

# 2018 Healthy Out-of-School Time Grant Application

## Introduction

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The National Recreation and Park Association (NRPA) is pleased to announce the availability of grant funds from the Walmart Foundation to support children's health through park and recreation out-of-school time programs. Grants in 2018 will focus on three main programmatic goals:

1. Increasing the number of healthy meals children receive through the Summer Food Service Program (SFSP), the Child and Adult Care Food Program (CACFP) or the National School Lunch Program (NSLP) during out-of-school times;
2. Providing evidence-based nutrition literacy to children and families that creates behavior change, including increased consumption of fruits and vegetables; and
3. Implementing healthy living practices and policies aligned with the evidence-based healthy eating and physical activity standards that increase access to healthier foods and support a healthy environment.

### **Eligibility**

Applicants must:

- Be a local government agency (e.g. municipal park and recreation department, tribal recreation department, park district, community services department, etc.)
- Serve meals/snacks through the SFSP and/or the CACFP or NSLP in 2018 (if you are not sure if you participate in these programs please refer to the [Frequently Asked Questions](#) document)
- Have not received funding from NRPA for a previous healthy out-of-school time grant

Applicants not meeting the above requirements are not eligible for this grant

### **Availability of Funding**

One-year grants in the amount of \$25,000 are available. Matching funds are not required.

### **Use of Funds**

Grant funds will be designated for expenditures that help local park and recreation agencies achieve the stated goals of the program: increase healthy meals served to children; provide evidence-based nutrition literacy to children; and, implement nutrition and physical activity standards.

Examples of eligible expenses include:

- Marketing and promotions within the local community
- Supplies (tables and chairs, for example)
- Food service equipment (heating or refrigeration units, for example)
- Program transportation costs
- Staffing to support program implementation
- Other basic needs to create or expand access to out-of-school nutrition programs

\*Funding cannot be used to purchase food for meal programs. However, grant funds can be used to purchase items needed for nutrition literacy curriculum implementation (some activities may require small amounts of food and ingredients).

**Additionally, NRPA will provide an evidence-based, nutrition literacy curriculum for all agencies to use and implement.**

### **Webinar to Learn More**

NRPA will be hosting a webinar to go over the goals of the grant and frequently asked questions during the RFA period. You'll also have the opportunity to ask questions. To register for the webinar on **Tuesday, February 20th at 2pm ET** [click here](#).

### **Application Due Date**

Applications are due by 11:59PM ET on **Friday, March 16, 2018**. It is anticipated that NRPA will notify applicants by April 6, 2018.

## **Saving your Application**

Please ensure responses are recorded accurately. **You can save your progress and continue at a later time by clicking the "Save and continue later" link at the top of the page. Note: Only completed pages are saved** - please enter a draft answer for each question on the page if you plan to save and return to your work later. The application is available in PDF format to assist in preparation of responses, but the application **MUST** be submitted through this online form. For a PDF copy [please click HERE](#).

## **Definitions**

A **site** is defined as a public park, recreation/community center, or park-led program at another community site implementing an out-of-school-time enrichment program.

**Out-of-school time** is defined as before/afterschool and summer.

## **Questions**

Please refer to our [Frequently Asked Questions](#) document for additional information.

Please contact [outofschoolrfa@nrpa.org](mailto:outofschoolrfa@nrpa.org) with any questions that are not addressed in the FAQ document.

## **Applicant Eligibility**

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1. Are you a local, municipal, regional, or state government agency (e.g., park and recreation department) or federally recognized tribal community? \*

- Yes
- No

## **Section I. Applicant Information**

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2. Applicant Information \*  
(Information about the agency)

Agency Name \*

Federal Identification Number \*

Director \*

Street Address

Apt/Suite/Office

City

State

Zip

Director's Email Address

Phone Number

NRPA Member Number (enter N/A if you are not a member of NRPA)

## Grant Contact Information

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### 3. Grant Application Contact \*

(Who to contact regarding this grant application)

First Name \*

Last Name \*

Title \*

Organization Name \*

Email Address \*

Phone Number \*

## Program Information

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4. What is the age of participants you serve in your out-of-school time (before/afterschool and summer) programs? Please provide a percentage for each to total 100. \*

Infants (birth -2)

Children (3-12)

Teens (13-18)

0 out of 100% Total

5. What race/ethnicity are the participants you serve in your out-of-school time programs? Please provide a percentage for each to total 100. \*

