



Broward Meals on Wheels Food Service Sponsor Proposal for the City of Hollywood

Submitted April 10, 2015 by Mark Adler, MPH Executive Director Human Services Network, Inc. DBA: Broward Meals on Wheels



Now in our 30th year in the fight to end hunger

451 N. State Road 7, Plantation, FL 33317 Phone :(954) 731-8770 Fax:(954) 714-6950 Web Page: <u>www.bmow.org</u> E-Mail: <u>bmow@bmow.org</u>

April 10, 2015

Mr. David Vazquez Assistant Director Department of Parks, Recreation and Cultural Arts City of Hollywood 1405 South 28th Avenue Hollywood, FL 33020

Dear Mr. Vazquez;

I am pleased to submit the attached proposal to become the food service sponsor for the four 2015 summer camps and the 2015-2016 aftercare program for the City of Hollywood Parks, Recreation and Cultural Arts Department.

Last summer, in response to the USDA and the Florida Department of Agriculture and Consumer Services' (DACS) Summer BreakSpot Challenge, Broward Meals on Wheels (BMOW) turned our 30 years of expertise in fighting senior hunger to address childhood hunger over the summer. Along with a wide-based collaborative of local non-profits, Housing Authorities, the Children's Services Council, the Community Foundation of Broward, the YMCA of Broward, and Florida Impact, we developed a program serving 7 sites in Broward County that has been hailed at the national level by the USDA, Meals on Wheels of America and Share Our Strength as a best practices model. We were able to provide 975 children at the greatest risk of hunger with nearly 28,000 meals and programs that raised their awareness on the importance of good nutrition, physical activity and offered a host of enrichment programs to these children who would have had a long, hungry summer.

As a DACS-approved sponsor again for 2015, we have currently expanded our summer program to 18 sites and counting, including 3 Parks and Rec. sites in Dania, several churches, Housing Authorities and subsidized housing complexes. We are also becoming a year-round sponsor for after school programs with snacks and suppers.

We would be honored to be chosen work with the City of Hollywood in expanding the fight against childhood hunger in the Hollywood community. Please do not hesitate to contact me at 954-714-6940 or <u>madler@bmow.org</u> if you have any questions.

Good Health!

Mark Adler

Mark Adler, Executive Director

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Broward Meals on Wheels – Agency Overview

Broward Meals on Wheels (BMOW) is a non-profit 501c3 charitable institution. With an annual budget of \$5.5 million, we currently serve approximately 10,000 seniors and 1,000 children with nutritious meals and educational and supportive services that nourish their lives.

BMOW is funded through multiple funding streams, including the Older Americans Act (OAA), the US Department of Agriculture (USDA), Medicaid Managed Long Term Care (MMLTC), the Department of Economic Opportunity (DEO), local foundations and grant-making organizations, such as the Children's Services Council and the Community Foundation, private pay clients, local municipalities, and donations.

Our main office is located just south of Sunrise Blvd. on State Road 441 in Plantation. We provide daily meals to almost 1000 seniors at 32 senior dining sites and 1000 homebound seniors. We provide monthly shopping to 250 seniors and our Meals for Companion Pets Program provides dog and cat food, grooming and veterinary services to 200 furry family members of our homebound seniors. This summer, our Summer BreakSpot Mobile Meal Program is expected to serve almost 2000 children each day over the 11 weeks of summer.

One of BMOW's greatest assets is a dedicated team of staff and volunteers. Volunteers are the true backbone of the agency and provide the one-on-one daily contact with our clients to make sure they are safe, cared for, and receive the attention and respect they so deserve. These volunteers are what makes what we do so much more then providing a meal. Here is BMOW's organizational chart. We currently employ 30 full-time and 14 part-time staff and enjoy the support of more than 600 volunteers.



Response to Question #1: 2015 Summer BreakSpot Sites and Contacts

Below is the current list of BMOW Summer BreakSpot sites for the coming summer. The number of sites has been growing rapidly as we continue to expand the program. We are still in the process of securing locations in West Boca and Coral Springs.

