



## **Fuel Up to Play 60 Micro-Grant Application**

*an Texas Action for Healthy Kids Team Grant Program  
made possible by the National Dairy Council*

**Application Deadline:** December 1, 2009

If you have any questions about the grant application, please contact Nan Cramer, 713/664-1180, [cramern@dairymax.org](mailto:cramern@dairymax.org)

**Application Criteria:** Schools applying for up to \$500 in funding through the *Fuel Up to Play 60* Grant must meet the following criteria:

- Be enrolled in the *Fuel Up to Play 60* program (Enrollment is free, and any U.S. school can enroll online at [www.FuelUpToPlay60.com](http://www.FuelUpToPlay60.com))
- Watch the *Introduction to Fuel Up to Play 60* module at [http://www.futpforms.com/training\\_center/base.php](http://www.futpforms.com/training_center/base.php)
- Identify an adult Program Advisor(s) to oversee implementation of the *Fuel Up to Play 60* program
- Form a School Team of students to implement the *Fuel Up to Play 60* program (recommended minimum core team: 10 students)
- Hold a *Fuel Up to Play 60* Kickoff Event (see the “Kicking Off *Fuel Up to Play 60*” training module for more information)—consider using Action for Healthy Kids/National Football League Mini ReCharge! For more information visit [www.ActionForHealthyKids.org](http://www.ActionForHealthyKids.org)
- Consider completing the online *Fuel Up to Play 60* School Wellness Investigation (SWI) to gather school wellness data to inform the school’s plan. (Note: The SWI was adapted from the Massachusetts Action for Healthy Kids’ “Students Taking Charge” program and the CDC’s School Health Index.)
- Make a preliminary selection of one Healthy Eating program and one Physical Activity program and a target date for launching them in school. **Note: your Healthy Eating program must include all categories of Food Groups to Encourage (fruits, vegetables, whole grains and low fat and non fat dairy foods.**
- Consider how to use the grant monies to support student led physical activity and healthy eating action strategies.

**Fax or email completed application to:**

Nan Cramer  
FAX 713/664-3240  
[CramerN@dairymax.org](mailto:CramerN@dairymax.org)

## SCHOOL AND SCHOOL TEAM INFORMATION

School name:  
District name:  
State:

**Person completing this grant application on behalf of your school:**

Name:  
Job Title:  
Phone:  
Email address:

**Please provide the following information about your *Fuel Up to Play 60* School Team.**

**Lead Program Advisor:**

Name:  
Job Title:

**Additional Program Advisor(s) (if any):**

Name:  
Title:

Name:  
Title:

**How many students are on your *Fuel Up to Play 60* School Team? (please provide counts by grade level)**

\_\_\_\_\_ # 4<sup>th</sup> grade students  
\_\_\_\_\_ # 5<sup>th</sup> grade students  
\_\_\_\_\_ # 6<sup>th</sup> grade students  
\_\_\_\_\_ # 7<sup>th</sup> grade students  
\_\_\_\_\_ # 8<sup>th</sup> grade students  
\_\_\_\_\_ # 9<sup>th</sup> grade students  
\_\_\_\_\_ # 10<sup>th</sup> grade students  
\_\_\_\_\_ # other grade level students (please specify level(s) \_\_\_\_\_)

Total number of students on your School Team at this time = \_\_\_\_\_

**How many students are there in your school for each of the grades below?**

\_\_\_\_\_ # 4<sup>th</sup> grade students  
\_\_\_\_\_ # 5<sup>th</sup> grade students  
\_\_\_\_\_ # 6<sup>th</sup> grade students  
\_\_\_\_\_ # 7<sup>th</sup> grade students  
\_\_\_\_\_ # 8<sup>th</sup> grade students  
\_\_\_\_\_ # 9<sup>th</sup> grade students  
\_\_\_\_\_ # 10<sup>th</sup> grade students  
\_\_\_\_\_ # other grade level students (please specify level(s) \_\_\_\_\_)

**How were the students on your *Fuel Up to Play 60* School Team selected?**

School Team is a pre-existing student organization or club (e.g., Student Council, DECA, etc.)

Name of organization/club? \_\_\_\_\_

**OR**

Individual students joined School Team (i.e., Team did not exist prior to *Fuel Up to Play 60*)

*If individual students, what process did your school use to form the team?*

- Students were recommended/nominated by Program Advisor or other adult in school
- Students volunteered to participate
- Students were elected by other students

**OR**

Students were selected in a different way

Please explain: \_\_\_\_\_

**Based on your School Wellness Investigation results (where applicable), what are three areas in which your school has room for improvement?**

- 1.
- 2.
- 3.

**HEALTHY EATING AND PHYSICAL ACTIVITY PROGRAMS**

**Which Healthy Eating Action Strategy is your School Team planning to implement?** *(A complete list of recommended Action Strategies will be available October 15 at [www.FuelUpToPlay60.com](http://www.FuelUpToPlay60.com). Schools may select one of these to implement, or design their own. Note that all Healthy Eating programs **must include** all categories of the Food Groups to Encourage (low-fat and non-fat milk and milk products, fruits, vegetables, and whole grains).*

(choose one)

- Grab-n-Go Breakfast**
- A Hero's Breakfast**
- Breakfast in the Classroom**
- Breakfast Picnic**
- Taste Test Breakfast**
- Menu Makeover**
- Cafeteria Culture**
- A Little Paint Can Go a Long Way**
- In the "Hot" Seat**
- Plenty of Time ... to Eat?**
- Milk Mustache Booth**
- How Many Can You ...?**
- Point-of-Purchase Promo**
- If You Ask Them, They Will Eat**

- Vending Revamp
- Taste a Rainbow
- Taste Test Days
- Salad Bar Tryouts
- Build Your Own Shake-Up
- Recipe Contest
- Super Bowl Party

**Which Physical Activity Action Strategy is your School Team planning to implement?** (Note: A complete list of recommended Action Strategies will be available October 15 at [www.FuelUpToPlay60.com](http://www.FuelUpToPlay60.com). Schools may select one of these to implement, or design their own.)