American Indian or Alaskan Native

Asian and Pacific American Islander

African American or Black

Hispanic or Latino

White or Caucasian

Multi-ethnic

0 out of 100% Total

## Section II. Out-of-School Time Programs

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6. Please describe your out-of-school time programs. Do you offer both before/after school and summer programs? Are your programs enrolled or drop-in? How consistent is attendance in your programs? \*

7. How many **total children** did your agency serve through **ALL** out-of-school time (before/after school and summer- not limited to meal program service) programs in 2017? Please provide your total **enrollment number**, counting each child only once. \*  
(During the 2017 calendar year)

8. Please provide your program schedule for 2018. \*

Please list the start and end dates of your summer program  
in 2018:

Please list the start and end dates of your fall program in  
2018:

### Section III. Meal Programs

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9. Does your agency currently provide meals and/or snacks to children through a USDA food service program? \*

- Yes
- No

10. If you do not currently serve meals through a USDA meal program (Summer Food Service Program, Child and Adult Care Food Program, National School Lunch Program), please describe how this funding will help you to start a program at your out-of-school time sites. Have you taken steps to start a program? If yes, please describe the steps you've taken. \*

11. Which USDA food service programs does your agency participate in? Please check all that apply.

\*If you serve meals/snacks that come to your site from another sponsor (school system, food bank, etc.) please verify with the sponsor which meal programs you participate in. For more information on the meal programs, please refer to the FAQ document.

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- Summer Food Service Program (SFSP)
- Child and Adult Care Food Program (CACFP)
- National School Lunch Program (NSLP)

12. Is your park and recreation agency the USDA sponsor of the SFSP? \*

- Yes
- No
- If no, who is the SFSP sponsor?



13. How many **total meals** were served through SFSP (summer) in 2017? \*

Please include all meals that were served through SFSP in calendar year 2017

14. How many **total children** were served meals through SFSP in 2017? \*

Please include all children served through SFSP in calendar year 2017

15. Is your park and recreation agency the USDA sponsor of CACFP? \*

Yes

No

If no, who is the CACFP sponsor?

16. How many **total meals** were served through CACFP (before/after school meals) in 2017? \*

Please include all meals served through CACFP in calendar year 2017

17. How many **total children** received meals through CACFP in 2017? \*

Please include all children served meals through CACFP in calendar year 2017

18. How many **total meals** were served through NSLP (summer, before/afterschool) in 2017? \*

Please include all meals served through NSLP in calendar year 2017

19. How many **total children** were served meals through NSLP in 2017? \*

Please include all children served through NSLP in calendar year 2017

20. At how many meal sites did your agency operate meal programs during out-of-school times (before/after school and summer) in 2017? \*

(During the 2017 calendar year)

21. Describe your agency's food service program and the benefits it provides your community. What challenges exist in meeting the hunger needs of your community? \*  
(500 word limit)

A large, empty rectangular box with a thin black border, intended for the user to write their response to the question. The box is currently blank.

22. How will these grant funds help you to increase the number of meals/snacks served through your out-of-school time programs in 2017? If you do not currently have one, how will these grant funds help you start a meal program during your out-of-school time programming?

\*

(500 word limit)



**Section IV. Nutrition Literacy Implementation**

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### **Nutrition Literacy Implementation**

NRPA will require each grantee to implement a nutrition literacy curriculum in at least 10 sites (or as many as possible if you do not have 10 sites) beginning in Summer 2018 and continuing through afterschool programs in Fall 2018. NRPA will provide a nutrition literacy program to all grantees which is comprised of materials that are free, easily accessible online and based on scientific resources. The program will include interactive nutrition and healthy living learning activities, theme-based "[Foods of the Month](#)," sampling of fruits and vegetables, child-focused activities, and increased family involvement. This program will also include training for staff on how to serve as good role models for children, with respect to their own good nutrition and physical activity.

23. Please describe your agency's experience and interest in implementing a nutrition literacy program. \*

(500 word limit)

24. If your agency does not have 10 out-of-school time sites, you may still apply for a grant. If you have fewer than 10 sites, at how many sites will you implement the nutrition literacy curriculum? \*

25. How many children/staff do you anticipate reaching through implementation of the nutrition literacy curriculum? \*

Child Number:

Staff Number:

## Section V. Commit to Health

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### Commit to Health

NRPA's [Commit to Health](#) initiative is a campaign that supports the implementation and evaluation of [Healthy Eating, Physical Activity \(HEPA\)](#) standards in park and recreation sites across the country. The HEPA standards were created by a national coalition of out-of-school time leaders to create evidence-based, practical values that foster the best possible nutrition and physical activity outcomes for children in grades K-12 attending out-of-school time programs. The HEPA standards have been adopted by many organizations, including NRPA.

