

TASTE OF LIFESTYLE MEDICINE GRANT CASE STUDY:

UCF COLLEGE OF MEDICINE LMIG



CONTRIBUTING AUTHORS

Brittany Chandani
Erin Duffey
Caroline Baughn
Caline McCarthy
Leonie Dupuis
Carla Gonzalez
Richard Pack

MAKE YOUR TOLM EVENT A SUCCESS!

ABOUT UCF-COM

The University of Central Florida College of Medicine has maintained an active LMIG with the ACLM since 2020 and continues its mission to share Lifestyle Medicine resources to students within its medical program and the greater community.

Together, the student leaders of the UCF LMIG have successfully held a Taste of Lifestyle Medicine event where they fed over 100 individuals while teaching them healthy, plant-based cooking skills. Within this article, they have shared the pertinent details that allowed their event to be successful through strategic planning, budgeting, and applying for the \$500 Taste of Lifestyle Medicine Grant that is available to all LMIG's. **Now, it's your turn!**



MEET THE AUTHORS †

Erin Duffey

is a 2nd-year med student and Co-President of UCF COM's LMIG. She has a passion for plant-based cooking and sharing this enthusiasm with others! She aims to continue learning lifestyle medicine techniques to educate her future patients on how to treat disease holistically.

Leonie Dupuis

is a 3rd-year medical student who serves the ACLM Trainees as Vice President of Communications and is on the Medical Advisory Council of the Lake Nona Performance Club. She loves to try new plant-based recipes in her free time!

Caline McCarthy

is a 2nd-year medical student serving as UCF COM's LMIG Director of Nutrition. She is also a member of the KNIGHTS Patient Education team, an avid runner, and plant based foodie!

Caroline Baughn

is a second-year medical student at the University of Central Florida College of Medicine. As an undergraduate student in Arkansas I was exposed to the importance of a holistic approach to health and wellness by my research mentor, which led to the passion for Lifestyle Medicine that I now have.

Brittany Chandani

is a 2nd-year medical student and Co-President of UCF COM's LMIG. She is a certified yoga teacher and is passionate about sharing the peace and strength yoga gives her with others! Her goal is to learn more about holistic medicine and the gut microbiome.

Carla Gonzalez

is a 3rd-year medical student with passions for lifestyle medicine, patient education, and serving underrepresented patient populations! Outside of medical school and service, she loves exercising at her local gym!

Richard Pack

is a 2nd-year medical student, a type 1 diabetic, and a Christian serving as UCF COM's LMIG Director of Sleep Management. He desires to help others experience the joy and feeling of wholeness from integrating healthful diets, sleep patterns, and exercise into the everyday rhythms of work, family, spirituality, and culture!

TABLE OF CONTENTS

About the TOLM Grant.....	pg 4
Step 1: Create a Timeline.....	pg 5
Step 2: Build a Budget.....	pg 6
Step 3: Promote Your Event.....	pg 7
Step 4: Close Registration - Preparing for the Event.....	pg 8
Step 5: Event Day!.....	pg 9
Check-Off List.....	pg 10
Appendix.....	pg 11-12

ABOUT THE TOLM GRANT

The **Taste of Lifestyle Medicine (TOLM)** is a grant-funded program presented by the **American College of Lifestyle Medicine (ACLM)**. Any U.S. health professional student or faculty member interested in hosting a non-commercial lifestyle medicine educational event may apply for a grant to fund plant-based meal or snack to be served at the event.

Grants range from **\$50-\$250 dollars** for individuals and **up to \$500** for LMIG groups! Only 1 grant is applicable per event, but you can apply for **up to 4 grants a year**. All U.S. schools offering health professional degrees (MD, DO, PT, OT, RN, PA, RD, PharmD, etc.) are eligible!

In this Case Study, UCF COM was the first LMIG permitted a grant total of \$500. This guide serves as a reference and example of how to use \$500 towards a community-based event focused on whole-food plant-based nutrition!



