

## **AGENDA ITEM SUMMARY**

**Department:**

## I. EXECUTIVE BRIEF

Recommended By: Audrey R. Norman 6/21/2010  
Department Director Date

Approved By: [Signature] 7/9/10  
Assistant County Administrator Date

## II. FISCAL IMPACT ANALYSIS

### A. Five Year Summary of Fiscal Impact:

Fiscal Years	<u>2010</u>	<u>2011</u>	<u>2012</u>	<u>2013</u>	<u>2014</u>
Capital Expenditures	_____	_____	_____	_____	_____
Operating Costs	<u>\$ 10,000</u>	_____	_____	_____	_____
External Revenues	<u>\$ ( 10,000)</u>	_____	_____	_____	_____
Program Income (County)	_____	_____	_____	_____	_____
In-Kind Match (County)	_____	_____	_____	_____	_____
NET FISCAL IMPACT	* <u>\$ 0</u>	_____	_____	_____	_____
# ADDITIONAL FTE	_____	_____	_____	_____	_____
POSITIONS (Cumulative)	_____	_____	_____	_____	_____

Is Item Included in Current Budget? Yes \_\_\_\_\_ No X  
 Budget Account No.: Fund \_\_\_\_\_ Dept. \_\_\_\_\_ Unit \_\_\_\_\_ Object \_\_\_\_\_  
 Program \_\_\_\_\_

### B. Recommended Sources of Funds/Summary of Fiscal Impact:

### C. Departmental Fiscal Review:

Jean N. McElree

## III. REVIEW COMMENTS

### A. OFMB Budget and/or Contract Dev. and Control Comments:

\* No fiscal impact. No county match required.

N. Davis 7/7/10  
 OFMB/Budget

A. J. Jaworski 7/7/10  
 Contract Development and Control  
 E. Jones 7/8/10

### B. Legal Sufficiency:

Anne Delgent 7/8/10  
 Assistant County Attorney

### C. Other Department Review:

\_\_\_\_\_  
 Department Director

**Audrey Norman**

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**From:** Audrey Norman  
**Sent:** Monday, May 24, 2010 11:38 AM  
**To:** Maisielin Ross  
**Subject:** FW: CONGRATULATIONS! 2010 General Mills Champions for Healthy Kids Awards

Maisie,

Congratulations!

Audrey

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**From:** GenMills Grants (DoNotReply) [mailto:GenMills.Grants@genmills.com]  
**Sent:** Friday, May 21, 2010 4:30 PM  
**Subject:** CONGRATULATIONS! 2010 General Mills Champions for Healthy Kids Awards

## **CONGRATULATIONS!**

Your General Mills Champions for Healthy Kids Youth Nutrition and Fitness proposal has been selected as a 2010 grant recipient! This was a very competitive process with over 1,000 applications. The overall quality of these grant proposals was excellent, making our task of selecting 50 recipients even more challenging. See below for important information regarding your 2010 Champions for Healthy Kids Grant:

### **Compliance & Contact Information**

Later this month, a letter of agreement and a check will be sent to the attention of the Executive Director of the legal named non-profit organization that was listed in your proposal. At that time, we request you return to us the signed agreement letter as verification of receipt of the grant funds. If you have had any changes that require you to decline this grant, please let us know as soon as possible so that one of the other wonderful programs can be funded.

If the Executive Director or Program Contact information has changed, or changes at any time, please e-mail the new contact information to Ruth Barlow at [ruth.barlow@genmills.com](mailto:ruth.barlow@genmills.com).

### **Public Relations**

All of the recipients and their programs will be announced nationally in June. Please be sure and notify your partner organizations as soon as possible. We will be notifying your local press of your program and encourage you to do so as well. This is a wonderful opportunity for you to "champion" the importance of youth nutrition and fitness in your local community. The Champions for Healthy Kids grant is a one-time grant, so it is not too early to start thinking of potential long term funders in your local community. Generating local publicity, as well as keeping the community informed of the outcomes of your program will be helpful in securing support in future years. It will also help youth feel pride in their accomplishments and continue these behaviors after the program is completed.

### **Evaluation**

Your program has been selected as a model for others. For this reason your compliance with the evaluation and willingness to share your findings are imperative. The American Dietetic Association Foundation will be your programmatic contact regarding final evaluations. If you have any questions, you may contact Beth Labrador at (800) 877-1600 ext. 4821, or email Beth at [blabrador@eatright.org](mailto:blabrador@eatright.org).

Congratulations, and thanks again for everything you're doing to improve the nutrition and fitness of our nation's youth!

