES Classes: