



2013 MINI-GRANTS TO SUPPORT HEALTHY BEHAVIORS

Suit your interests and needs

- ◆ **Healthy Choices Mini-grant**
- ◆ **Amazing Body Tour Videos**
- ◆ **Chefs Move to Schools Mini-grant**
- ◆ **Students Taking Charge Mini-grant**

SD Team Nutrition approaches to tackling today's health issues...

1. Challenge schools, child care, and out of school time programs to evaluate what is offered, advertised, and modeled to students including what is offered in meal programs, a la cart, vending, school stores, and concessions, and fundraising.
2. Encourage and motivate youth to make healthy choices and be physically active through fun events and nutrition education.
3. Encourage parents and other community members to get involved, become educated and become good role models through creative and innovative methods.

Deadlines vary for fall 2012

Download forms and details at

<http://doe.sd.gov/cans/teamnutrition.asp>

HEALTHY CHOICES MINI-GRANT (\$750, Due Sept. 30)

- ◆ Review concessions and vending offerings and plan to make changes to offer healthy choices.
- ◆ Funds to implement Munch Code resources from Coordinated School Health and Department of Health
- ◆ Use a team approach among parents, associations, and administrators to review choices and evaluate nutritional value
- ◆ Plan how to market the new choices



AMAZING BODY TOUR AND \$125 STIPEND (Continuously while funds last.)

- ◆ Plan an event or series to show 11 animated video segments on the human body and how food is used in the body to 1st thru 4th grades
- ◆ Support learning about MyPlate with a tasting table
- ◆ Evaluate children's learning and access additional lessons if desired

CHEFS MOVE TO SCHOOLS MINI-GRANT (\$500, Due Sept. 30)

- ◆ Host a chef or professional cook at a school event with parents and children
- ◆ Provide demonstrations on nutritious meals and snacks
- ◆ Plan and test recipes for school breakfast or lunch
- ◆ Include interactive learning stations from the Family Nutrition Adventure Tool Kit
- ◆ Introduce new meal patterns for school lunch to parents and children

STUDENTS TAKING CHARGE (\$750, Due August 30)

- ◆ Student leaders assess the nutrition environment and plan improvements
- ◆ Middle and High School teams, classes or organizations with a project director
- ◆ Review district wellness policy