## **Listing of all 2010 Champions for Healthy Kids grant recipients:**

<b><u>Organization Name &amp; Address</u></b>	<b><u>City</u></b>	<b><u>State</u></b>	<b><u>Project Title</u></b>
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America Scores Bay Area 440 Alabama Street San Francisco, CA 94110	San Francisco	CA	Kids-Fit Futbol
American Indian Center, Inc. 1630 West Wilson Ave. Chicago, IL 60640	Chicago	IL	Positive Paths Healthy Native Kids
Asian Media Access Inc. 3028 Oregon Avenue South Minneapolis, MN 55426	Minneapolis	MN	Positively Healthy You Network (P.H.U.N.)
Boys & Girls Club of Billings & Yellowstone County 505 Orchard Lane Billings, MT 59101	Billings	MT	You Food-n-Fitness
Cedars-Sinai Medical Center 8700 Beverly Blvd. Los Angeles, CA 90048	Los Angeles	CA	Healthy Habits Youth Mentoring Program
Children's Hunger Alliance 370 S. Fifth Street Columbus, OH 43215	Columbus	OH	Healthy Kids, Healthy Communities - Dayton
Children's Museum of Pittsburgh 10 Children's Way Allegheny Square Pittsburgh, PA 15212	Pittsburgh	PA	The Garden
City of Brownsville 1150 East Adams Street Brownsville, TX 78520	Brownsville	TX	Fresh Start
City of Reedley 1717 9th Street Reedley, CA 93654	Reedley	CA	Learning Healthy Habits
Community Action Program of Lancaster County 601 South Queen Street Lancaster, PA 17603	Lancaster	PA	WIC Kids are Fit Kids
Community Groundworks 3601 Memorial Drive Madison, WI 53704	Madison	WI	Garden Fit
Early Learning Charter/Concordia Creative Learning Academy 930 Geranium Avenue East St. Paul, MN 55106	St. Paul	MN	St. Paul Fit4Life!
Educational Alliance, Inc. 197 E. Broadway NY, NY 10002	NY	NY	Nutrition and Fitness Mentorship Program
Fan 4 Kids 731 Park Avenue Suite C Hoboken, NJ 07030	Hoboken	NJ	FAN4Kids Helping reduce child obesity
Farms to Grow, Inc. P.O. Box 10504 Oakland, CA 94610	Oakland	CA	This is How My Garden Grows-Nutrition for Life
Forest Hill Elementary 2005 Francais Drive Shreveport, LA 71118	Shreveport	LA	Students Learning Active Movements (SLAM)

Genesis Home 300 North Queen Street Durham, NC 27701	Durham	NC	High Five!
Girard College Development Fund 2101 South College Avenue Philadelphia, PA 19121	Philadelphia	PA	Children's Wellness Initiative
Gloucester County Board of Agriculture 1200 North Delsea Drive Clayton, NJ 08312	Clayton	NJ	The From Our Farms Wellness Initiative for School & Community
Greater Providence YMCA 371 Pine Street Providence, RI 02903	Providence	RI	Y on the Move
Hannah and Friends 51250 Hollyhock Road South Bend, IN 46637	South Bend	IN	Health Ability Jams
Henrico County Public Schools P.O. Box 23120 Henrico, VA 23223	Henrico	VA	Girl's Ambassador for Life
Idea Public Schools 505 Angelita Drive Suite 9 Weslaco, TX 78596	Weslaco	TX	Bright Idea: Keeping Kids Healthy
Inola High School P.O. Box 789 801 East Commercial Inola, OK 74036	Inola	OK	Growing a Path to Wellness in Inola, OK
Korean American Association of Greater Philadelphia, Inc. 6101 Rising Sun Ave. Philadelphia, PA 19111	Philadelphia	PA	America My Country Youth Fitness and Nutrition Project
Marion County Children's Alliance 3482 NW 10th Street Ocala, FL 34475	Ocala	FL	Get Fit Ocala
National Indian Youth Leadership Development Project, Inc. 800 Gold Ave. SW Gallup, NM 87102	Gallup	NM	Ground Work-Creating a Culture of Health and Fitness with Native American Youth
Neighborhood Health Clinics, Inc. 1717 South Calhoun Street Fort Wayne, IN 46802	Fort Wayne	IN	HAPPY (Healthy, Active, Playful, Physical, Youthful)
Palm Beach County Cooperative Extension Service 559 N. Military Trail West Palm Beach, FL 33415	West Palm Beach	FL	Power Up Guys
Pioneer Memorial Hospital 1201 NE Elm Street Prineville, OR 97754	Prineville	OR	Crooked River Kids Garden for Life
Pocono Services for Families and Children, Inc. 212 West 4th Street East Stroudsburg, PA 18301	East Stroudsburg	PA	Children's Health Education & Wellness (CHEW)

