



**2020-2021 Action for Healthy Kids School Grants Program  
Parents for Healthy Kids– Nutrition Project  
Instructions and Checklist  
Application for Funds due Friday, May 1, 2020**

Action for Healthy Kids is pleased to release its *Parents for Healthy Kids Grants – Nutrition Project* for the 2020-2021 school year. These grants are for parents or parent groups to implement nutrition initiatives. Schools or certified parent organizations will be awarded grants starting at \$1,000 to help schools complete nutrition initiatives and move closer to implementing comprehensive health programming. Funded schools will also receive expertise and people power to help implement a successful project that leads to sustainable change.

**Steps to Apply**

1. Register and participate in the *2020-2021 Parents for Healthy Kids Grants* webinar. In this webinar, you'll learn about specific grant details and eligibility requirements and also receive helpful tips for applying. This webinar will be archived for those unable to attend the live session.
  - **Webinar Title:** 2020-2021 Action for Healthy Kids Grant Webinar - Parents for Healthy Kids
  - **Date:** Wednesday, February 19, 2020
  - **Time:** 3:00 PM (ET), 2:00 PM (CT), 1:00 PM (MT), 12:00 PM (PT)
  - **Register here:**  
[https://actionforhealthykids.zoom.us/webinar/register/WN\\_8o6Rxb2xTvO1WcgfuwGC2g](https://actionforhealthykids.zoom.us/webinar/register/WN_8o6Rxb2xTvO1WcgfuwGC2g)
2. Action for Healthy Kids recommends that schools complete the paper application, using the following grant application instructions and checklist, with their School Health Team in order to organize the proposal in a thoughtful manner, check spelling and ensure accurate character count. On average, the application takes less than 60 minutes to complete.
3. Proceed to the online [School Portal](#) to submit your official application by copying and pasting your responses. Applications must be submitted online via AFHK's School Portal. Paper applications will not be accepted.

**School Portal:**

- [https://afhkschoolportal.force.com/AFHK Communities Login](https://afhkschoolportal.force.com/AFHK_Communities_Login)

**School Portal Guide (for School Portal instructions, use Sections 1-3):**

- <https://www.actionforhealthykids.org/wp-content/uploads/2019/06/Instructions-for-Completing-the-SHI.pdf>

**Important Dates and Project Deliverables**

<b>Deadline</b>	<b>Description</b>
Wednesday, February 19, 2020	<i>Apply for a 2020-2021 Parents for Healthy Kids Grant</i> webinar
Friday, May 1, 2020	Applications due
Wednesday, June 10, 2020	Award notifications
Friday, June 26, 2020	School Terms and Conditions due

Friday, September 25, 2020	Pre-School Health Survey due
Friday, December 11, 2020	Midterm Report and 2 photos due
Friday, March 26, 2021	Every Kid Healthy Week Event Survey due
Friday, May 28, 2021	Final Report and 3 photos due; post-School Health Survey due

### **Parents for Healthy Kids Grants**

#### **What is Parents for Healthy Kids?**

Parents for Healthy Kids is a national initiative created for parents, by parents, offering resources to help parents and caregivers become effective change agents in school and student health. The initiative includes online resources, recipes and tips for health behaviors at home, school grants and online and in-person trainings. For more information, visit <https://www.actionforhealthykids.org/parents-for-healthy-kids/>.

#### **Parents for Healthy Kids Grants for Nutrition Projects**

Parents for Healthy Kids (PFHK) Grants provide funding for parents and parent groups to lead school-based physical activity or nutrition initiatives. Applications for a Nutrition Project Grant must include at least one of the nutrition initiatives listed below and must include a parent leader. PreK-12 schools in the following states are eligible for a grant starting at \$1,000: AL, AR, CA, CT, DC, DE, FL, GA, IA, IL, IN, KS, KY, MA, MD, MI, MN, MO, MS, NC, NE, NH, NJ, NY, OH, OK, PA, RI, SC, SD, TN, TX, VA, VT, WI, WV.

#### **Active Schools**

Funded schools will automatically be enrolled as an Active Schools Champion. Active Schools Champions receive monthly e-newsletters with information about physical education and physical activity grants as well as free resources, programs, services (e.g., webinars) and special events. Only Active Schools Champions and schools are eligible for some grants, and for others, they receive preference. Champions are the first to hear about special events like Take Your Parent to PE Week (last week of September) and other promotions, contests, and opportunities. Funded schools will have the opportunity to opt-out of this automatic enrollment.

