



**2020-2021 Action for Healthy Kids  
Parent Grants – Nutrition Project  
Application for Funds – Deadline Friday, May 1, 2020**

Please refer to the [Parent Grants – Nutrition Project application instructions](#) for an outline on the steps to submitting an application and a more detailed description of the application requirements.

**Section 1: Contact Information**

1. Applicant Contact Information (Parent Level Co-Lead)

- Name:
- Role (Select one)

Parent	School Professional-Teacher
Community Member	School Professional-P.E. Teacher
Health Professional	School Professional-Nurse/Health Aid
Community Based/Nonprofit Organization Staff	School Professional-Food Service
Student	School Professional-Higher Ed
Government Official/Agency Staff	School Professional-Administrator
School Professional-Board Member	School Professional-Other
	None of the Above

- Phone Number:
- Primary Email:
- Alternate Email:

2. School Level Co-Lead

- Name:
- Role (Select one)

Parent	School Professional-Teacher
Community Member	School Professional-P.E. Teacher
Health Professional	School Professional-Nurse/Health Aid
Community Based/Nonprofit Organization Staff	School Professional-Food Service
Student	School Professional-Higher Ed
Government Official/Agency Staff	School Professional-Administrator
School Professional-Board Member	School Professional-Other
	None of the Above

- Phone Number:
- Primary Email:
- Free and Reduced % (if CEP, enter 100):

3. School-Level Parent Organization (Select one)

- My school has no active parent group
- PTA
- PTO
- Other parent group (Please specify)

## Section 2: Project Details

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### Nutrition Initiative:

4. What is the nutrition initiative you are interested in implementing at your school? Please describe in detail. (2000 characters)

5. What is the nutrition strategy you expect to incorporate into your project throughout the year? (select one)

- School Gardens
- Healthy Fundraisers
- Classroom Celebrations
- Classroom Rewards
- Healthy Food Taste Testing
- Healthy Cooking Classes
- Water Access
- School Store

6. What will be the impact(s) of your nutrition initiative? (Select all that apply)

- An increase in student participation in nutrition initiatives.
- An increase in schools providing access to healthy foods/beverages wherever food is served, sold, or shared on campus.

7. How do you anticipate your proposed nutrition project will lead to the impacts selected above? (2000 characters)

8. Please select at least one of the following impacts as a result of your school's proposed nutrition programming: (Please [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

9. **How many grade levels** 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)

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10
- 11
- 12
- 13
- Our school does not have a school garden

10. Does your school make safe, unflavored, drinking water available throughout the school day at no cost to students?

- 3 = Yes, students can access water fountains or water filling stations throughout the school day, **and** they are allowed to bring filled containers to class.

- 2 = Students can access water fountains or water filling stations throughout the school day, but they are **not** allowed to bring filled containers to class.
- 1 = Students have **limited** access to water fountains or water filling stations throughout the school day.
- 0 = No, students do **not** have access to free, safe, unflavored, drinking water.

11. Do all foods and beverages served and offered to students during the school day meet or exceed the USDA's **Smart Snacks in School** nutrition standards? This includes snacks that are not part of a federally reimbursed child nutrition program, birthday parties, holiday parties and school-wide celebrations. *Please see the [Parent Grant – Nutrition Project Application Instructions](#) for a full definition of Smart Snacks in School.*

- 3= Yes, **all** foods and beverages served and offered meet or exceed the USDA's Smart Snacks in School nutrition standards, **or** we do not serve or offer additional foods or beverages at our school.
- 2= **Most** foods and beverages served and offered meet or exceed the USDA's Smart Snacks in School nutrition standards.
- 1= **Some** foods and beverages served and offered meet or exceed the USDA's Smart Snacks in School nutrition standards.
- 0= No, **no** foods and beverages served and offered meet or exceed the USDA's Smart Snacks in School nutrition standards.

12. 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 **Smart Snacks in School** nutrition standards? This may include, but is not limited to, donation nights; cookie dough, candy and pizza sales; and market days.

- 3 = Yes, **all** fundraising efforts sell only non-food items, **or all** foods and beverages sold as fundraisers meet or exceed the USDA's Smart Snacks in School nutrition standards.
- 2 = **Most** fundraising efforts sell only non-food items, **or most** foods and beverages sold as fundraisers meet or exceed the USDA's Smart Snacks in School nutrition standards.
- 1 = **Some** fundraising efforts sell only non-food items, **or some** foods and beverages sold as fundraisers meet or exceed the USDA's Smart Snacks in School nutrition standards.
- 0 = No, **no** fundraising efforts sell only non-food items, **or no** foods and beverages sold as fundraisers meet or exceed the USDA's Smart Snacks in School nutrition standards.

13. Do venues outside the cafeteria (e.g., vending machines, school stores, canteens, snack bars, or snack or food carts) where food is available offer fruits and non-fried vegetables?

- 3 = Yes, **most or all** venues outside the cafeteria do.
- 2 = **About half** of the venues do.
- 1 = **Fewer than half** of the venues do.
- 0 = **None** of the venues do.

14. Does your school prohibit giving students food as a reward and withholding food as punishment? Is this prohibition consistently followed?

- 3 = Yes, using food as a reward and withholding food as punishment are prohibited, and both prohibitions are consistently followed.
- 2 = One of these practices is prohibited, and this prohibition is consistently followed.
- 1 = One or both of these practices is prohibited, but this prohibition is not consistently followed.
- 0 = Neither practice is prohibited.

