



**2020-2021 Action for Healthy Kids  
Game On \$2,500 Grant- Nutrition  
Instructions and Checklist  
Application for Funds due Friday, May 1, 2020**

Action for Healthy Kids is pleased to release its *Game On* grant opportunities for the 2020-2021 school year. Schools will be awarded a \$2,500 grant to nutrition initiatives that help schools provide a learning environment where students are healthy, active and ready to learn. Funded schools will also receive expertise and support to help implement a successful project that leads to sustainable change.

**Steps to Apply**

1. Applicants must complete the [School Health Survey](#) to determine if you are eligible to apply for the Game On \$2,500 Grant – Nutrition.
2. Action for Healthy Kids recommends that schools complete the paper application, using the grant application instruction guide 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. Please contact your [AFHK State Coordinator](#) if you have questions or need support on your application.
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:**

- <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>
Friday, May 1, 2020	Applications due
Wednesday, June 10, 2020	Award notifications sent
Friday, June 26, 2020	School Terms and Conditions due
Friday, September 25, 2020	Pre-School Health Index 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 Index due

## **Game On Grant**

### **What is Game On?**

Game On is a no-cost online guide providing all the information and resources you need to host a successful wellness program in your school with the ultimate goal of implementing comprehensive health programming. Game On is flexible and adaptable to help you improve student health while also meeting your school's needs, wherever your school is in the process. For more information, visit <https://www.actionforhealthykids.org/game-on-program/>.

Game On aligns with the following components of the Whole School, Whole Community, Whole Child (WSCC) model: health education, physical education & physical activity, community involvement, family engagement, and nutrition environment and services. The WSCC model is an evidenced-based model that focuses its attention on the child, emphasizes a school-wide approach and acknowledges learning, health and the school as being a part and reflection of the local community.

### **Game On Grants**

Game On grants provide funding for schools to implement physical activity and nutrition initiatives. Applications for the \$2,500 nutrition grant level must include at least two nutrition initiatives, including an evidence-based nutrition education curriculum. PK-8 schools in and near the following locations are encouraged and eligible to apply for a \$2,500 grant:

- CA (priority may be given to Fresno)
- NE (priority may be given to Schyuler)
- AR (priority may be given to Springdale)
- TX (priority may be given to Fort Worth)
- CO (priority may be given to Fort Morgan)
- KS (priority may be given to Wichita)
- TN (priority may be given to Nashville)
- PA (priority may be given to Hazle Township, Hazleton, and Wyalusing)
- WI (priority may be given to Butler and Milwaukee)
- MN (priority may be given to greater Minneapolis metro area including: Monticello, Elk River, Hopkins, and Northern Suburbs)
- IA (priority may be given to Cedar Rapids, Eddyville, Fort Dodge, Iowa Falls, and Mason City)

### **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 one nutrition initiative (see list below) **and** an evidence-based nutrition education curriculum to impact at least one of the following:

- An increase in student participation in nutrition education,
- An increase in the amount of time students are taught nutrition education,
- An increase in healthy eating knowledge, attitudes or behaviors,

Nutrition Initiatives
● School Gardens
● Salad Bars
● Smarter Lunchrooms
● Healthy Fundraisers
● Classroom Celebrations
● Classroom Rewards
● Healthy Food Taste Testing
● Healthy Cooking Classes
● Water Access
● Healthy snacking (including school store, vending and a la carte)
● Other

- Implementation of the one nutrition initiative **and** an evidence-based nutrition education curriculum will have an increase in schools providing access to healthy foods/beverages wherever food is served, sold, or shared on campus.
- Advance at least one of the following impacts as a result of your school's proposed 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
- Implement ongoing opportunities to engage staff, family and/or community in leading or supporting school health programming.
- Share two project success stories as part of the midterm and final reporting requirements.
- Provide information to students and parents on the importance of healthy eating and its impacts on social-emotional well-being.
- Complete AFHK's School Health Index at the beginning and end of the grant cycle.
- Submit tracking for nutrition education curriculum implementation.
- 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 with greater than 74.5% of students eligible for free/reduced priced meals may receive priority. All schools in eligible states, 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**

✓	Question	Applicant Contact Information <i>*The primary grant contact for all grant requirements including the midterm and final report, as well as the School Health Index.</i>
	<b>1</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>• Alternative Email - We will use this email address if we are unable to reach you with your primary email address.</li><li>• Free and Reduced Percentage – If CEP, enter 100. Include a number only (omit the %).</li></ul>
	<b>2</b>	<b>Provide the contact information for the following individual.</b> <i>*By providing their names and emails, you are indicating their support for the project.</i> <ul style="list-style-type: none"><li>• Name of Principal/Administrator</li><li>• Email</li></ul>
	<b>3</b>	<ul style="list-style-type: none"><li>• During a typical school year, how many times does your school health team meet?</li></ul>
	<b>4</b>	<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>

#### **Section 2: Current Nutrition Practice**

✓	Question	Nutrition Initiatives
	<b>5</b>	<ul style="list-style-type: none"><li>➢ Does your school currently offer evidence-based nutrition education curriculum instruction?</li><li>➢ <i>Evidence-based refers to an approach and curriculum that emphasizes the practical application of the findings of the best available current research and methods. This refers to nutrition education that is grounded in MyPlate and the Dietary Guidelines for Americans and is age-appropriate and culturally relevant.</i></li></ul>
	<b>6</b>	<ul style="list-style-type: none"><li>➢ If you answered yes to the previous question, please tell us what type of curriculum your school uses and how it is used in your school. (If you answered no, please type N/A)</li></ul>