#### **Awarded schools will:**

- Implement at least one nutrition promotion initiative (see list below) to advance the school nutrition environment

<b>Nutrition Promotion Initiatives</b>
• School Gardens
• Healthy Fundraisers
• Classroom Celebrations
• Classroom Rewards
• Healthy Food Taste Testing
• Healthy Cooking Classes
• Water Access
• School Store

- Advance at least one of the following impacts as a result of your school's proposed nutrition programming ([click here](#) to learn more about SEL impacts through nutrition):
  - Increase in student self-awareness
  - Increase in student self-management

- Increase in student social awareness
- Increase in student relationship skills
- Increase in student responsible decision making
- Work toward implementing comprehensive school health programming.
- Provide information to students and parents on the importance of physical activity and nutrition.
- Complete the Action for Healthy Kids three minute School Health Survey online at the beginning of the school year and again at the end of the school year
- Submit midterm and final reports, with photographs, to show project updates and results.
- Join the celebration during *Every Kid Healthy Week* by hosting a family-friendly health-promoting event during April 2021.

Schools within 20 miles of an Aldi store may be given priority. Schools with greater than 74.5% of students eligible for free/reduced priced meals may also receive priority. All schools, however, are strongly encouraged to apply. Award decisions are based on building enrollment, project type, potential impact and a school’s ability to mobilize parents and students around school wellness initiatives.

**Application Checklist**

The following checklist provides clarification on application questions. Using this list, check off each point to ensure you submit a complete application. Action for Healthy Kids recommends that schools complete the paper application first, but applications must be submitted online via the [School Portal](#) to be considered for funding.

**Section 1: Contact Information**

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✓	<b>Question</b>	<b>Applicant Contact Information</b> *The primary grant contact for <i>all</i> grant requirements including the midterm and final report.
	<b>1</b>	<ul style="list-style-type: none"> <li>● Role - Select one from the given list.</li> <li>● Phone Number</li> <li>● Primary Email - We will use email for all communications. Please ensure there are no typos in your address.</li> <li>● Alternate Email - We will use this email address if we are unable to reach you with your primary email address.</li> </ul>
✓	<b>Question</b>	<b>School Level Co-Lead</b> *An individual at the school level who directly supports and assists with project implementation and grant requirements.
	<b>2</b>	<ul style="list-style-type: none"> <li>● Name</li> <li>● Role - Select one from the given list.</li> <li>● Phone Number</li> <li>● Primary Email - We will use email for all communications. Please ensure there are no typos in your address.</li> <li>● Free and Reduced Percentage – If CEP, enter 100. Include a number only (omit the %)</li> </ul>
	<b>3</b>	<ul style="list-style-type: none"> <li>● School-Level Parent Organization - Select one from the given list.</li> <li>● Other parent group? Please specify.</li> </ul>

**Section 2: Project Details**

✓	Question	Nutrition Initiative
	4	<ul style="list-style-type: none"> <li>What is the nutrition initiative you are interested in implementing at your school? Please describe in detail. (2000 characters)</li> </ul>
	5	<ul style="list-style-type: none"> <li>What is the nutrition strategy you expect to incorporate into your project throughout the year? Select one from the given list.</li> </ul>
	6	<ul style="list-style-type: none"> <li>What will be the impact(s) of your nutrition initiative? Select all that apply.               <ul style="list-style-type: none"> <li>➤ <i>One of the grant deliverables is to implement at least one nutrition initiative to increase:</i> <ol style="list-style-type: none"> <li><i>Student participation in nutrition initiatives, and/or</i></li> <li><i>Schools providing access to healthy foods/beverages wherever food is served, sold, or shared on campus</i></li> </ol> </li> <li>➤ <i>Initiative(s) must also increase student awareness of healthy eating and improve student attitudes around healthy eating.</i></li> </ul> </li> </ul>
	7	<ul style="list-style-type: none"> <li>How do you anticipate your proposed nutrition project will lead to the impacts selected above? (2000 characters)</li> </ul>
	8	<ul style="list-style-type: none"> <li>Please select at least one of the following impacts as a result of your school's proposed nutrition programming. (Please <a href="#">click here</a> to learn more about SEL impacts through nutrition). Select from the given list.</li> </ul>
	9	<ul style="list-style-type: none"> <li><b>How many grade levels</b> utilize the school garden at your school (through garden work days, lessons in the garden, garden taste tests, etc.)? For example, if 3<sup>rd</sup>, 5<sup>th</sup>, and 7<sup>th</sup> participate in the school garden, that would be 3 grades. Select one from the given list.</li> <li><i>Ask your school co-lead to help you answer this question. Consult your health teacher, garden coordinator, school nutrition staff, classroom teachers, parent group representatives, etc. to ensure you provide accurate information.</i></li> </ul>
		<p><i>For questions 10-15, work with your school co-lead to ensure you provide accurate information. Smart Snacks Nutrition Standards for Foods and Beverages are below:</i></p> <p><b>Any food sold in schools must:</b></p> <ul style="list-style-type: none"> <li>✓ <i>Be a grain product that contains 50% or more whole grains by weight or have whole grains as the first ingredient; or</i></li> <li>✓ <i>Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food (e.g., beans, eggs, poultry, meat, nuts, seeds etc.); or</i></li> <li>✓ <i>Be a combination food that contains at least ¼ cup of fruit and/or vegetable</i></li> </ul> <p><b>Foods must also meet several nutrient requirements:</b></p> <ul style="list-style-type: none"> <li>• <b>Calorie limits:</b> <ul style="list-style-type: none"> <li>○ <i>Snack items: ≤ 200 calories</i></li> <li>○ <i>Entrée items: ≤ 350 calories</i></li> </ul> </li> <li>• <b>Sodium limits:</b> <ul style="list-style-type: none"> <li>○ <i>Snack items: ≤ 200 mg</i></li> <li>○ <i>Entrée items: ≤ 480 mg</i></li> </ul> </li> <li>• <b>Fat limits:</b></li> </ul>

