

Sample Budget  
MIHOW Program with 2 Outreach Workers

Salaries		
Outreach Worker (\$13/hr, 20hr/wk)		\$27,040
Site Leader (.4 FTE)		\$20,000
	Subtotal	\$47,040
Fringe Benefits (24%)		\$11,290
	Total Salaries and Fringe	\$105,370
Training		
Food		\$200
Speakers / Facilitators		\$200
Materials		\$200
Annual Conference Fees (150/person)		\$450
	Total Training	\$1,050
Materials		
Resource books / pamphlets		\$300
MIHOW promotional materials		\$150
New baby gifts / door prizes		\$150
	Total Materials	\$600
Travel		
Home Visits (~5mi/visit x 12 visits/family x 50 families)		\$1,600
Trainings (~regional-450mi@.52, ~annual-1000@.52)		\$800
	Total Travel	\$2,400
Office Supplies		
Printing		\$100
Supplies		\$200
	Total Office Supplies	\$300
Community Events		
Community Events (6 events/year)		\$900
	Total Community Events	\$900
	Subtotal	\$110,620
Site Licensing Fee (5%)		\$5,531
Total		\$116,151
One Time Costs		
Home Visit Guides (2 complete sets)		\$800
Administrators' Manual		\$150
The MIHOW Way (training manual)		\$150
* Initial Training (up to 8 workers per training)		\$1,500
* Agency is responsible for trainer's lodging, food, and travel costs		