



***NourishEd* District Partnership Grant Request for Applications
School Year 2022-2023**

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Overview

Action for Healthy Kids (AFHK) is pleased to release its *NourishEd* District Partnership Grant opportunity for 2022-2023 school year. School district staff apply for support for district-level policy and professional development, as well as funding and professional development for schools within the district to support curricula/programs, best practices and policy implementation, and family-school partnerships to address food access and nutrition education (*NourishEd*) and provide a learning environment where students are healthy in body and mind. All grants include monetary and in-kind support from AFHK.

This request for applications is for the first year of a two-year partnership with AFHK. Overall, the two-year *NourishEd* partnership grant provides \$250,000 of cash and in-kind support for partner districts and a cohort of 10 schools within the district*. In Year 1, districts receive a stipend of \$5,000 and grant of \$2,250 for each school within the 10-school cohort to improve participation in school meals and/or nutrition education and promotion. Year 2, the same schools receive a \$2,000 cash grant to sustain their food access and nutrition education and promotion initiatives. Throughout the two years, AFHK provides a \$200,000 in-kind value of best practice digital tools and resources, policy and practice assessment reports, learning sessions, communities of practice, and technical assistance for implementation of a systematic approach to comprehensive school nutrition environments (see graphic below).

AFHK's Systematic Approach to Comprehensive School Nutrition Environments



ACTION FOR HEALTHY KIDS

*Districts with less than 10 schools may still be eligible for the *NourishEd* District Partnership Grant opportunity. If less than 10 schools are in the district, funding will be provided accordingly to the number of schools.

What is *NourishEd*?

AFHK's *NourishEd*: Food Access and Nutrition Education program increases understanding of and demand for healthy food among school staff, students, and families through nutrition education and promotion, as well as improves the supply of healthy food for kids in schools by increasing school meal program participation. [Learn more here.](#)

This program addresses six key elements:

- **District Policy, Leadership and Coordination:** School districts develop strong and comprehensive policies and requirements that impact the school nutrition environment.
- **Coordination of Nutrition Ed and Food Services:** School districts increase cross-departmental collaboration among nutrition education and food services, as well as identify community partnerships for food access for families.
- **Academic Integration:** School districts integrate nutrition education into health education and core subjects to increase student learning and real-life applicability.
- **Evidence-based Curricula:** A cohort of up to 10 schools receive one-on-one support and funding to ensure all students receive comprehensive nutrition education utilizing an evidence-based curriculum.
- **Experiential Learning:** Schools receive one-on-one support and funding to provide hands-on experiences to students to enhance nutrition instruction.
- **Family-School Partnerships:** AFHK's Family Connectors engage families and community partners to support healthy eating at school and home.

Development of strong family-school partnerships is a key aspect of AFHK's systematic approach. AFHK hires a trusted adult from the community to serve as a Family Connector for each of the schools in the cohort (5 schools in Year 1 and 5 schools in Year 2). This individual provides parents/caregivers with tools, learning sessions, and coaching to support healthy eating at school and home and collaborates with school staff to increase their ability to engage parents and families in nutrition-related activities. Family Connectors bring parents/caregivers and school staff together to enhance students' nutrition and

build strong and sustainable family-school partnerships that can support all aspects of kids' health, well-being, and education over the longer-term.

District Eligibility and Requirements

AFHK believes zip code should not determine a child's health or educational outcomes. Therefore, districts with a demonstrated need and lack of resources receive funding priority. AFHK utilizes its District Equity Index, which includes metrics related to poverty, race, population density, student disabilities and per pupil expenditures, to acknowledge characteristics that may result in health and educational disparities and guide grant decision making.

Districts located throughout the U.S. are invited to apply for a grant. For the 2022-2023 school year, districts located in and around the following communities may receive priority: Los Angeles, CA | Fort Morgan, CO | Dallas, TX. For questions about your district's eligibility or likelihood of funding, email ContactUs@ActionforHealthyKids.org.

Grant applications must be submitted by a district-level representative. Districts must complete a grant application via the [MyAFHK Portal](#). Paper applications will not be accepted.

Grantee districts must formally commit to a partnership with AFHK by signing a memorandum of understanding (MOU) prior to receiving grant funds. Additionally, each of the schools in the 10-school cohort must sign a MOU to receive funding and support. At the end of Year 1, the district and its cohort schools must re-sign an MOU that includes an action plan and budget for Year 2.

Grant Deliverables

AFHK requires the following collaborative efforts as part of this grant funding:

Year 1 (22-23 School Year)

Summary: In Year 1, AFHK works with district partners to grow their capacity to build a systematic approach to school nutrition, by assessing and developing strategies to strengthen nutrition policies, enhancing coordination among food services and nutrition education staff, and improving district-wide systems that support evidence-based curricula, family engagement, academic integration, and experiential learning. Additionally, AFHK provides funding and support to a cohort of 10 schools to enhance nutrition education and promotion and access to school meals. An AFHK Family Connector will work with 5 of these 10 schools to improve collaboration around nutrition among school staff and parents/caregivers.