Location	Street Address	City	Estimated Daily Attendance
Everglades Heights	2400 NW 22 nd Street	Fort Lauderdale	75
Meyers Estates	2411 NW 7 th Street	Fort Lauderdale	100
Park Ridge Court	5200 NE 5th Terrace	Deerfield Beach	80
Tallman Pines	540 Northeast 41 st Street	Pompano Beach	35
College Gardens Apartments	1555 SW 12 th Avenue	Dania Beach	40
C.W. Thomas Park	800 Northwest 2nd Street	Dania Beach	75
Patrick J. Meli Park	2901 SW 52nd Street	Dania Beach	75
Southwest Community Center	230 SW 12 Avenue	Dania Beach	60
Caravel Arms Apartments	4844 NW 24 th Court	Lauderdale Lakes	60
Literacy Connection	120 NE 11th Street	Fort Lauderdale	50
LA Lee YMCA	408 NW 17th Terrace	Fort Lauderdale	100
McArthur High School	6501 Hollywood Blvd	Hollywood	120
Cokesbury United Methodist Church	1801 NW 65th Ave	Margate	40
Davie Community Worship Center	4140 SW 54th Avenue	Davie	40
Lauderhill 6 - 12	4200 NW 49th Ave	Lauderhill	500
West Boca Raton	TBD		40
Coral Springs	TBD		40

The contact person for Everglades, Meyers Estates, Park Ridge Court (Broward County Housing Authority sites), Tallman Pines, College Gardens and Caravel Arms (subsidized housing sites) is Ms. Tisha Coleman, Resident Relations Manager at the Broward County Housing Authority. Her email is <u>tcoleman@bchafl.org</u> and her phone number is 954-325-3656. The locations are highlighted in purple in the table above

The contact person for the 3 Davie Parks and Rec. sites (highlighted in green) is Mr. Mark Felicitty, Director of Parks and Recreation for the City of Dania Beach. His email is <u>mfelicitty@ci.dania-beach.fl.us</u> and his phone number is 954-924-6800, extension 3730.

The Contact person for the Literacy Connection (orange), being run at Northside Elementary in Fort Lauderdale, is Dr. Tia Major. She is the Media Room teacher at the school and her email is <u>businessbuilderconsult@gmail.com</u>. Her phone number is 754-779-2495.

The contact person for the LA Lee YMCA (blue) is Ms. Jandra Alexander, Program Coordinator. Her email is <u>jalexander@ymcabroward.org</u> and her phone number is 954-661-4870.

The contact for McArthur High School is Assistant Principal Thomas Correll. His email is <u>Thomas.correll@browardschools.com</u> and his phone number is 954-826-3666.

Response to Question #2: 2015 Summer BreakSpot Sample Menus

The bidding process for the catering request for proposals has not yet been completed, however, the Request for Proposals (RFP) specifically called for caterers bidding for the contract to provide kid-friendly, nutritious, fresh and innovative menu items that look and taste good, incorporate the use of locally grown fresh fruits and vegetables, and that can provide the opportunity for kids to try tasty, healthy meals they may not see every day. Some of the sample menus are listed in **Attachment A.**

Response to Question #3: Refrigerators and Warmers

BMOW is able to provide warming ovens as needed to the sites. For sites without refrigeration capacity, or for field trips where meals will be taken off-site for consumption, BMOW is able to supply coolers to maintain food temperatures within acceptable limits, provided there is appropriate storage area for such coolers (i.e.; not out in the sun). Refrigerators may be available, depending on the quantity and size of appliances needed to contain meals and/or meal components needing refrigeration at each site. We would need to determine adequate electrical availability, space, and security to provide warmers and refrigeration at each site.

Response to Question #4: Menu Flexibility to Off-Site Field trips

With appropriate notice, BMOW is able to arrange menu changes to enable meals to be taken to off-site field trips. These would most likely be cold meals, as opposed to the regular hot meals we find the children prefer due to difficulty in transporting and maintaining the required meal temperatures of hot meals. Some hot meals, however, could be delivered to the field trip site if they were to be consumed within 15 minutes of delivery. Part of our close working relationship with the caterer(s) and open lines of communication with staff of each site is geared to minimalize difficulties in making such flexibility come to fruition. The site staff would need to let BMOW know the location, time, and duration of the field trip at least one week in advance of scheduled field trips to allow us to secure the required approval from DACS for the meals to be taken on the field trip and to coordinate any special menu changes with the caterer. It would be preferable to have as much notice as possible for scheduled field trips in case DACS experiences unforeseen delays in processing field trip requests.

Response to Question #5: Sponsor's Approach to Concerns and / or Issues that May Arise

If there is one thing we at BMOW have learned in our 30 years of delivering meals and through the 2014 Summer BreakSpot Pilot Program, it is this: All the moving parts at the heart of such programs require ongoing, collaborative, constructive, open and clear channels of communication in both directions between all partners serving the clients /children in the program. BMOW is deeply committed to the seamless and effective operational success of all aspects of our collaborations and we have considerable experience in hearing, evaluating and rapidly addressing concerns and issues that may arise. Beyond the full time staff specifically designated to the operation of our Youth Services Program, who are accessible 24/7 by cell phone, all agency staff are trained and capable of jumping in to resolve issues and concerns in the program from the front desk staff to the Executive Director. We at BMOW pride ourselves on effective, efficient collaborations, quality operations, and on always keeping in mind that we can collectively overcome any challenge when we keep the best interests of those we are here to serve in mind.