Private Industry Council of Westmoreland Fayette, Inc. 219 Donohoe Road Greensburg, PA 15601	Greensburg	PA	Head Start/Early Head Start of Fayette County
San Diego Family Care 6973 Linda Vista Road San Diego, CA 9211	San Diego	CA	Un Programa Para Preventir La Obesidad Infantil
Shape Up Rhode Island 150 Chestnut Street Providence, RI 02903	Providence	RI	Walk the World
Sierra Dove Global Association 411 Fort Stanton Road Alto, NM 88312	Alto	NM	Eating Smart Wellness Program
Smart Start of New Hanover County 3001 Wrightsville Ave. Suite B Wilmington, NC 28403	Wilmington	NC	Early Care and Education of Smart Start of New Hanover County
South Dakota State University Foundation 815 Medary Avenue Box 525 Brookings, SD 57007-0499	Brookings	SD	KidQuest Teens as Teachers
St. Stephens Indian School 120 Mission Road St. Stephens, WY 82524	St. Stephens	WY	Optimize brain Power through Exercise and Nutrition (OPEN)
Sunbelt Human Advancement 652 Rutherford Road Greenville, SC 29609	Greenville	SC	Healthy Parents and Children Together (PACT)
The Boys & Girls Clubs of the Northtowns of WNY, Inc. 54 Riverdale Avenue Buffalo, NY 14207	Buffalo	NY	Kids Cafe/Triple Play
The House, Inc. 14000 Crown Court Suite 105 Woodbridge, VA 22193	Woodbridge	VA	Fitting In
Tri-County Health Department 7000 East Belleview Suite 301 Greenwood Village, CO 80111-1628	Greenwood Village	CO	Nutrition Division at Tri-County Health Department
University of Toledo Foundation 2801 W. Bancroft Street MS 319 Toledo, OH 43606-3395	Toledo	OH	Health Science Campus/Dept of Public Health Fit Club
Work of Faith Community Outreach Development Corporation 4355 Paul Street Philadelphia, PA 19124	Philadelphia	PA	Faithfully Fresh Mobile Community Produce Market
YMCA of Fanwood - Scotch Plains 1340 Martine Ave. Scotch Plains, NJ 07076	Scotch Plains	NJ	Tween Triathlon Camp/Training
YMCA of Greater Long Beach 525 East 7th Street Long Beach, CA 90813	Long Beach	CA	Student Assets for Fitness Education (SAFE)

YMCA of Greater Salt Lake Area 3098 S. Highland Drive Suite 440 Salt Lake City, UT 84106	Salt Lake City	UT	Strong Kids Club
YMCA of Greensboro, Inc. 1101 East Market Greensboro, NC 27401	Greensboro	NC	Hayes Taylor Memorial YMCA
Youth First, Inc. 1533 Northview Drive Greenville, MS 38703	Greenville	MS	Creating Healthy and Active Youth
Zuni Youth Enrichment Project P.O. Box 909 Zuni, NM 87327	Zuni	NM	Wellness and Health in Zuni (WHIZ)

**\*THIS EMAIL ACCOUNT IS FOR OUTGOING COMMUNICATIONS ONLY – WE WILL NOT RESPOND TO CORRESPONDENCE SENT TO THIS EMAIL ADDRESS\***



## General Mills Champions for Healthy Kids Grant Application

[My Organization](#)[My Grants](#)[Log Out](#)

Organization Name:\*

If you are part of a coalition, please list the organizations  
and a description of their roles.

Web Address:

Street Address:\*

City:\*

State:\*

Postal Code:\*

Phone:\*

Fax:

For phone & fax, please use this number format: XXX-XXX-XXXX.

EIN #:\*

For EIN #, please use this number format: XX-XXXXXXX.

☐ This organization is a 501(c)3 not-for-profit.

☒ This organization is a public agency, unit of government,  
or religious institution.

Mission:\*

[Update and Save](#)



## General Mills

### Champions for Healthy Kids Grant Application

| [My Organization](#) | [My Grants](#) | [Log Out](#)

The deadline for this application submission was **1/16/2010 12:00:00 AM**.

If you've already submitted your application, stay tuned for the results.

Otherwise, we look forward to hearing from you during our next application year.

