

Healthy Habits for Life Grant Application

The Healthy Habits for Life grant program, created by the Blue Cross and Blue Shield of Kansas Foundation, is offering a total of \$150,000 in grants to assist schools in promoting healthy lifestyle choices to their K-12 students. Grant funds will be distributed by Dec. 12, 2014, and can be used for programs administered during the 2015 calendar year.

Amount Requested \$ \$1,000.00
(Maximum amount is \$1,000)

Section I

Name Mary Vawter Burgett Title Family & Consumer Sciences Teacher

School District No. 434 School Santa Fe Trail High School

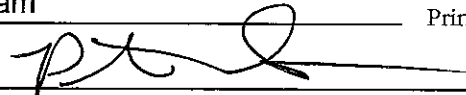
School Street Address 15701 S California Rd City Carbondale State KS ZIP Code 66414

Email Address mburgett@usd434.us County Osage

Work Phone (785) 665-7161 Home Phone (785) 836-7887

Has your school received a Healthy Habits for Life grant in the past? Yes No Not sure

Principal's Name Patrick Graham Principal's Telephone (785) 665-7161

Principal's Signature (required)  Date 10 / 10 / 2014

Section II


Application Process


Grant applications are limited to this application form plus a **maximum** of four additional pages (double-spaced) for a written proposal addressing each of the following areas:

- An overview of a program that encourages a healthy lifestyle that would address at least one of the following:
 - Reduce cardiovascular risk factors
 - Promote physical activity
 - Encourage healthy eating habits
- An outline of well-defined goals to a specific target population of students (sorry, not staff) with appropriate activity
- An illustration that the program is appropriate within the scope of the applicant's work responsibilities
- An explanation indicating how the effectiveness of the program will be measured
- A detailed budget showing how the requested funds will be spent

Section III

Completed applications must be postmarked no later than or received electronically by **Oct. 10, 2014**. Please choose **ONE** of the following methods to submit your application materials:

 Mail: Marlou Wegener
Chief Operating Officer
Blue Cross and Blue Shield of Kansas Foundation
Mailstop 529B4
1133 SW Topeka Blvd.
Topeka, KS 66629-0001

 Fax:
(785) 291-8997

 Email:
marlou.wegener@bcbsks.com

Healthy Habits for Life Grant Application
Santa Fe Trail High School USD 434
Family & Consumer Sciences
Mary Vawter Burgett, FCS Teacher

Program Overview

To provide students with knowledge to grow fresh produce and to learn a variety of healthy ways they can enjoy increased usage of vegetables in their diets.

Teaching students with hands-on experiences in simple gardening skills will peak their interest in tasting vegetables and herbs that they have grown themselves. Healthy eating and seasoning project-based lessons provided to high school students will raise their interest for acquiring and choosing healthy habits that they will continue to use as adults.

This will be promoted in the Family & Consumer Science (FCS) classroom as well as across the curriculum with the Science, Business, Technology, and Construction classes. This program will also partner well with many of the service-based organizations at Santa Fe Trail High School which promote taking better care of our environment and ourselves, in areas such as recycling, re-purposing, composting, energy conservation and waste reduction.

As coordinator of this produce growing initiative, I will be sharing this project with students beyond the FCS classroom.

Goals

Encourage healthy eating habits.

Stimulate increased student interest in eating fresh produce.

To lower students' salt consumption as they learn to season with herbs.

Provide students with knowledge to grow fresh produce from starting seeds to bedding plants.

Teach different ways to grow produce from container gardens to larger open land spaces.

Awareness of simple gardening techniques while providing extended learning opportunities.

Create youth pride and satisfaction gained through the students' work of growing vegetables.

Project's Appropriateness to Applicant's Work Responsibilities

As the Applicant, my professional position is the Family & Consumer Science (FCS) Teacher for USD 434. I am personally and professionally concerned with educating our youth and families about all areas of wellness. The FCS curriculum also provides classroom lab opportunities for food preparation. Students' plants should produce vegetables and herbs to supplement class lab supplies and offer a larger variety of foods. Food production and safety from farm to table is taught in FCS classes. A Healthy Habits for Life Grant would provide the financial support to buy supplies needed to begin seedlings in the classroom, prepare rich garden spaces, and offer a variety of experiences to encourage increased vegetable consumption in the students' personal eating choices.

Measurements of Program's Effectiveness

Students will record their consumption of vegetables in their individual eating patterns.

Number of plants produced from seeds.

Number of surviving transplanted plants.

Progress of plant health and production documented during growing seasons.

Harvest collected from plants.

Food preparation opportunities provided from harvest.

Students' record of family shared experiences as a result of the classroom gardening project.

Compare student and family's vegetable consumption pre- and post-garden project.

Budget \$1000.00

\$460.95 Glow N Grow Light Unit: 2 shelf, lights, portable; Burpee
\$ 79.80 4 Ultimate 72 cell Growing Kits: plant & watering tray, grow cubes, dome; Burpee
\$379.00 Matis Tiller/Cultivator; Matis
\$ 6.97 Miracle-Gro Organic Food Granules; Lowe's
\$ 3.98 Potting Soil: Sta-Green 10-qt; Lowe's
\$ 69.30 14 packages of vegetable & herb seeds chosen by students; Burpee
okra, cucumber, spaghetti squash, chives, oregano, cilantro, basil, rosemary,
tomatoes; grape, beefsteak, roma, peppers; bell, jalapeno, banana