15. Is your school implementing any Farm to School activities?

- ✓ Local and/or regional products are incorporated into the school meal programs

- ✓ Messages about agriculture and nutrition are reinforced throughout the learning environment
  - ✓ School hosts a school fruit or vegetable garden
  - ✓ School hosts field trips to local farms
  - ✓ School utilizes promotions or special events, such as tastings, that highlight the local/regional products
  - ✓ School hosts a farmer's market (student and parent involvement)
  - ✓ Menu states local product(s) being served
  - ✓ Local farmers/producers participate in career day activities
- 3 = Yes, our school is implementing **four to five** of these activities.
  - 2 = Our school is implementing **two to three** of these activities.
  - 1 = Our school is implementing **one** of these activities.
  - 0 = No, our school is **not implementing any** of these activities.

16. Please include any significant dates for a timeline of your project. (2000 characters)

17. Once the grant term is over, describe how you will ensure that the grant efforts and success will be sustained. (1000 characters)

### **Section 3: Parent & Family Engagement**

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18. Identify how parents at your school will be engaged in the grant project. (Select all that apply)

- Educational opportunities
- Family or student events
- Every Kid Healthy Week
- Project meetings
- Project planning
- Project implementation
- Project evaluation
- Project promotion around the school community
- Other (Please specify)

19. Describe how you'll engage parents in your project to participate in the activities above. (Limit 1000)

20. Identify how school staff will be engaged in the grant project. (Select all that apply)

- Educational opportunities
- Family or student events
- Every Kid Healthy Week
- Project meetings
- Project planning
- Project implementation
- Project evaluation
- Project promotion around the school community
- Other (Please specify)

21. Are you willing to host an [Every Kid Healthy Week](#) in April 2021? (250 characters)

22. Would you like additional information and resources to help plan an Every Kid Healthy event?

- Yes

- No

23. 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?

- 3 = Yes, **all** families are communicated with in a culturally- and linguistically-appropriate way using a variety of communication methods.
- 2 = **All** families are communicated with using a variety of communication methods, **but** not in a culturally- and linguistically-appropriate way.
- 1 = Our school only uses very **few** methods to communicate about health-related activities or programs.
- 0 = Our school does **not** communicate with families in these ways, or families receive communications solely about academic subjects **but** not about health-related activities or programs.

24. Do parents and families have opportunities to be involved in school decision making for health and safety policies and programs?

- 3 = Yes, families have opportunities to be involved in **all** school decision-making processes for health and safety policies and programs.
- 2 = Families have opportunities to be involved in **most** school decision-making processes for health and safety policies and programs.
- 1 = Families have opportunities to be involved in **some** school decision-making processes for health and safety policies and programs.
- 0 = No, families do **not** have opportunities to be involved in school decision-making processes for health and safety policies and programs.

25. Does your school or district have a formal process to recruit, train, and involve parents and family members as volunteers to support school health and safety programs?

- 3 = Yes, our school or district has a formal process to recruit, train, and involve family members to support school health and safety programs.
- 2 = Our school or district has an informal process to recruit, train and involve family members to support school health and safety programs.
- 1 = Our school or district does **not** recruit or train family members **but** involves family members, when needed, to support school health and safety programs.
- 0 = No, our school or district does **not** recruit, train, or involve family members to support school health and safety programs.

26. Have all school staff received professional development on strategies for parent and family engagement in school health in the past two years?

- 3 = Yes, **all** school staff have received professional development on strategies for family engagement.
- 2 = **Most** school staff have received professional development on strategies for family engagement.
- 1 = **Some** school staff have received professional development on strategies for family engagement.
- 0 = **No** school staff have received professional development on strategies for family engagement.

## Section 4: Budget

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27. How will you use the \$1,000 if your project is accepted? Please itemize the grant funds in the space provided below. (2000 characters)

## **Section 5: Additional Information**

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28. During a typical school year, how many times does your school health team meet?

- 4 or more times
- 3 times
- 2 times
- 1 time
- 0 times
- Our school does not have a school health team.

29. Which of the following groups are represented on your school health team? (Select all that apply)

- Administrators
- Food Service Staff
- School Health Professionals
- Physical Education Teachers
- Other Teachers
- Students
- Parents/Family Members
- Community Partners
- Our school does not have a school health team
- Other (Please specify)

30. How would you best define your school's involvement in health and wellness?

- We had a program with an active 5-person health team, administrator engagement, family and community engaged, and a balance of physical activity and nutrition programming.
- We had a program with a school health team, administrator support, some family and community engagement, and some physical activity and nutrition programming.
- We had a program with a one or two people organizing efforts, but not a team, and implemented a few physical activity and/or nutrition initiatives.
- We had a program with little effort, minimal support and no physical activity and/or nutrition initiatives.
- Other (Please specify)

31. How would you define your involvement in school-based health and wellness? (Check all that apply)

- I promoted healthy choices for myself or my family at home
- I volunteered at school health events or helped out when asked
- I organized health-related events or led school health initiatives
- I served on a School Health Team
- I led the school health team
- I was not involved at all in school health and wellness.

## **Section 6: Feedback**

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32. How did you first hear about the School Grants for Healthy Kids grant opportunity? (Select one)

- My school previously received a grant from Action for Healthy Kids
- Action for Healthy Kids Website
- Social Media
- AFHK Emails/Newsletters
- Action for Healthy Kids Regional Manager/State Coordinator
- Action for Healthy Kids Parent Ambassador
- Partner website or communications (USDA, FRAC, Shape America, Let's Move, etc.)

- PTA website or communications
- ALDI Employee Referral
- Media (e.g. news article, blog)
- Other (Please specify)

Please proceed to the [AFHK School Portal](#) to submit your application online. Questions? Please contact your [AFHK State Coordinator](#) or email [ContactUs@ActionforHealthyKids.org](mailto:ContactUs@ActionforHealthyKids.org).