Please save your work often by clicking the 'Save' button at the bottom of this form.

For your safety, you will be logged out after 20 minutes without saving.

**Note: The General Mills Foundation will not retain or provide a printed version of your application. If you desire a printout, please print directly from this website.**

The deadline for this application submission is 1/15/10 at 5:00pm (CST)

#### Individuals Responsible:

**Executive Director:** Audrey R. Norman  
561-233-1712 phone  
561-233-1768 fax  
[anorman@pbcgov.org](mailto:anorman@pbcgov.org)

**Primary Contact:** Maisielin Ross  
561-233-1744 phone  
561-233-1762 fax  
[mross@pbcgov.org](mailto:mross@pbcgov.org)

**Registered Dietitian (required):** Susan V. Grammond  
561-671-4071 phone  
561-837-5201 fax  
[susan\\_grammond@doh.state.fl.us](mailto:susan_grammond@doh.state.fl.us)

Registered Dietitian (Rd.) # 457703  
Credentials: MPH, RD, LD/N

#### Fitness Professional (if applicable):

##### Program Name

Please enter the official name of the program to receive funding.

Power Up Guys!! (PUG)

##### Brief Program Overview and Rationale

Briefly describe what your program will do and why it is important.

*Bullet points and/or brief phrase are encouraged.*

*(Limit: 450 characters – approx. 75 words)*

PUG's goal is to improve the health and academic performance of 870 k-2<sup>nd</sup> grade students by teaching them to make healthy lifestyle behavior changes. This new program expands on the science-based OrganWise Guys Comprehensive School Program (OWG CSP), a multi-media,

interactive program that uses fun characters based on body organs, coupled with high energy physical activities. 17% to 20% of 1<sup>st</sup>-3<sup>rd</sup> graders in PBC are overweight or obese.

### Program Objectives

List several objectives of your program. At least one objective related to nutrition and one related to physical activity are required.

*Bullet points and/or brief phrase are encouraged.*

*(Limit: 600 characters – approx. 100 words)*

1. 100% will name at least one whole grain food
2. 30% will eat at least one new healthy food from MyPyramid for Kids over a 90-day period
3. 50% will increase their knowledge of MyPyramid for Kids- importance of good nutrition and physical activity - by at least 40%
4. 40% will increase the minutes they're engaged in moderate/vigorous physical activity by a minimum of 30 minutes/week via WISERCISE and gardening
5. 100% will become aware of at least one fruit/vegetable/herb they can grow in their yard

### Program Setting

Where will your program be delivered to youth?

- |  |   |
|--|---|
| <input type="radio"/> After-school program         | <input type="radio"/> Middle School                       |
| <input type="radio"/> Boys & Girls Club            | <input type="radio"/> Museum                              |
| <input type="radio"/> Community center             | <input type="radio"/> Parks and Recreation Department     |
| <input type="radio"/> Girl Scouts/Boy Scouts       | <input type="radio"/> Preschool/Daycare                   |
| <input checked="" type="radio"/> Elementary School | <input type="radio"/> State/county/city health department |
| <input type="radio"/> 4-H                          | <input type="radio"/> University                          |
| <input type="radio"/> Head start program           | <input type="radio"/> WIC clinic                          |
| <input type="radio"/> High School                  | <input type="radio"/> YMCA/YWCA                           |
| <input type="radio"/> Hospital/medical center      | <input type="radio"/> Other <input type="text"/>          |
| <input type="radio"/> Indian reservation           |   |

### Target Audience Age, Reach & Secondary Audience

Enter ranges for the audience age (in years), the number of youth served, and the number of people in the secondary audience impacted by this program.

a.) This program serves youth that are  \* to  \* years old.

b.) This program has the potential to reach  \* to  \* youths during the grant period.

c.) This program impacts the following secondary audience (enter ranges for those that apply).

Community:  to  people.

Families:  to  people.

Staff:  to  people.

Additional Youth:  to  people.

Explain how this secondary audience is involved with your program.

*Bullet points and/or brief phrases are encouraged.*

*(Limit: 300 characters – approx. 50 words)*

\* Parents will: receive program updates; newsletters; and Food of the Month tips on how to help their children choose nutrient-dense foods and increase physical activity

\* Teachers will: be trained to use the program; work with kids to reinforce lessons; update parents; and assist with evaluations

### **Target Youth Recruiting Strategy**

Explain your recruiting strategy action steps. Please detail how you will recruit, enroll, and maintain participants for this program.

