Engaging in Conversation: Documenting How 1 Meal Program is Serving More Than Food

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Objectives

1. Describe the process and methods of our project.

2. Illustrate the opportunity for bidirectional learning.

3. Take approaches back with you to use with your organizations or programs.
Purpose: To assist Cross Lutheran BOHEM in identifying measurable outcomes and assessing its impact.

Process: BOHEM, Siebert, and IMPACT partner to develop a survey to be administered by volunteers from other congregations.

Payoff:

• Guests have the opportunity to express opinion and thanks, offer suggestions and note changes in their lives because of their involvement in BOHEM.

• Volunteers and staff have a better understanding of the guests they serve.

• Siebert (and other funders) have a better understanding of the work of BOHEM.
## Methods

1. **Survey development**

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<tr>
<th>Participant In</th>
<th>Heard of</th>
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<tbody>
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<td>Meal program</td>
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<td>Food pantry</td>
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<td>Medical clinic</td>
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<td>Volunteer info</td>
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<td>Bible study</td>
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<td>Meal services</td>
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<td>Multiservices as Sunday</td>
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<td>Volunteer of the church</td>
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<td>Other</td>
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<td>Neighbors</td>
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<td>Slovak House</td>
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<td>Someone talking to you one on one</td>
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<td>Neighbors</td>
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<td>Other</td>
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Methods continued

2. Pretest

3. Volunteer training

4. Recruiting participants

5. Survey administration

6. Debrief

7. Analysis

8. Dissemination
The results are in...
Survey Participants

• Longstanding or frequent visitors of Cross Lutheran BOHEM

• The majority were middle-aged, African American men, residing in neighborhoods near the church.
Socioeconomic Status Groups and ZIP Codes within the City of Milwaukee

Milwaukee Health Report 2013
Why Cross?

To be surrounded by a positive environment

“I am getting better and Cross is helping me.”
Differences made in lives

“It’s not just the food. When I get home at the end of the day, I feel good knowing I helped other people.”

“I give] to make [the] neighborhood better for children.”

“I was homeless one time and know what it’s like. [I want to] pay it forward.”

“Best thing I ever did coming here...Here you come every week...it gets to be like family. They do a lot for you here. I don’t schedule nothing for Wednesdays. This is where I’ll be on Wednesdays.”

“[I’m] not so hungry.”
Empowerment

“[I want to] spread the word for others to come so they can share my joy.”
Getting to Empowerment: Relief to Development

Reasons to come to Cross
- Positive environment and community
- Programs and resources, including meal program, food pantry, bible study, etc.

Changes in your life
- Access to resources
- Improved sense of self and purpose in life
- Community involvement
- Increased spirituality and religiosity

Feeling empowered
- Nearly all respondents reported helping someone since being at Cross
- Gain independence
- Find solace and peace in religion
The Volunteers

“I have never had to wonder when my next meal would be, or worried about having shelter, or having clothes. For some people, that’s a huge luxury. I am richly blessed.”

“How lucky do I have it.”

“To be exposed to another way can be a real blessing.”

“The interviews gave [the volunteers] a chance to receive and the guests to give.”
USING IT IS THE HARDEST PART.
Thank you!

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