APPLY HERE!



STEP 1: CREATE A TIMELINE

To initiate the planning of your event, setting a timeline is a good starting point for leaders within your LMIG to follow and ensure certain action items are completed in an orderly way. Be sure that your timeline is realistic and comprehensive so tasks can be divided and completed in a timely manner!

UCF Tip!



"First, pick your event date. Then, work backward to identify other important dates and checkpoints!"

EXAMPLE TIMELINE

February 25: Select Recipe

February 25 - March 1: Flyer Distribution to Local Businesses

February 28: Finalize Budget Plan

March 1: Advertise on Social Media

March 1: Registration Opens

March 12: Registration Closes

March 13: Purchase Food and Supplies

March 14-15: Participant Food Pick-Up

March 16: Taco Tuesday Night!

ACTION ITEMS FOR TIMELINE

Below, you will find additional details about what happened throughout the month preceding the UCF event!

- Recipe Selection
- Recipe Testing
- Flyer Creation
- Connection with Local Businesses
- Social Media Announcement
- Registration Form Creation
- Registration Date Selection
- Food Purchase
- Food Pick Up System Design
- Day of Event Support "Staff" Set-Up
- Task Delegation

STEP 2: BUILD A BUDGET

Composing a budget is essential to figure out how much the event will cost and how much of that will be covered with your TOLM grant funding!

$$\text{EXPENSES} = \text{COST PER SERVING FOR SELECTED RECIPE} \times \text{MAXIMUM \# OF PARTICIPANTS EVENT CAN HOST}$$

*CALCULATE BY GOING TO THE GROCERY STORE AND TOTALING THE COST OF 1 BAG/FAMILY SERVING OF INGREDIENTS

	A	B	C	D	E	F	G	H	I	J	K	L	M	N
1	Family Size													
2		Ingredients	Black Beans	Sweet potato	Seasoning	Avocado	Tortillas (pack of	Corn (canned in water)	Red onion	Roma Tomato	Bushel cilantro	lime	Jalapeno	
3	2		1	1 big	1	1	1	1	1	3	1	1	1	
4	2		1	1 big	1	1	1	1	1	3	1	1	1	
5	2		1	1 big	1	1	1	1	1	3	1	1	1	
6	2		1	1 big	1	1	1	1	1	3	1	1	1	
7	2		1	1 big	1	1	1	1	1	3	1	1	1	
8	2		1	1 big	1	1	1	1	1	3	1	1	1	
9	4		2	1 big + 1 small	1	2	1	1	1	3	1	2	1	
10	4		2	1 big + 1 small	1	2	1	1	1	3	1	2	1	
11	4		2	1 big + 1 small	1	2	1	1	1	3	1	2	1	
12	4		2	1 big + 1 small	1	2	1	1	1	3	1	2	1	
13	4		2	1 big + 1 small	1	2	1	1	1	3	1	2	1	
14	4		2	1 big + 1 small	1	2	1	1	1	3	1	2	1	
15	4		2	1 big + 1 small	1	2	1	1	1	3	1	2	1	
16	4		2	1 big + 1 small	1	2	1	1	1	3	1	2	1	
17	4		2	1 big + 1 small	1	2	1	1	1	3	1	2	1	
18	4		2	1 big + 1 small	1	2	1	1	1	3	1	2	1	
19	4		2	1 big + 1 small	1	2	1	1	1	3	1	2	1	
20	4		2	1 big + 1 small	1	2	1	1	1	3	1	2	1	
21	4		2	1 big + 1 small	1	2	1	1	1	3	1	2	1	
22	4		2	1 big + 1 small	1	2	1	1	1	3	1	2	1	
23	4		2	1 big + 1 small	1	2	1	1	1	3	1	2	1	
24	4		2	1 big + 1 small	1	2	1	1	1	3	1	2	1	
25	4		2	1 big + 1 small	1	2	1	1	1	3	1	2	1	
26	4		2	1 big + 1 small	1	2	1	1	1	3	1	2	1	
27			42	24 large, 18 smal	24	42		24	24	72	24	42	24	
28														
29	Cost/each		0.68 cents/can	0.98/pound	\$0.87	\$0.68	\$2.53	\$0.50	\$0.78	0.98/pound	\$0.78	\$0.40	\$1.68/lb	
30	Total \$		\$20.56	38.38	\$20.88	\$28.56	\$60.72	\$12	\$13 (13 pounds)	\$18.72	\$16	2.24 lbs for \$4		