*Bullet points and/or brief phrases are encouraged.*

*(Limit: 300 characters – approx. 50 words)*

\* Met with Palm Beach County School District officials to discuss proposed program, review pertinent statistics, and get approval to approach 2 of 5 schools.

\* Met with principals of 2 recommended schools, explained program to be offered to K-2, received their approval and specific school statistics

### **Target Youth Gender:**

Select participant gender:

☐ Female

☐ Male

☒ Both

### **Target Youth Race/Ethnicity**

Enter percentages below such that the sum equals 100%.

- % African-American/African
- % American Indian
- % Asian
- % Hispanic/Latino
- % Native Hawaiian or other Pacific Islander
- % White

Target Youth Geographic Location

Fill in the below percentages as they apply to your target youth. The sum should equal 100%.

- % Rural
- % Suburban
- % Urban

Need for Funding

Fill in the below percentages as they apply to your organization; each value should be between 0 and 100 (optional).

- % Below poverty level
- % Free/reduced lunch

Special Needs/Risks Addressed

If applicable, select any that apply (optional).

- ☐ Overweight, obese, or severely obese
- ☒ Disability
- ☐ Foster Home
- ☐ Homeless
- ☐ Teen Parent
- ☒ Other: English Language Learners

Explain how your program addresses these special needs:

Bullet points and/or brief phrases are encouraged.

(Limit: 300 characters - approx. 50 words)

Well illustrated program materials will be in English and Spanish. Spanish-speaking population in selected schools is 65% and 80%. A Spanish-speaking volunteer will assist in working with students. The school district's protocol for working with students with disabilities will be followed.

Key Program Dates

Include the proposed timeline for the program's implementation during the grant period.

	Start Date		End Date	
Planning	<input type="text" value="May"/>	<input type="text" value="2010"/>	<input type="text" value="July"/>	<input type="text" value="2010"/>
Youth Participation	<input type="text" value="August"/>	<input type="text" value="2010"/>	<input type="text" value="August"/>	<input type="text" value="2011"/>
Evaluation	<input type="text" value="August"/>	<input type="text" value="2010"/>	<input type="text" value="August"/>	<input type="text" value="2011"/>

### Method of Delivery

Select all that apply (at least one required).

- |   |   |
|---|---|
| <input checked="" type="checkbox"/> Assessment      | <input type="checkbox"/> Home Visits  |
| <input checked="" type="checkbox"/> Classes/Lessons | <input type="checkbox"/> Mailings   |
| <input type="checkbox"/> Community Events           | <input type="checkbox"/> Website or Software  |
| <input type="checkbox"/> Contest                    | <input checked="" type="checkbox"/> Other: Gardening and field trips Extension's Garden |
| <input checked="" type="checkbox"/> Family Events   |   |

### Model or Packaged Program

Optional - Select any that apply.

- |  |   |
|--|---|
| <input type="checkbox"/> ACTIVATE        | <input checked="" type="checkbox"/> Go With the Whole Grain |
| <input type="checkbox"/> Animal Trackers | <input type="checkbox"/> Kidnetic                           |
| <input type="checkbox"/> BodyWorks       | <input type="checkbox"/> PALA                               |
| <input type="checkbox"/> CATCH           | <input type="checkbox"/> Pathways                           |
| <input type="checkbox"/> CAL Girls       | <input type="checkbox"/> SPARK                              |
| <input type="checkbox"/> Dairy Council   | <input type="checkbox"/> Take 10                            |
| <input type="checkbox"/> Dole 5-a-Day    | <input type="checkbox"/> USDA Team Nutrition                |
| <input type="checkbox"/> FitnessGram     |   |

If you have acquired a well-recognized program developed from another source, please indicate the program title and source below (optional):

The OrganWise Guys Comprehensive School Program-Organwise Guys Incorporate

The Champions Grant program encourages the use of high-quality evaluated interventions. See <http://www.generalmills.com/foundation/> for suggestions.

### Program Frequency and Duration

Explain how many times each program will be conducted and the length of each session.

a.) Briefly discuss the program format and indicate the frequency, length, and total number of youth participation sessions.

*Bullet points and/or brief phrases are encouraged.*

*(Limit: 300 characters - approx. 50 words)*

\* Trained program assistants will conduct 2 30-minute sessions/classroom/week - 1

WISERCISE, 1 nutrition and healthy living (45 classrooms).

\* Teachers will supplement with 3 20-min follow-up WISERCISE and nutrition activities/week

\* Master gardeners will do 30-minute gardening/week

b.) Total contact per participant:  \* hours and  minutes.