In Conclusion

As outlined in the City's RFP, if selected as food service sponsor for the City of Hollywood's 2015 summer camp programs and 2015-2016 aftercare program, BMOW agrees to offer healthy, appealing, and kid-friendly meals to all eligible children 18 years of age and younger as provided by the rules, agreements and regulation of the Florida Department of Agriculture and Consumer Services and the Division of Food, Nutrition and Wellness. BMOW will provide any authorized combination (choice of 2) of breakfast, snacks, lunch and / or dinner / supper to the agreed upon locations in the City of Hollywood. BMOW further agrees to train on-site staff as required, complete all site visit and monitoring requirements for the food service program, and work collaboratively with the on-site staff to overcome and challenges that may arise, at no cost to the City of Hollywood. BMOW further indemnifies the City of Hollywood by adding the City as an additional insured to our liability insurance (**see Attachment B**).

As we have learned over last summer's sponsorship of the Summer BreakSpot program, true and lasting change in the lives of children in need and at risk of hunger is possible through the coordinated, collaborative efforts of the agencies charged with their care and support. The entire Board, Staff and volunteer workforce of the BMOW team welcomes the exciting opportunity to work alongside the team from the City of Hollywood in ensuring that the children in the programs of the Parks, Recreation and Cultural Arts Department receive the care and support they so deserve to live nourished lives both over the 2015 summer break and into the future.

If City staff should have any questions, please feel free to contact me directly at any time.

I look forward to the possibility of working together.

Mark Adler, MPH Executive Director Broward Meals on Wheels 451 N. State Rd. 7 Plantation, FL 33317 Direct Line: 954-714-6940 Direct Fax: 954-714-6948 Cell: 954-336-2589 Email: madler@bmow.org

Attachment A: Sample Menus Can do 6 week meal patterns and / or cold plates as needed for field trips

Breakfast – Week 1

	Monday	onday Tuesday		Thursday	Friday	
Fruit	Pineapple tidbits	Pears	Fresh Apple	Orange Juice	Banana	
Meat / Meat Alternate	Turkey Sausage		Cream Cheese			
Grains	Biscuit	Multi-Grain Cheerios	Cinnamon Raisin Bagel	Bran Flakes, Banana Muffin	Whole Wheat French Toast	
Milk	1% Low Fat Milk	1% Low Fat Milk	1% Low Fat Milk	1% Low Fat Milk	1% Low Fat Milk	

Breakfast – Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday	
Fruit	Cinnamon	Mandarin	100% Juice	Fresh Orange	Fresh Seasonal	
	Apples	Oranges	blend	Wedges	Fruit	
Meat / Meat Alternate			Egg & Cheese Biscuit			
Grains	Whole Grain Wheat Bread	Multi-Grain Cheerios	Biscuit	Whole Grain English Muffin	Kix Cereal	
Milk	1% Low Fat Milk	1% Low Fat Milk	1% Low Fat Milk	1% Low Fat Milk	1% Low Fat Milk	

Breakfast – Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Fruit	Mandarin	Fruit Cocktail in	Fresh	Banana	Fresh Seasonal
	Oranges	juice	Cantaloupe		Fruit
Meat / Meat Alternate		Cream Cheese			Ham & Cheese Biscuit
Grains	Crispy Rice Cereal	Whole Grain English Muffin, lite jelly	Life Cereal	Whole Grain Waffle, lite syrup	Biscuit
Milk	1% Low Fat Milk	1% Low Fat Milk	1% Low Fat Milk	1% Low Fat Milk	1% Low Fat Milk

HOT: Lunch / Supper – Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Meat / Meat Alternate	Sliced Ham	Lasagna	Black Bean Chili	Breaded Fish	Lean Ground Beef & Cheese Tacos
Fruit or Vegetable 1	Sweet Potatoes	Spinach, Tomato & Cucumber Salad	Peas& Carrots	Broccoli	Mexican Corn
Fruit or Vegetable 2	Green Beans	Fresh Fruit Salad	Slices Peaches in juice	Fresh Orange Slices	Shredded Lettuce & Tomato
Grains	Whole Wheal Roll	Italian Bread	Whole Wheat Roll	Cornbread	Seasonal Fresh Fruit
Other	Light Margarine	Low-Fat Ranch	Light Margarine	Ketchup	Mild Salsa
Milk	1% Low Fat Milk	1% Low Fat Milk	1% Low Fat Milk	1% Low Fat Milk	1% Low Fat Milk

