



Funding Opportunities



Network for a Healthy California Sierra Cascade Region Mini Grants: Mini-Grant RFA

Objective: The Collaborative seeks grants with creative approaches to educate CalFresh (Food Stamp) eligible people about nutrition/physical activity. For more information on the grant go to the link below.

To apply go to: <http://www.scnutrition.org/>

Deadline: April 29, 2011



Funding Opportunities For Fuel Up to Play 60 The competitive, nationwide funding program can help your school jumpstart and sustain healthy nutrition and physical activity improvements. At the website below you'll find background information, eligibility and funding guidelines, judging criteria, an online application, and lots of ideas about how to use funds to support your program based on examples from other schools – even step-by-step guidance on how to apply for funds. There will be several application deadlines this year – but the sooner you apply, the sooner your school can be considered for funding to support your Fuel Up to Play 60 program. **Remember:** Your school must be enrolled in Fuel Up to Play 60 for the 2010-2011 school year to be eligible to apply for funds. **Enroll today**

To apply go to: <http://school.fueluptoplay60.com/>

Deadline: June 15, 2011



PEP Grant Applications: *Purpose of Program:* The Carol M. White Physical Education Program (PEP) provides grants to local educational agencies and community-based organizations to initiate, expand and improve physical education for students in grades K–12. Grant recipients must implement programs that help students make progress toward meeting State standards.

To apply go to: <http://www.sparkpe.org/grants/pep-grant-info/>

Deadline: May 13, 2011

USDA New Dietary Guidelines to Help Americans Make Healthier Food Choices and Confront Obesity Epidemic

Dietary Guidelines 2010

Take action on the Dietary Guidelines by making changes in these three areas:

Balance Calories

- ◆ Enjoy your food, but eat less
- ◆ Avoid oversized portions

Foods to Increase

- ◆ Make half your plate fruits and vegetables
- ◆ Switch to fat-free or low-fat 1% milk

Foods to Reduce

- ◆ Compare sodium in foods like soup, bread, and frozen meals. Choose foods with lower numbers
- ◆ Drink water instead of sugary drinks

Screen-Free Week

April 18-24, 2011

Turn off all screens and turn on life!

Why Turn The Screens Off?

Children who spend LESS TIME watching TV and movies, on computers and playing video games are likely to:

- ◆ Improve behavior
- ◆ Eat healthier
- ◆ Be more physically active
- ◆ Read more
- ◆ Increase creativity
- ◆ Get better grades
- ◆ Be less aggressive

For more information about Screen-Free Week go to: <http://www.commercialfreechildhood.org/>