### Program Expected Outcomes

Select only those that apply (at least one required). \*

- ☒ Attitude
- ☒ Awareness
- ☒ Behavior change or intent to change behavior
- ☒ Knowledge
- ☒ Skills

List the specified outcomes and how the program will produce those results. \*

*Bullet points and/or brief phrases are encouraged.*

*(Limit: 450 characters - approx. 75 words)*

Children will be expected to: identify and name whole grain foods; eat new/unfamiliar foods; correctly answer nutrition and physical activity questions related to MyPyramid for Kids, increase physical activity, and become aware of fruits/vegetables/herbs grown in south Florida yards. Outcomes will be achieved through hands-on individual/group activities, children's personal experiences, teacher affirmation and one-on-one assistance.

### Evaluation Plan

How will you measure the outcome(s) listed above under *Expected Outcomes* for your program?

Specify your plan, including tools (i.e. surveys, pre/post tests, assessments, skill tests, etc.). \*

*Bullet points and/or brief phrases are encouraged.*

*(Limit: 300 characters - approx. 50 words)*

- \* Activity sheets & Q&A - name whole grain foods, awareness
- \* Food experience e.g. fruits, vegs, grains, dairy, protein- eating new/unfamiliar food
- \* Pre/post tests - determine knowledge gain
- \* WISERCISE calendar/stickers, observation, teacher/parent surveys - physical activity & food choice log

### Nutrition Topics

Select the nutritional topics that are part of your program (at least one required). \*

- |   |  |
|---|--|
| <input type="checkbox"/> Beverage Choices                           | <input checked="" type="checkbox"/> Breakfast  |
| <input checked="" type="checkbox"/> Cereal                          | <input type="checkbox"/> Fat   |
| <input checked="" type="checkbox"/> Food Pyramid/Dietary Guidelines | <input checked="" type="checkbox"/> Fruits & Vegetables                              |
| <input type="checkbox"/> Label Reading                              | <input checked="" type="checkbox"/> Meals other than breakfast<br>(lunch and dinner) |
| <input checked="" type="checkbox"/> Low-Fat Dairy                   | <input type="checkbox"/> Portion Control   |
| <input type="checkbox"/> Family Meals                               | <input checked="" type="checkbox"/> Snacking   |
| <input checked="" type="checkbox"/> Water                           | <input checked="" type="checkbox"/> Whole Grain                                      |

☒ Other (Describe below)

Describe how nutrition topics will be incorporated into the program. \*

*Bullet points and/or brief phrases are encouraged.*

*(Limit: 450 characters - approx. 75 words)*

The OWG CSP thematically integrates an evidence-based set of nutrition educational curricula focusing on core principles of healthy living (high fiber, lowfat, lots of water and exercise) and eating nutrient dense foods. This classroom based program continues into the cafeteria where students are encouraged to experience the nutritious offerings served through the USDA National School Lunch Program. Growing vegs/herbs complement the lessons.

### Physical Activity

Select the physical activities that are part of your program (at least one required).

- |   |  |
|---|--|
| <input checked="" type="checkbox"/> Active Play           | <input type="checkbox"/> Adventure Sports                  |
| <input type="checkbox"/> Aerobics                         | <input type="checkbox"/> Biking                            |
| <input type="checkbox"/> Dance                            | <input type="checkbox"/> Fitness Classes                   |
| <input checked="" type="checkbox"/> Gardening             | <input type="checkbox"/> Rock Climbing                     |
| <input type="checkbox"/> Swimming                         | <input type="checkbox"/> Team Sports                       |
| <input checked="" type="checkbox"/> Walking/Step Counting | <input type="checkbox"/> Weight Lifting                    |
| <input type="checkbox"/> Yoga                             | <input checked="" type="checkbox"/> Other (Describe below) |

Describe how physical activity will be incorporated into the program. \*

*Bullet points and/or brief phrases are encouraged.*

*(Limit: 450 characters - approx. 75 words)*

WISERCISE! a 10-minute desk-side program will be used in the classroom in regular teaching time. It capitalizes on children's natural desire to be physically active, reduces sedentary time during the school day, and promotes positive healthy physical activity and nutrition messages linked to math, language arts and health/nutrition academic curriculum requirements. Children will plant/tend school veg/herb garden and visit Extension's garden

### Staffing Model

Describe who will staff your program and their roles. Make sure to include how the Registered Dietitian will be utilized. \*

*Bullet points and/or brief phrases are encouraged.*

*(Limit: 300 characters - approx 50 words)*

Program:

- \* Development- FCS Program Leader
- \* Coordination- FCS Program Leader, Family Nutrition Program Coordinator
- \* Implementation- FCS program assistants, classroom teachers, volunteer
- \* Evaluation- Univ. of FL specialist & FCS Program Leader

\* RD- Review proposed and ongoing program

**Documentation**

List the type of photographs (10-15) you plan to send as part of your evaluation.