	<b>7</b>	<ul style="list-style-type: none"> <li>➤ Who is providing the nutrition curriculum instruction for the nutrition education curriculum your school is currently using? (select one)</li> </ul>
	<b>8</b>	<ul style="list-style-type: none"> <li>➤ Currently, how many minutes per year of classroom nutrition education instruction is provided to students by grade level? Please enter the number of lessons taught during the school year, the average length of each lesson <b>in minutes</b> and percentage of students participating in those lessons for each grade level.</li> <li>➤ <i>Consult with school staff ensure you provide accurate information.</i></li> </ul>

### **Section 3: Proposed Nutrition Project**

#### **Nutrition Curriculum:**

	<b>9</b>	<ul style="list-style-type: none"> <li>➤ Which evidence-based nutrition education curriculum is your school proposing to implement? Schools may choose their own, or implement the AFHK-recommended nutrition education curriculums through <a href="#"><u>CATCH (Coordinated Approach to Child Health)</u></a>.</li> <li>➤ <i>Schools should provide nutrition education that is grounded in MyPlate and the Dietary Guidelines for Americans and is age-appropriate and culturally relevant. AFHK recommends the following nutrition education curriculum: <a href="#"><u>CATCH (Coordinated Approach to Child Health)</u></a>, a K-8 classroom curricula that consists of 7-14 25-40 minute prescribed lessons for each grade level. A PreK curriculum is also available. Each curriculum identifies key learning objectives and includes a variety of teaching strategies to improve knowledge and skills related to healthy eating and physical activity. Implementation of CATCH has demonstrated improved student eating and physical activity behaviors outside of school.</i></li> </ul>
	<b>10</b>	<ul style="list-style-type: none"> <li>➤ If you chose “Other” for the previous question, please include the name of the curriculum and describe the curriculum in detail.</li> <li>➤ <i>(If you answered CATCH, please type N/A)</i></li> <li>➤ <i>Use this section to describe in detail your proposed curriculum to address the following types of questions: What is the length of your curriculum? Does it require single or multiple instructors? What grades does the curriculum target? Is it evidence based and grounded in MyPlate and the Dietary Guidelines?</i></li> </ul>
	<b>11</b>	<ul style="list-style-type: none"> <li>➤ Who will provide the nutrition curriculum instruction for the nutrition education curriculum your school proposed?</li> </ul>
	<b>12</b>	<ul style="list-style-type: none"> <li>➤ How will the proposed nutrition education curriculum be integrated into your school?</li> <li>➤ <i>Use this section to describe in detail your implementation plan to address the following types of questions: how often will your school teach nutrition education during the school year? Will multiple teachers teach</i></li> </ul>

		<i>the curriculum? Will the lessons be incorporated into certain classes? What grades will receive the instruction?</i>
--	--	-----------------------------------------------------------------------------------------------------------------------------

**Nutrition Promotion Strategy:**

	<b>13</b>	➤ What is the nutrition promotion strategy you expect to incorporate into the project throughout the year? (select one)
	<b>14</b>	➤ Please explain in detail your proposed strategy and how it will be implemented throughout the year.

**Additional Project Details:**

	<b>15</b>	➤ What will be the impact(s) of your nutrition education and promotion initiatives? (Select all that apply) ➤ <i>Please remember that this chosen impact will be in addition to the required outcome stated above: an increase in schools providing access to healthy foods/beverages wherever food is served, sold, or shared on campus.</i>
	<b>16</b>	➤ How do you anticipate your proposed project will lead to the chosen nutrition impact(s)? (2000 characters)
	<b>17</b>	➤ Describe the ongoing opportunities your school will implement to engage staff, family and/or community in leading or supporting your school health programming and your plan for sustaining these opportunities. (2000 characters)
	<b>18</b>	➤ Please select at least one of the following impacts as a result of your schools proposed nutrition and physical activity programming. ➤ <i>Please click the links to learn more about SEL impacts through <a href="#">nutrition</a>.</i>
	<b>19</b>	➤ Please include any significant dates for a timeline of your project. (2000 characters) ➤ <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. Include your tentative project timeline. Tell us what you hope to accomplish in each month of the grant term (August 2020 through June 2021).</i>
	<b>20</b>	➤ Once the grant term is over, describe how you will ensure that grant efforts and success will be sustained. (1000 characters) ➤ <i>Please be sure to explain how you will continue your nutrition education curriculum after the grant term.</i>
	<b>21</b>	➤ Describe other funding your school has received (or applied for) to address nutrition. (500 characters)

#### Section 4: Budget

✓	Question	Budget
	22	<ul style="list-style-type: none"><li>➤ How will you use the \$2,500 if your project is accepted? Please itemize the grant funds in the space provided, including the cost of your proposed nutrition curriculum. (2000 characters)</li><li>➤ <i>Itemize how you plan to use the grant funds to achieve the objective(s) of your physical activity and nutrition initiative. Be specific. Grant funds may not be used for staffing or administrative costs.</i></li><li>➤ <i>Be sure to include the cost of the nutrition education curriculum you are seeking to implement.</i><ul style="list-style-type: none"><li>○ Approximate cost for CATCH: K-5 classroom (2 year online license)- \$200 (<i>unlimited classrooms per school</i>), 6-8 (2 year online license) -\$100 For more information, please visit <a href="#"><u>CATCH (Coordinated Approach to Child Health</u></a>.</li></ul></li><li>➤ <i>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 Index).</i></li><li>➤ <i>You must submit a proposed budget of \$2,500.</i></li></ul>

#### Section 5: Other Information

✓	Question	Other Information
	23	<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>

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