		<ul style="list-style-type: none"> <li>○ Total fat: ≤35% of calories</li> <li>○ Saturated fat: &lt; 10% of calories</li> <li>○ Trans fat: zero grams</li> <li>● Sugar limit: <ul style="list-style-type: none"> <li>○ ≤ 35% of weight from total sugars in foods</li> </ul> </li> </ul> <p><b>All schools may sell:</b></p> <ul style="list-style-type: none"> <li>● Plain water (with or without carbonation)</li> <li>● Unflavored low fat milk</li> <li>● Unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP</li> <li>● 100% fruit or vegetable juice</li> <li>● 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners</li> </ul> <p>There is no portion size limit for <b>plain</b> water. Elementary schools may sell up to 8-ounce portions of milk and juice.</p>
	10	<ul style="list-style-type: none"> <li>● Does your school make safe, unflavored, drinking water available throughout the school day at no cost to students? Select the best option from the given list.</li> </ul>
	11	<ul style="list-style-type: none"> <li>● Do all foods and beverages served and offered to students during the school day meet or exceed the USDA’s <b>Smart Snacks in School</b> nutrition standards? This includes snacks that are not part of a federally reimbursed child nutrition program, birthday parties, holiday parties and school-wide celebrations. Select the best option from the given list.</li> </ul>
	12	<ul style="list-style-type: none"> <li>● Do fundraising efforts during and outside school hours sell only non-food items or only foods and beverages that meet or exceed the USDA’s <b>Smart Snacks in School</b> nutrition standards? This may include, but is not limited to, donation nights; cookie dough, candy and pizza sales; and market days. Select the best option from the given list.</li> </ul>
	13	<ul style="list-style-type: none"> <li>● Do venues outside the cafeteria where food is available (e.g., vending machines, school stores, canteens, snack bars, or snack or food carts) offer fruits and non-fried vegetables? Select the best option from the given list.</li> </ul>
	14	<ul style="list-style-type: none"> <li>● Does your school prohibit giving students food as a reward and withholding food as punishment? Is this prohibition consistently followed? Select the best option from the given list.</li> </ul>
	15	<ul style="list-style-type: none"> <li>● Is your school implementing any Farm to School activities? <ul style="list-style-type: none"> <li>✓ Local and/or regional products are incorporated into the school meal programs</li> <li>✓ Messages about agriculture and nutrition are reinforced throughout the learning environment</li> <li>✓ School hosts a school fruit or vegetable garden</li> <li>✓ School hosts field trips to local farms</li> <li>✓ School utilizes promotions or special events, such as tastings, that highlight the local/regional products</li> <li>✓ School hosts a farmer’s market (student and parent involvement)</li> <li>✓ Menu states local product(s) being served</li> </ul> </li> </ul>