*Bullet points and/or brief phrases are encouraged.*

*(Limit: 300 characters - approx 50 words)*

- 1. Beginning/ending of program
- 2. Food Experiences
- 3. Classroom lessons in progress
- 4. Samples of classroom activities
- 5. Preparing/planting/maintaining/reaping veg/herb garden
- 6. Field trips to Extension's garden
- 7. WISERCISE! activities

**Sustainability**

Describe how the program (staffing, future funding, etc.) will be sustained beyond the grant period.

*Bullet points and/or brief phrases are encouraged.*

*(Limit: 300 characters - approx 50 words)*

\* Current Extension staff - program assistants funded by USDA SNAP funds continuing to teach the program

\* Collaboration with school district's Commit 2B Fit & Healthy Kids Healthy Communities programs

\* Extension Master Gardeners continuing to work with schools

**Budget**

Provide a budget estimate and grant request for the program.

Include justification of each expense (both startup and delivery) in the spaces provided.

The total must equal exactly \$10,000. **Note: Please use whole dollar amounts only.** \*

Type of Expense	Development/Start-up Cost	Program Delivery Cost	Computed Subtotal	Description and Rationale
Staff/Consultants	\$ 0	\$ 0	\$0	
Office & Administrative Supplies	\$ 0	\$ 0	\$0	
Food	N/A	\$ 1800	\$1800	Food demonstrations will be done to support each class on individual food groups. Children will participate in the demonstrations and consume what is prepared
Equipment/Capital	\$ 0	N/A	\$0	
Program Materials	\$ 5777	\$ 2373	\$8150	OrganWise Guys Comprehensive School



				Program materials and paper for printing pictures for students' parents and classrooms. Start up costs include OGW CSP materials to be used throughout the program
Travel	\$ <input type="text" value="0"/>	\$ <input type="text" value="0"/>	\$0	
Other	\$ <input type="text" value="50"/>	\$ <input type="text" value="0"/>	\$50	Purchase seeds for kids' gardening
<b>Total</b>	<b>\$5827</b>	<b>\$4173</b>	<b>\$10000</b>	<div>Calculate Totals <input type="text"/></div>

Breakout of nutrition vs. physical activity expenses. Must equal 100%:

% Nutrition expenses \*

% Physical activity expenses \*

Breakout of education vs. equipment expenses. Must equal 100%:

% Education \*

% Equipment and overhead \*

Optional - briefly describe additional sources of your funding (if any).

*Bullet points and/or brief phrases are encouraged.*

*(Limit: 300 characters - approx 50 words)*

- \* SNAP funds will be used to pay program assistants' salaries, benefits and travel
- \*Additional classroom consumables funded through in-kind school match
- \*Master Gardeners and Spanish-speaker will provide volunteer services
- \*Schools will provide ongoing funding for gardens

### Conclusion

Why is this program worthy of a Champions Grant? What makes it unique, innovative and exemplary?

*Note: Do not repeat information shared earlier in the application. \**

*(Limit: 1200 characters - approx 200 words)*

- \* No nutrition education in 45 of Palm Beach County's 69 Title 1 elementary schools. This program can be replicated countywide
- \* Proposed program is unique in that it uses children's body organs e.g. Hardy Heart, Sir Rebrum-the brain, and Kidney Brothers, to make nutrition and the importance of physical activity come alive and give kids the knowledge and motivation to help prevent obesity, Type 2 diabetes and other diseases
- \* Program activities are tied to FL Sunshine State Standards thus teachers and principals are enthusiastic about participating
- \* Including gardening allows children to grow foods about which they're learning and become aware of their county's agricultural prominence

\* Cooperative Extension has an excellent track record of program development/delivery as well as forming and maintaining functional collaborative

☐ If selected to receive a Champions for Healthy Kids grant, this organization agrees to complete all requests for information and evaluation data in a timely manner, before, during and after the grant period. \*

#### **Save or Submit**

Click *Save & Update* if you plan to complete and finalize it later. If the above is correct and complete, click *Finalize and Submit*, and you will receive on-screen confirmation that your application has been submitted successfully.