**Grantees will be required to Commit to Health and begin to implement the HEPA standards at their out-of-school time sites and work toward adopting a wellness policy at sites** (you will be required to implement five Healthy Eating standards and two Physical Activity standards). NRPA will provide training, technical assistance and resources to your sites throughout this process.

Healthy Eating Standards:

- Serve a fruit or vegetable at every meal
- Serve only foods with no artificial trans fats
- Serve only whole grain-rich products
- Serve only non-fat or reduced fat yogurt and cheese
- Serve only lean meat, skinless poultry, seafood, beans/legumes or eggs
- Serve only packaged snacks or frozen desserts that meet the USDA Smart Snacks in

### School nutrition standards

- Provide plain potable water at all times at no cost to youth and staff
- Serve only plain low-fat milk, plain or flavored nonfat milk or milk alternative limited to 8 fluid ounces per day for elementary school students and 12 fluid ounces per day for middle and high school students
- Serve only 100% fruit or vegetable juice with no added sweeteners or 100% juice diluted with water with no added sweeteners
- Serve no soda, sports drinks or juice drinks to elementary school or middle school students
- Serve no full-calorie soda or full-calorie sports drinks, but may serve diet soda, low-calorie sports drinks or other low-calorie beverages to high school students
- Serve only non-caffeinated beverages

### Physical Activity Standards:

- Dedicate at least 20% or at least 30 minutes of morning or afterschool program time to physical activity and at least 60 minutes for a full day program
- Provide physical activities in which youth are moderately to vigorously active for at least 50% of the physical activity time
- Ensure physical activity takes place outdoors whenever possible
- Do not permit access to television or movies
- Limit digital device time to less than one hour per day and digital device use is limited to homework or activities that engage youth in moderate to vigorous intensity physical activity

### Youth and Family Education:

- Offer evidence-based nutrition education to youth
- Offer evidence-based education materials about nutrition and physical activity to families through pamphlets, newsletters, email blasts or other means

For more information visit <http://nrpa.org/committohealth>

26. Please describe your agency's experience or interest with adopting/implementing healthy eating and/or physical activity standards in your out-of-school time programming. Include any relevant experience with adopting wellness policies at park and recreation sites or within programs. \*

(500 word limit)



**Section VI. Additional Grant Elements**

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27. An important part of helping youth to develop healthy habits is to encourage those habits in the home. Please describe how your agency currently engages parents/caregivers in your out-of-school time programs and how you will engage them in the grant elements around nutrition and physical activity? \*

## Budget

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28. What is the total amount of cash grant funding you are requesting? NRPA anticipates funding 20 grantees in the amount of \$25,000 each. Matching funds are not required.

\*Expenditures that support your out-of-school time programs, such as transportation, equipment, staffing, marketing, supplies, etc. are eligible expenses. The funding cannot be used to purchase food unless part of the nutrition education activities. \*

29. List itemized anticipated expenses to reflect how the amount of funding requested above would be implemented for your out-of-school time programs. **Food is not an eligible expense unless purchased as part of the nutrition literacy activities.**

**Please be sure that the total of expenses equals the amount requested above.**

	Dollar Amount	Description
Expense	<input type="text"/>	<input type="text"/>
Expense	<input type="text"/>	<input type="text"/>
Expense	<input type="text"/>	<input type="text"/>
Expense	<input type="text"/>	<input type="text"/>
Expense	<input type="text"/>	<input type="text"/>
Expense	<input type="text"/>	<input type="text"/>
Expense	<input type="text"/>	<input type="text"/>
Expense	<input type="text"/>	<input type="text"/>
Expense	<input type="text"/>	<input type="text"/>

30. You have the option of uploading a letter from the head of your agency as evidence of their support of this grant application and the adoption of the HEPA standards at your out-of-school time sites. If you would like to include this letter of support, please upload it here.

Browse...

31. Thank you for completing an application for a grant from NRPA. We will contact you if additional information is needed. Are you ready to submit your application? \*

- Yes
- No (click Save or Back)

## **Thank You!**

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Thank you for submitting your funding request. We anticipate that all applicants will be notified of the status of their application by April 3, 2017. Please contact [outofschoolrfa@nrpa.org](mailto:outofschoolrfa@nrpa.org) with any questions. A copy of your completed application will be automatically sent to the email address you provided for the grant application contact. You may now close this web page.