- **General:**
 - District-level staff participate in monthly meetings with your designated AFHK Project Coordinator and Family Connector.
- **District School Health Advisory Council:**
 - District-level staff develop, expand, or maintain a District School Health Advisory Council of at least five (5) people that is inclusive of staff from areas that impact food services and nutrition education and promotion.
- **District Policy and Systems:**

- District-level staff share health and wellness-related policies and wellness organizational charts with AFHK for review and analysis.
- District-level staff work with AFHK to develop an action plan to improve existing policies and enhance coordination among departments based on AFHK’s review and analysis.
- **Schools-Level Best Practice Implementation**
 - District-level staff work to ensure at least 75% of schools in the district complete AFHK’s School Health Index by October 31, 2022 to determine baseline alignment with policy and use of best practices. AFHK will provide school-level data to the district and an aggregate report summarizing the results.
 - District-level staff work with AFHK to identify a cohort of 10 schools to receive funding and support to become *NourishEd* hubs (as measured by the School Health Index) by the end of the two-year partnership. Schools in the cohort will use the results of their School Health Index to guide programmatic activities each year. [See Appendix A for details on school expectations and deliverables.](#)
- **Family-School Partnerships:**
 - District-level staff work with AFHK to identify 5 schools in the 10-school cohort that are ready to engage in family-school partnerships. Each partner district will receive a Family Connector, who will work with these schools during 22-23 to provide additional support through family engagement events and ongoing coaching for parents/caregivers and school staff.
- **Learning Sessions:**
 - District-level staff promote required and optional learning sessions to parents/caregivers, schools and districts that cover topics such as grant partnership expectations, District School Health Advisory Councils, family-school partnerships and nutrition education and promotion and school meal policy and best practices. Most sessions will be available to complete on-demand in AFHK’s Learning Management System.
- **Social-Emotional Learning Program Implementation:**
 - District-level staff promote teacher training and implementation of AFHK’s *ConnectEd* curriculum package. In Year 1, schools district-wide use *ConnectEd* 365, a collection of easy-to-use activities and resources that support daily social-emotional learning practices from mindful awareness and restorative practices to observances and celebration.
- **Evaluation:**
 - District pre/midterm/post survey (completed by primary district-level grant contact)
 - School cohort pre/post survey (completed by primary school-level grant contact)
 - District-level stakeholder focus groups (March – April 2023)
 - Family surveys in identified cohort of schools (April – May 2023)
 - Student surveys in identified cohort of schools (April – May 2023)
 - Provide information as needed to support AFHK in the writing of a success story

Year 2 (23-24 School Year)

Summary: In Year 2, AFHK works with district grantees to continue and build upon the work accomplished together in Year 1. The AFHK Family Connector continues to work with the 5 schools identified during Year 1, adding an additional 5 schools from the 10-school cohort to improve collaboration among school staff and parents/caregivers in support of healthy eating at school and at

home. Finally, AFHK works with schools and districts to support expansion of community partnerships that support healthy food access. [See Appendix B for more information about Year 2 deliverables.](#)

Summary of Key Dates

Date	Activity
July 15, 2022	<i>NourishEd</i> District Partnership Grant applications due
July 30, 2022	Award notifications sent to districts (declined, awarded)
August 31, 2022	District Memorandum of Understanding due
	Districts submit wellness policies (and other relevant policies based on funded program) and wellness organizational charts for review
August - September 2022	Family Connectors recruited, hired and trained (one in each district). If support is needed, district supports AFHK in identifying potential Family Connector(s).
August – October 2022	Schools district-wide complete School Health Index.
August – December 2022	Districts identify cohort of 10 schools based on School Health Index results.
Friday, December 16, 2022	District submits Midterm Check-in Report, including at least five (5) photos or videos.
August 2022 – May 2023	Districts, schools and families participate in asynchronous and synchronous learning sessions and receive ongoing technical assistance from AFHK staff and Family Connectors.
January 2023	Each school within the cohort submits a plan and budget for how they will improve upon School Health Index results as it relates to nutrition education instruction and experiential learning.
January – May 2023	Schools district-wide use ConnectEd 365.
March – April 2023	District-level staff participate in focus group.
April – May 2023	Family surveys in identified cohort of schools.
	Student surveys in identified cohort of schools.
Friday, May 26, 2023	District submits Final Report.
	Schools submit Final Report, including at least 5 photos/videos.