		<ul style="list-style-type: none"> <li>✓ Local farmers/producers participate in career day activities</li> </ul> <p>Select the best option from the given list.</p>
	16	<ul style="list-style-type: none"> <li>• Please include any significant dates for a timeline of your project. (2000 characters)</li> </ul>
	17	<ul style="list-style-type: none"> <li>• Once the grant term is over, describe how you will ensure that grant efforts and success will be sustained. (1000 characters)</li> </ul>

### Section 3: Parent & Family Engagement

✓	Question	Parent & Family Engagement
	18	<ul style="list-style-type: none"> <li>• Identify how <u>parents</u> at your school will be engaged in the grant project. (Select all that apply)</li> </ul>
	19	<ul style="list-style-type: none"> <li>• Describe how you'll engage parents in your project to participate in the activities above. (Limit 1000)</li> <li>➤ <i>Action for Healthy Kids is looking for utilization of best practices that lead to the greatest impact on policy, systems, and environmental changes and thus, on student health and academic achievement, and that includes parent and family engagement in your proposed initiative. Include a brief description of how you intend to make sure parents and families are involved.</i></li> </ul>
	20	<ul style="list-style-type: none"> <li>• Identify how school <u>staff</u> will be engaged in the grant project. (Select all that apply)</li> </ul>
	21	<ul style="list-style-type: none"> <li>• Are you willing to host an <a href="#">Every Kid Healthy Week event</a> in April 2021? (250 characters)</li> <li>➤ <i>There's no doubt your school is doing amazing things to help ensure your students are healthy learners. Let's celebrate those successes! Every Kid Healthy Week is April 26-30, 2021. As part of this grant, schools are asked to host an Every Kid Healthy Week event. Describe a new or existing type of event your school can host during the month of April 2021 to help celebrate healthy kids with your school community. Activity ideas may include: Taste tests with students and families, playground refurbishing projects, cafeteria makeovers, guest chefs/fitness instructors, family fun activities, etc.</i></li> </ul>
	22	<ul style="list-style-type: none"> <li>• Would you like additional information and resources to help plan an Every Kid Healthy event? Select Yes or No</li> </ul>
		<i>For questions 23-26, work with your school co-lead to ensure you provide accurate information.</i>
	23	<ul style="list-style-type: none"> <li>• Does your school communicate with all parents and families about school health activities and programs in a culturally- and linguistically-appropriate way, using a variety of communication methods? Select the best option from the given list.</li> </ul>
	24	<ul style="list-style-type: none"> <li>• Do parents and families have opportunities to be involved in <u>school decision making</u> for health and safety policies and programs? Select the best option from the given list.</li> </ul>

	25	<ul style="list-style-type: none"> <li>Does your school or district have a formal process to recruit, train, and involve parents and family members as <u>volunteers</u> to support school health and safety programs? Select the best option from the given list.</li> </ul>
	26	<ul style="list-style-type: none"> <li>Have all school staff received professional development on strategies for parent and family engagement in school health in the past two years? Select the best option from the given list. Select the best option from the given list.</li> </ul>

#### Section 4: Budget

✓	Question	Budget
	27	<ul style="list-style-type: none"> <li>How will you use the \$1,000 if your project is accepted? Please itemize the grant funds in the space provided below. (2000 characters) <ul style="list-style-type: none"> <li>Awarded schools will receive 70% of funds with the 1<sup>st</sup> installment check in August 2020. The remaining 30% of funds will be awarded in January 2021 (after the submission of the Midterm Report and pre-School Health Survey).</li> </ul> </li> </ul>

#### Section 5: Additional Information

✓	Question	Additional Information
	28	<ul style="list-style-type: none"> <li>During a typical school year, how many times does your school health team meet? Select from the given list.</li> </ul>
	29	<ul style="list-style-type: none"> <li>Which of the following groups are represented on your school health team? Select all that apply.</li> </ul>
	30	<ul style="list-style-type: none"> <li>How would you best define your school's involvement in health and wellness? Select one.</li> </ul>
	31	<ul style="list-style-type: none"> <li>How would you define your involvement in school-based health and wellness? Check all that apply.</li> </ul>

#### Section 6: Feedback

✓	Question	Feedback
	32	<ul style="list-style-type: none"> <li>How did you <u>first</u> hear about the School Grants for Healthy Kids grant opportunity? Select one from the given list.</li> </ul>
<p>Please proceed to the <a href="#">Action for Healthy Kids School Portal</a> to submit your application online. Questions? Please contact your <a href="#">AFHK State Coordinator</a> or email <a href="mailto:ContactUs@ActionforHealthyKids.org">ContactUs@ActionforHealthyKids.org</a>.</p>		