

Shape School Physical Activity and Nutrition Grant Activity Examples

The purpose of the Shape School Physical Activity and Nutrition Grant is to assist schools in creating policy and environmental changes to ensure students are selecting and eating healthier food options and increasing amounts of physical activity throughout the school day. Schools should focus on policy, systems, or environmental change strategies in their proposals to support a lasting healthier school nutrition environment and increase physical activity. Some examples include:

Nutrition

1. Offer training and technical assistance to school nutrition food service professionals to enable them to prepare and serve nutritious meals that appeal to students. For example, provide hands-on training for food service personnel to give them the necessary tools to promote a positive eating environment and build healthy meal preparation skills. Grant funds may be used to provide a trainer chef/nutritionist, stipends, and kitchen tools.
2. Implement a school nutrition policy that supports a positive, healthy food environment. For example, adopt a school district policy that prohibits the use of food and beverages as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as a punishment.
3. Provide fun and interactive nutrition education for children, teachers, parents and other caregivers. For example, create a school learning garden. Learning gardens provide an opportunity to bring science, math, social studies, and language and visual arts to life through hands-on learning. A vegetable garden provides the added reward of valuable nutrition lessons on the importance and joys of eating fresh foods. Funds may be used to purchase curriculum supplies, food taste testing, cooking demonstrations, education materials, and promotional materials.
4. Foster healthier school environments that are conducive to healthy eating. For example, re-designed lunch lines and new signage are a couple of cafeteria changes that will entice and market healthier foods to students. Funds can be used to provide training, purchase signage, conduct activities, and evaluation.

Physical Activity

1. Increase the number of children who receive physical education or physical activity during the school day or while on school property outside of school hours. For example, school districts may adopt and implement a policy that all children in K-8 receive 30 minutes of physical activity during the school day.
2. Create opportunities to increase physical activity in the school for students and/or faculty. For example schools may implement a program such as Power Up for 30.
3. Increase number of students in the healthy fitness zone. For example schools may utilize technology to track and document moderate to vigorous physical activity minutes and to guide PE lesson planning that promotes increased vigorous PE time and improved aerobic capacity outcomes.
4. Implement and evaluate the impact of an approved physical education program for students and/or faculty. For example, schools may implement SPARK, CATCH, Physical Best, or another similar program.

Worksite Wellness

1. Schools that wish to also implement worksite wellness strategies will receive technical assistance around establishing an employee wellness council, completion of Georgia Worksite Wellness Assessment Tool and/or employee needs and interest survey, identifying and creating objectives for focus areas related to employee wellness, implementing activities/programs related to focus areas, and evaluating participation and overall program. Please note that no more than 12 percent of the total award amount may be allocated to employee wellness improvement efforts.