Contact Information

Your AFHK State or Project Coordinator is available to help you navigate the application process. [See this resource](#) for whom to contact based on your location. If unsure who your designated State or Project Coordinator is, email us at ContactUs@ActionforHealthyKids.org. [Appendix A](#)
Expectations of Schools Participating in 10-School Cohort: Year 1 (22-23 School Year)

- Designate a school contact to serve as the point of contact for Action for Healthy Kids.
- Establish or maintain a 5-member school health team that is representative of the school and the families or community served, and includes key members such as administrators, classroom teachers, physical education teacher, food service staff, parents/caregivers, school health professionals, community members and students.
 - Ensure at least one parent/caregiver is a member of the team.
- Meet with AFHK on a monthly basis for project support and updates.
- Promote school staff and parent/caregiver in attending learning sessions that cover topics such as family-school partnerships, nutrition education and promotion and school meals. Most sessions will be available to complete on-demand in AFHK's Learning Management System.
- Support and encourage completion of the Family-School Partnership Assessment by school staff and parents/caregivers to capture perspectives on the current state of family engagement at the school.
- Submit an application that includes an outline of the school's proposed project plan to enhance nutrition education and promotion or increase participation in federal school meal programs.
- For schools enhancing nutrition education and promotion:
 - PK-8: Implement an evidence-based nutrition education classroom curriculum in all grades
 - 9-12: Implement nutrition education/health eating topics as part of health education
 - Implement at least one experiential learning initiative to expand nutrition education outside of the classroom curriculum.
 - Provide information to students and parents on the importance of nutrition and its connection to social-emotional health.
 - Expected Outcomes:
 - Increase at least one of the following for students:
 - Nutrition education minutes; and/or
 - Percentage of students participating in nutrition education and promotion programming initiatives.
 - Increase student knowledge, attitudes and behaviors related to healthy eating.
 - Improve student self-awareness, self-management, social awareness, relationship skills and/or responsible decision making as a result of making the connection between nutrition and social-emotional learning.
 - Increase implementation of comprehensive nutrition education and promotion best practices, including engaging parents/caregivers at various levels (e.g. leadership roles, volunteer opportunities, information sharing), as measured by AFHK's School Health Index.
- For schools increasing participation in federal school meal programs:
 - Enhance an existing federal school meal program OR implement one (1) new federal school meal program in grades PK-12, including alternative school breakfast (e.g. breakfast in the classroom, grab and go to the classroom), school lunch, after school meals, or summer meal programming to increase Average Daily Participation (ADP) in federal school meals in schools district-wide.
 - Provide information to students and parents on the importance of nutrition and its connection to social-emotional health.
 - Expected Outcomes:

- Increase average daily participation (ADP) in the National School Lunch Program, School Breakfast Program, Child and Adult Care Food Program (at-risk meals and snacks) or Summer Food Service Program/Seamless Summer Option.
 - Improve student self-awareness, self-management, social awareness, relationship skills and/or responsible decision making as a result of making the connection between nutrition and social-emotional learning.
 - Increase implementation of comprehensive nutrition education and promotion best practices, including engaging parents/caregivers at various levels (e.g. leadership roles, volunteer opportunities, information sharing), as measured by AFHK’s School Health Index.
- Join the celebration during *Every Kid Healthy Week* by hosting a family-friendly health-promoting in-person or virtual event during or around *Every Kid Healthy Week 2023*.
- Complete required grant reporting:
 - Complete AFHK’s School Health Index in the [MyAFHK Portal](#). by September 30, 2022.
 - Submit 2 photos or videos at midterm (December 2022) and 3 photos or videos at final (May 2023) via AFHK’s [Digital Asset Management System](#).
 - Submit your Every Kid Healthy Week event plans by April 2023 in the [MyAFHK Portal](#).
 - Submit final report by May 26, 2023 in the [MyAFHK Portal](#) to share project results.

Appendix B

Expectations of Schools Participating in 10-School Cohort: Year 2 (23-24 School Year)

Summary: In Year 2, AFHK works with district grantees to continue and build upon the work accomplished together in Year 1. The AFHK Family Connector continues to work with the 5 schools identified during Year 1, adding an additional 5 schools from the 10-school cohort to improve collaboration among school staff and parents/caregivers in support of healthy eating at school and at home. Finally, AFHK works with schools and districts to support expansion of community partnerships that support healthy food access.

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 - District-level staff work with AFHK to implement the action plan developed in Year 1 to improve existing policies and enhance coordination among departments based on AFHK’s review and analysis.
- **Schools-Level Best Practice Implementation**
 - District-level staff work to ensure at least 75% of schools in the district complete AFHK’s School Health Index by May 31, 2024 to measure alignment with policy and use of best practices. AFHK will provide school-level data to the district and an aggregate report summarizing the results.

- Schools in the 10-school cohort work to increase participation in schools meals and/or enhance nutrition education and promotion.
- **Family-School Partnerships:**
 - Family Connectors continue to work with the 5 schools from Year 1 to provide tools, learning sessions and ongoing coaching for parents/caregivers and school staff around family-school partnerships.
 - Family Connectors begin to work with the additional 5 schools in the 10-school cohort to provide support through family engagement events and ongoing coaching for parents/caregivers and school staff.
- **Learning Sessions:**
 - District-level staff promote required and optional learning sessions to parents/caregivers, schools and districts that cover topics such as grant partnership expectations, District School Health Advisory Councils, family-school partnerships and nutrition education and promotion and school meal policy and best practices. Most sessions will be available to complete on-demand in AFHK's Learning Management System.
- **Social-Emotional Learning Program Implementation:**
 - Schools district-wide implement AFHK's *ConnectEd* curriculum package, which includes lessons, activities and resources to support daily social-emotional learning practices.