[Save & Update](#)

[Finalize & Submit](#)



.....  
GENERAL MILLS FOUNDATION

May 21, 2010

Ms. Audrey Norman  
Extension Director  
Palm Beach County Cooperative Extension Service  
559 N. Military Trail  
West Palm Beach, FL 33415

Dear Ms. Norman:

Congratulations on your commitment to improve youth nutrition and fitness behaviors. The General Mills Foundation is pleased to make a grant in the amount of \$10,000 payable to Palm Beach County Cooperative Extension Service for Power Up Guys. Over 1,100 organizations applied for a Champions grant and your organization was one of 50 national recipients. This fall, the full list of recipients will be listed at the web site below.

General Mills Champions for Healthy Kids is a comprehensive initiative to help youth improve their nutrition and fitness behaviors through grants to community organizations like yours that develop innovative programs. This partnership with the American Dietetic Association (ADA) and the President's Council on Sports and Physical Fitness also sponsors the President's Active Lifestyle Award, mentoring and sharing best practices which you can find on our website at [www.generalmills.com/foundation](http://www.generalmills.com/foundation).

If you have questions or need information about this grant, please call (763) 764-2211. We request that this grant be recorded in the name of the General Mills Foundation and an acknowledgement of this payment be sent to the Foundation office, my attention.

Once again, congratulations on your commitment to helping youth improve their nutrition and fitness behaviors.

Sincerely,

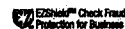
Jeff Peterson  
Director, Innovation & Strategy  
General Mills Foundation

cc: Maisielin Ross

Enclosure

**GENERAL MILLS FOUNDATION**  
MINNEAPOLIS, MN

BNY MELLON



53-292-113

PAY TO THE  
ORDER OF

5/21/2010

10,000.00

\$

Ten Thousand and 0/100ths \*\*\*\*\*  
\*\*\*\*\*

DOLLARS

Palm Beach County Cooperative Extension Service

559 N. Military Trail  
West Palm Beach, FL 33415

MEMO

AUTHORIZED SIGNATURE

⑈085293⑈ ⑆011302920⑆ ⑈141097⑈



# PALMETTO ELEMENTARY SCHOOL

5801 Parker Avenue, West Palm Beach, Florida 33405

(561) 202-0401

Raúl R. Iribarren  
Principal

Karen A. Berard  
Assistant Principal

June 4, 2010

Ms. Audrey R. Norman  
Executive Director for Palm Beach County  
Cooperative Extension Service  
559 N. Military Trail  
West Palm Beach, FL 33415-1311

Dear Ms. Norman:

By this letter, I would like to confirm that Palmetto Elementary School has accepted the *Champions for Healthy Kids Grant* and intends to implement it for the 2010-2011 school year.

Thank you very much for this opportunity.

Sincerely,

Raúl R. Iribarren  
Principal

Palm Beach County Schools  
Rated "A" by The Florida Department of Education - 2005, 2006 and 2007



BOARD OF COUNTY COMMISSIONERS  
PALM BEACH COUNTY, FLORIDA  
BUDGET AMENDMENT

Page 1 of 1

FUND 1482 COOPERATIVE EXTENSION REV

Use this form to provide budget for items not anticipated in the budget.

ACCT.NUMBER	ACCOUNT NAME	ORIGINAL BUDGET	CURRENT BUDGET	INCREASE	DECREASE	ADJUSTED BUDGET	EXPENDED/ ENCUMBERED	REMAINING BALANCE
<b><u>Revenues</u></b>								
<u>General Mills Healthy Kids</u>								
310-1801-6690	Other Contributions and Donations	0	0	10,000		10,000		
	<b><u>TOTAL REVENUES</u></b>	<b><u>\$0</u></b>	<b><u>\$0</u></b>	<b><u>\$10,000</u></b>	<b><u>\$0</u></b>	<b><u>\$10,000</u></b>		
<b><u>Expenditures</u></b>								
<u>General Mills Healthy Kids</u>								
310-1801-5402	Educational Training Materials	0	0	10,000		10,000		
	<b><u>TOTAL EXPENDITURES</u></b>	<b><u>\$0</u></b>	<b><u>\$0</u></b>	<b><u>\$10,000</u></b>	<b><u>\$0</u></b>	<b><u>\$10,000</u></b>		

Palm Beach County Cooperative Extension

INITIATING DEPARTMENT/DIVISION

Administration/Budget Department Approval

OFMB Department - Posted

Signatures

Date

By Board of County Commissioners  
At Meeting of

*Audrey R. Norman* 6/21/2010

\_\_\_\_\_  
Deputy Clerk to the  
Board of County Commissioners