Ex. 1: Budget Spreadsheet

UCF Tip!



"Purchase enough ingredients for a few extra meals just in case you have some extra participants walk in or something ends up on the floor!"

STEP 3: PROMOTE YOUR EVENT

You've worked hard to plan your event, now it's time to spread the word!

- 
**OPEN A REGISTRATION FORM
(APPENDIX A)**
- 
CREATE A FLYER
- 
**GET FLYER APPROVED BY
FACULTY (IF APPLICABLE)**
- 
**SHARE YOUR FLYER
EVERYWHERE!**



UCF Tip!



"We found community Facebook groups to draw more engagement when posting our event flyer. In fact, our event registration filled up within 3 hours of posting the event link! "



Ex. 2: Flyer

STEP 4: CLOSE REGISTRATION - PREPARING FOR EVENT

NOTIFY REGISTERED PARTICIPANTS THAT THEIR SPOT HAS BEEN RESERVED & BEGIN YOUR EVENT PREP!



THE DAYS BEFORE:



PURCHASE ALL FOOD ITEMS



**ASSEMBLE INGREDIENT BAGS
(RESERVE ITEMS FOR COOKING
DEMO)**



**SEND EMAIL REMINDERS TO
PARTICIPANTS W/ FOOD PICK UP
DETAILS (IF VIRTUAL)
(APPENDIX B)**



UCF Tip!



"Have any leftover TOLM funding after shopping? Consider purchasing extra goodies to make the bags more exciting! With our extra funding, we added a bottle of Texas Pete Hot Sauce which went perfect with our Spicy Chickpea Tacos."

STEP 5: EVENT DAY!

 **SET UP COOKING SPACE AND STREAMING EQUIPMENT (IF VIRTUAL)**

 **ASSIGN TASKS (COOKING INSTRUCTORS AS WELL AS CAMERA PEOPLE AND A ZOOM CHAT RESPONDER IF VIRTUAL)**



AFTER EVENT:

 **ENJOY THE MEAL!**

 **CLEAN-UP**

 **SEND A THANK-YOU EMAIL, FEEDBACK FORM AND RECIPE CARD TO PARTICIPANTS AND EVENT CONTRIBUTORS (APPENDIX C)**



UCF Tip!



"We wanted to document the event so we also made sure we had multiple people taking pictures throughout the event and photographing our final cooking product!"

TOLM EVENT: CHECK OFF LIST

ENSURE YOU ARE AFFILIATED WITH AN ACTIVE ACLM LMIG

*OR CLICK THIS LINK TO APPLY: [HTTPS://WWW.LIFESTYLEMEDICINE.ORG/LMIG](https://www.lifestylemedicine.org/lmig)

APPLY ONLINE FOR THE TOLM GRANT

*[HTTPS://WWW.LIFESTYLEMEDICINE.ORG/ACCLM/ABOUT/STUDENT_TRAINEE/TASTE_OF_LIFESTYLE_MEDICINE_MICRO-GRANT.ASPX](https://www.lifestylemedicine.org/acclm/about/student_trainee/taste_of_lifestyle_medicine_micro-grant.aspx)

CREATE A TIMELINE

BUILD A BUDGET

PROMOTE EVENT

CLOSE REGISTRATION & PREP

EVENT DAY!

APENDIX

RSVP Form for Taco Tuesday!