- School-Wide Walk It! Club
- Pre-Class Lap Run
- Walk/Bike to School Program
- You'll Love Yoga
- Learning the Moves
- Action for Healthy Kids/NFL Mini ReCharge! Program
- Create Your Own Fitness Center
- Activity Zones
- After-school Drills and Skills
- Culture Dance Club
- Family Fitness Challenge
- Get Into Intramurals
- In-Class Physical Activity Breaks
- Monthly Physical Activity Challenge
- Stop and Go Signs
- Lunch Break
- NFL FLAG Football
- NFL Player Challenges
- NFL Play 60 Challenge
- NFL Play 60 Model Teachers
- Fitness Fire Drills!

**When do you expect your School Team to conduct your Healthy Eating Action Strategy (minimum four weeks)?**

From [date] to [date]  
 \_\_\_\_\_  
 Not sure yet

**When do you expect your School Team to conduct your Physical Activity Action Strategy (minimum four weeks)?**

From [date] to [date]  
 \_\_\_\_\_  
 Not sure yet

## KICKOFF

Your Fuel Up to Play 60 Kickoff period is intended to build awareness about the program, your school's involvement, and the benefits – and rewards – of healthy eating and physical activity among students. This Kickoff period should promote your selected healthy eating and physical activity strategies, display your Fuel Up to Play 60 signage, and include a school-wide event and other awareness-building activities designed by your School Team.

When will your Kickoff Event take place?

Please provide a brief description of your planned Kickoff Event (e.g., type/format of event, agenda, activities, stakeholder involvement, etc.).

## USE OF GRANT MONEY

If you receive the \$500 Fuel Up to Play 60 grant, in 200 words or less, how will you use the grant money?

Which of the following types of expenses will you use your grant to fund? (Check all that apply.)

[

| Healthy Eating Program | Physical Activity Program | Overall FUTP60 Support (Planning etc) | Expense type  |
|------------------------|---------------------------|---------------------------------------|---|
|                        |                           |                                       | Foodservice equipment or sports equipment to support Kickoff, HE and/or PA Action Strategies  |
|                        |                           |                                       | Food for Healthy Eating program taste tests (if the goal is to add a new FGTE item – low-fat or fat-free dairy foods, fruits, vegetables, or whole grains - to the school meal line, breakfast program, or vending machine) |
|                        |                           |                                       | Briefing materials for school staff, volunteers, parents, etc.  |
|                        |                           |                                       | Honoraria for celebrities, speakers, experts directly involved (on an ongoing basis) in increasing HE and/or PA in the school, featuring one or more aspects of the school's Fuel Up to Play 60 program                     |
|                        |                           |                                       | Materials to promote Fuel Up to Play 60 within the school or community (may include art supplies, copies, printing, etc.)   |
|                        |                           |                                       | Giveaway items to encourage student involvement   |
|                        |                           |                                       | Postage or printing for parent/community outreach related to the Fuel Up to Play 60 program   |
|                        |                           |                                       | Training and/or professional development with direct relevance to Fuel Up to Play 60 planning and implementation (including training materials or equipment)  |
|                        |                           |                                       | Other<br>-Explain:  |

**ADDITIONAL COMMENTS** (Please provide any additional information that will help the grant reviewers understand how the planning and implementation of Fuel Up to Play 60 is going in your school, including how students and other adults in the building are responding to the program.)

[ ] I agree that if our school is awarded the Fuel Up to Play 60 grant, the money will be used in

compliance with in the Grant Terms and Conditions below.

***Fuel Up to Play 60* Grant  
Terms and Conditions**

- To be eligible for the grant, schools must first identify a Program Advisor(s), form a School Team, schedule a program Kickoff period, select one Healthy Eating program and one Physical Activity program and a target date for launching them in their school, consider how to use the grant monies to support their Kickoff and Healthy Eating/Physical Activity programs, and then complete and submit this grant application form.
- Grant funds may only be used by the participating *Fuel Up to Play 60* school that submits the grant application. Grant funds may not be transferred to another school, institution, or individual without prior written approval of your Action for Healthy Kids State Team.
- Use of grant funds is at the discretion of the school's *Fuel Up to Play 60* Program Advisor(s) working with the School Team and in compliance with any school or district rules governing use of grant funds.
- By applying for and accepting grant money, participating school indicates its intent to conduct the *Fuel Up to Play 60* activities as identified in the grant application form.
- Grantees agree to provide information about use of grant funds if requested by the Action for Healthy Kids State Team.
- All information provided to Action for Healthy Kids in connection with the *Fuel Up to Play 60* Grant Application, including all related communications, is true, correct and complete.
- Grantee will promptly repay to Action for Healthy Kids any portion of the grant funds that was not used for the purposes of *Fuel Up to Play 60* after completion of the program.
- Grantee will maintain complete and accurate records for the program, and will make such records available to Action for Healthy Kids upon request.
- Grantee will not use Action for Healthy Kids grant funds to:
  - Influence legislation;
  - Influence the outcome of any public election or to carry on, directly or indirectly, any voter registration drive;
  - Make any grant to any other individual or organization; or
  - Undertake any activity other than for charitable, scientific or educational purposes.
- Grantee shall obtain advance written approval from Action for Healthy Kids for commercial publication or distribution of all publications or works created, in whole or in part, through the use of Action for Healthy Kids grant funds.