

Health<sup>Y</sup>  
at  | FOOD • BODY • LIFE

**2013  
Healthy Campus  
Grant Application**

**in cooperation with  
the Texas Education Agency  
and ACTIVE Life**



**Helping Here.**

## **Purpose**

The H-E-B Excellence in Education Healthy Campus grant is designed to assist school campuses with resources and funding to increase health and nutrition education for their students. Grant monies are awarded to develop, implement and improve activities and programs centered around the three pillars of H-E-B's statewide health improvement effort; Food, Body and Life. Grants should include at least one component from each of the three areas (review criteria for examples

## **Eligibility**

All public and private schools pre-K - 12 currently located in the H-E-B service area are eligible to apply. Schools located within 60 miles of an H-E-B or Central Market store are considered in the H-E-B service area.

## **Criteria**

***Grants should include a minimum of one program or activity from each of the three areas.***

Examples include, but are not limited to:

### **Food**

- Nutrition education woven throughout the curriculum.
- Improvement/enhancement of the school lunch, breakfast and after-school snack program with a focus on the consumption of fresh fruits and vegetables, low-fat or non-fat dairy and non-sugary beverages.
- Innovations in the school vending program.

### **Body**

- Incorporation of physical activity throughout the school day.
- Enhancement of physical education classes/programs and extracurricular activities.
- Programs/classes that encourage participation from parents and staff. (i.e. walking clubs, Zumba classes, etc.).

### **Life**

- Screening activities such as Fitness Gram that encourage students to "know their numbers."
- Implementation of a "Health Risk Assessment" for children.
- Programs or activities that enhance or build emotional well-being, self-esteem and life skills.
- Programs or activities that promote proper oral care, drug or alcohol prevention, asthma prevention, etc.
- Nutrition education, weight management and Diabetes classes for parents and staff.

## **Evaluation Process**

All applications will be screened and scored by a team of professional readers. Grant recipients will be selected by a panel of judges comprised of community leaders, nutritionists and fitness experts. The panel will select 12 grant recipients each year based on information provided in the application

## **Grant Money**

The grant recipients will be announced in January 2013. Each recipient will receive a three year grant in the amount of \$15,000 with a payout of \$5,000 per school year beginning in January of 2013. By the end of February 2013, all grant recipients must activate their school profiles on the ACTIVE Life School Health Platform and post a blog announcing their grant award. Before the year two payment can be made, all grant recipients must post at least 3 photos and 3 blog posts to their ACTIVE Life school profiles, all of which must document the project funded by the grant award. Grant money is to be allocated to the implementation of a new health and fitness program or the enhancement of a current program or activity as previously specified.

## Examples of Improper Use of Grant Money

- Athletic team equipment or uniforms
- Athletic equipment that is not available for all students to use
- Athletic travel expenses

## Application Guidelines

If you are mailing your application rather than completing it online, please follow the instructions below:

- Use no more than one page (8.5" X 11") to answer each question.
- Type your campus name at the top of each page.
- Use no smaller than 10 pt. type and no less than 1.5" line spacing
- Please retain a copy of the application for your records, as materials will not be returned.
- Applications must be postmarked by November 9, 2012.

**Please submit your completed application to:**

**H-E-B Excellence in Education  
6929 Airport Blvd., Suite 176  
Austin, TX 78752**

Once your application has been received, you will be notified via e-mail. Please allow 3-5 days for processing.

## Professional Questions (essays)

***We believe that there are three important pillars to an individual's overall health and wellness—FOOD, BODY and LIFE. Please refer to the previous examples and answer the following questions keeping these three pillars in mind. Again, your program must include a component from all three areas in order to be considered.***

### **Food**

Describe programs or initiatives your campus would like to implement or expand to educate children, parents, and staff on the importance of healthy eating. Include ways the school will encourage healthy food choices in the cafeteria and through nutrition services. Give specific details about how each group (children, parents, and staff) will be reached.

### **Body**

Describe programs or initiatives your campus would like to expand or implement to educate children, parents, and staff on the importance of physical activity. Please do not include regular sports activities like football, cheerleading, volleyball, etc. Instead, include ways the school will encourage overall fitness beyond traditional sports. Provide specific details about how each group (children, parents, and staff) will be reached.

### **Life #1**

Describe new or existing programs on your campus that encourage students, parents, and staff to live healthy lifestyles and make healthy choices. Provide specific details about how each group (children, parents, and staff) will be reached.

### **Life #2**

Describe new or existing programs on your campus that include screening activities for students to identify any health issues and notify parents of health concerns.

***Please answer the questions below detailing how support from key stakeholders will benefit your program.***

**Staff Involvement**

How will you involve the school administrators, teachers, and staff in these programs? How will you motivate and prepare them to lead by example?

**Community Involvement**

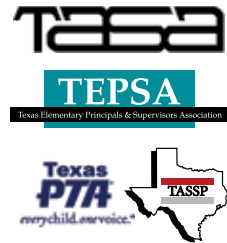
Please list any health and fitness organizations or local businesses that you will be partnering with on these initiatives. Include the roles and expectations of each partner.

**Self - Evaluation**

Describe in detail your plan to measure results and key outcomes from your program(s). Please be specific about the measurements that will be used to determine success and how you plan to utilize that information in the future.

**HEALTHY GRANT  
APPLICATION FORM**

type or clearly print your answers.



Date: \_\_\_\_\_

School Name: \_\_\_\_\_

Type of School: \_\_\_\_\_

Principal's Name: \_\_\_\_\_

Dr. \_\_\_\_ Mr. \_\_\_\_ Mrs. \_\_\_\_ Ms. \_\_\_\_ Principal Signature: \_\_\_\_\_

Principal signature required.

Address: \_\_\_\_\_

Street

City

State

Zip

Phone: ( ) \_\_\_\_\_ E-mail Address: \_\_\_\_\_

School District: \_\_\_\_\_

UIL Rating:

TEA District Rating Small District (1A, 2A or 3A): \_\_\_\_\_ Large District (4A or 5A): \_\_\_\_\_

Classification: \_\_\_\_\_ Urban \_\_\_\_\_ Suburban \_\_\_\_\_ Rural \_\_\_\_\_

Current Campus Enrollment: \_\_\_\_\_

Demographic breakdown of the student population: \_\_\_\_\_

**Application Completed by:**

Name: \_\_\_\_\_

Title: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

Once your application has been received, you will be notified via email. Please allow 3-5 days for processing.