Presented by the Lifestyle Medicine Interest Group at the UCF College of Medicine

Email address *

Valid email address

This form is collecting email addresses. [Change settings](#)

This form is currently accepting for a waitlist. The Zoom link and recipe will be sent out, as ingredients cannot be provided for more participants at this time.

Please send me the ingredients and recipe. I want to follow along on zoom!

What is your first name? *

Short answer text

What is your last name? *

Short answer text

This event also requires access to the internet/Zoom. Do you have access to Zoom? *

Yes

No

The ingredients list for this event will be provided in a follow-up email. We are not liable for any allergic reactions that may occur. Do you accept this? *

Yes

No

Appendix A: Template Reservation Form

APENDIX

Hello,

This is to confirm your spot for the Taco Tuesday (Virtual) Cooking Class with the UCF College of Medicine Lifestyle Medicine Interest Group (UCF COM LMIG). This free cooking class will take place on March 16th from 6-8 pm. Ingredient pick-up will be available between 12-8 pm on both Sunday, March 14th and Monday, March 15th at the UCF College of Medicine. An ingredient pick-up reminder email will be sent out later.

As promised, the ingredients provided for the plant-based tacos and salsa will be as follows:

- 1 pack of Flour tortillas
- 1 can black beans
- 1 can corn
- Bushel of cilantro
- 1 jalapeño
- 2 tomatoes
- 1 lime
- 2 sweet potatoes
- 1 red onion
- 1 packet of low sodium taco seasoning

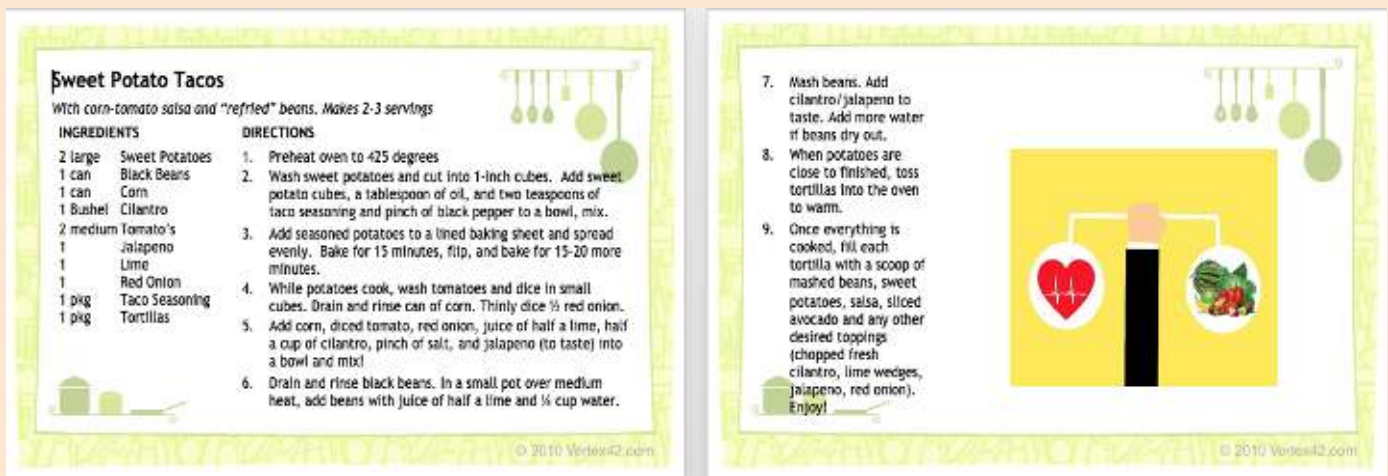
*Oil, salt, and pepper will not be provided

**We are not liable for any allergic reactions to the ingredients provided

We are excited to have you join us for this fun, virtual experience!

Sincerely,
UCF COM LMIG E-Board

Appendix B: Template Email



Appendix C: Example Recipe Card