HOT: Lunch / Supper – Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Meat / Meat	Macaroni &	Chicken Strips	Ravioli	Lean Meat	Barbecue
Alternate	Cheese			Cheeseburger	Chicken
Fruit or Vegetable 1	Broccoli	Green Peas & Carrots	Spinach	Baked Sweet Potato Fries	Italian Green Beans
Fruit or Vegetable 2	Black Eyed Peas	Mashed Potatoes	Fresh Fruit Cocktail in juice	Lettuce, Tomato & Pickle	Pears in juice
Grains	Whole grain noodles	Whole Grain Roll	Garlic Bread	Whole Wheat Bun	Brown Rice
Other	Light Margarine	Low-Fat Barbeque Sauce		Ketchup, Mustard, Low- Fat Mayo	
Milk	1% Low Fat Milk	1% Low Fat Milk	1% Low Fat Milk	1% Low Fat Milk	1% Low Fat Milk

HOT: Lunch / Supper – Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday	
Meat / Meat	Sloppy Joe	Roast Pulled	Beef & Bean	Chicken Veggie	Whole Grain	
Alternate	(Ground Turkey)	Pork	Burrito	Stir-Fry	Pizza w/ skim cheese	
Fruit or Vegetable 1	Mixed Vegetables	Steamed Carrots	Spinach Salad	Banana	Spinach, Tomato & Cucumber Salad	
Fruit or Vegetable 2	Peach Slices in Juice	Tropical Mixed Fruit in juice	Seasonal Fresh Fruit	(Stir-Fry Veggies)	Pears in juice	
Grains	Whole Grain Bun	Whole Grain Biscuit	Whole Wheal Tortilla	Brown Rice	Whole grain Pizza Dough	
Other			Low-Fat Ranch Dressing	Fortune Cookie	Low-Fat French Dressing	
Milk	1% Low Fat Milk	1% Low Fat Milk	1% Low Fat Milk	1% Low Fat Milk	1% Low Fat Milk	

COLD: Lunch / Field Trips

	Monday	Tuesday	Wednesday	Thursday	Friday	
Meat / Meat Alternate	Chef Salad with Egg, Cheese and Turkey	Chicken Wrap	Ham and Cheese Sandwich	Peanut Butter and Jelly Sandwich	Chicken Pasta Salad	
Fruit or Vegetable 1	Lettuce, Tomato and Cucumber	Spinach and Tomato	Lettuce, Tomato & Pickle	Apple Wedges	Three Bean Salad	
Fruit or Vegetable 2	Banana	Seasonal Fresh Fruit	Fresh Fruit Cocktail in juice	Carrot Sticks	Peaches in juice	
Grains	Whole Grain Roll	Whole Grain Tortilla Wrap	Whole Grain Bread	Whole Wheat Bread	Whole Grain Pasta	
Other	Light Honey Mustard Dressing	Low-Fat Dressing	Ketchup, Mustard, Low- Fat Mayo	Yogurt		
Milk	1% Low Fat Milk	1% Low Fat Milk	1% Low Fat Milk	1% Low Fat Milk	1% Low Fat Milk	

SNACKS – Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Fruit, Juice or	100% Peach		100% Apple		Whole Seasonal
Vegetable	Juice		Juice		Fresh Fruit
Grains	Whole Grain Spice Cookie	Whole Grain Animal Crackers	Whole Grain Banana Loaf	Whole Grain Strawberry Waffle Grahams	Cheese on Whole Grain Crackers
Milk		1% Low Fat Milk		1% Low Fat Milk	

SNACKS – Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Fruit, Juice or Vegetable	100% Strawberry Kiwi Juice		Whole Seasonal Fresh Fruit	100% Tropical Juice	Whole Seasonal Fresh Fruit
Grains	Whole Grain Animal Crackers	Granola Bar	Whole Grain Muffin	Whole Wheat Soft Pretzel	Cheese on Whole Grain Crackers
Milk		1% Low Fat Milk			

NOTE: The menus above are intended to be samples and can be adjusted according to the unique needs of each site, for scheduled field trips, and for special events or occasions. Accommodation can also be made for children with special dietary restrictions, allergies, and / or special needs.

Attachment B: Certificate of Insurance –City of Hollywood as Additional Insured

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