



Try This West Virginia Building Blocks for Healthy Communities Mini-Grant Application **Application Deadline: June 19, 2015 at 5:00pm**

West Virginia tops many of the "worst" health lists, but we don't have to stay there. It's up to us!

All over the state, West Virginians are creating local projects that increase physical activity and access to healthy food. When you registered for the 2015 Try This Conference, you showed you want to make West Virginia – and your community – a healthier place to live. The Try This mini-grant program will help you take steps in that direction.

Awards and requirements:

Mini-grants range from \$500 to \$3,000. They are available to community-based teams that attend the Try This conference. At least three members of your team must attend. They must represent three different organizations or institutions. These are competitive grants, with no guarantee of an award. The best applications will include:

- Clear plans for a ready-to-start project that can grow and expand over time
- A diverse team of partners, each making a significant contribution

You must complete the following:

- ✓ This coversheet,
- ✓ The second page: project team information, budget, and other questions,
- ✓ A one page project description,
- ✓ The Try This checklist, including brainstorming a long-term plan,
- ✓ The Set a Good Example agreement, filled out by at least one of your team organizations,
- ✓ at least two letters of commitment,
- ✓ a signed promise to carry out your project and report on your success

Teams must identify a non-profit to serve as the organization to receive funds (see page 2). We strongly encourage you to meet with your team before the conference, to review this application, complete the Try This checklist, and go over the Set a Good Example contract together. Any part of your application received after June 19th at 5pm, will not be considered.

Looking for good project ideas? The Try This website - www.trythiswv.com - is full of them.

Got questions? Want help with your application? These people are glad to help: Stephanie Tyree (s.tyree@wvhub.org), Chris Kimes (ckimeshkfc@gmail.com), and Lisa Wotring (lwotringhkfc@gmail.com) and LeeAnn Shreve (lshrevehkfc@gmail.com).

Section One: Your Project

Your county or community: _____

Project title: _____

Project contact person (name & organization): _____

How much money are you asking for (in dollars): \$_____

Key goals. Please list two to five measurable goals for your project (*i.e. build one new hightunnel garden, supply 1,000 fruits and vegetables each year to the food pantry, engage local students in 200 volunteer hours to construct the garden, etc.*):

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List the people and organizations on your team, and their contribution (i.e. “100 volunteer hours to build playground”, “\$500 in matching funds,” “creating our website for free”). At least three team members must attend the Try This conference. If you have more team members, add below the grid.

Organization	Team members (Name and Phone)	Contribution

BASIC PROJECT BUDGET

Sketch out your project. Identify expenses (i.e. trail cutting supplies, race clock, meals). List the total cost. Ask: how much cash can we get elsewhere? What donations can we get in-kind? How much cash do we need? Fill in the blanks.

EXPENSE (i.e. materials, supplies, printing and copying, marketing, meeting expenses, training, etc.)	TOTAL COST (should add up all of the following columns)	Cash you are getting from other sources	Amount donated in-kind (i.e. the value of donated web design, or construction materials)	Cash you are requesting from Try This
<i>Total for each column</i>				

List 1-2 people *outside* your community team who have agreed to help you:

List two pages at www.trythiswv.com that will help you with your project:

_____.

Primary contact person: _____

Signature :

_____ Date_____

Organization/Affiliation _____ **Phone** _____

E-mail:_____

Lead Organization (where the check goes, if different) _____ **Org Street Address**

Non-profit FEIN Tax ID# _____ **Website** _____

FINAL CHECKLIST. Before you submit, please make sure you included these attachments:

- ☐ The two page application (this sheet and the coversheet)
- ☐ A one-page project description (objectives, timeline, communities served, track record of success, how you'll make it last, and how this is part of a larger effort).
- ☐ At least two letters of commitment from partner organizations, other than the lead, that describe their contributions
- ☐ A “Set a good example” contract filled out by at least one partner.
- ☐ The Try This checklist, inventorying where you are now and what future projects you might tackle. (Be sure to answer the end questions too.)

Return to WV HKFC, 1114 Quarrier St. / 3rd Floor, Charleston, WV or to trythiswv2014@gmail.com by June 19 @ 5pm.
Or return at TRY THIS Conference on June 7th.

Long-Term Planning Sheet

Every project has a deeper, broader goal. When you start a running/walking group, you take a step toward the broader goal of making physical activity more easily available in your community. When you start a healthy backpack program, you're moving your community toward the broader, long-term goal of diminishing child hunger.

Identify the broader, long-term goal of your team's mini-grant project. Write it below:

What other steps could be taken toward that same goal in your community? Example: If you create a community garden, your larger goal may be making fresh food more available. Other steps might be:

- Expanding your farmers market.
- Working with the public schools to create a Farm to School program.
- Organizing gardening workshops
- Pulling together a group of local people to plan a long-term strategy for increasing healthy food in the community.

We will keep encouraging you to see your project as part of a long-term process, one step among many. What are at least three other possible steps toward your broader goal? Your Try This checklist will help you, and you may think of things that aren't on the checklist. Add more than three if you like.

- 1.
- 2.
- 3.

It's useful and interesting to think about three basic ways public health people talk about long-range healthy lifestyle planning:

- **“Environmental change” includes physical changes that make it easier for people to be active or get fresh food.** Examples could be: new sidewalks, bike racks, a farmers market pavilion, hiking trails.
- **“Policy change” means changes in specific laws, regulations or rules (policies) of institutions or organizations.** You ask for policy change when you ask city council to change zoning laws to let people raise gardens in town. Or ask the school system to-adopt a policy of offering breakfast to all children.
- **“Systems changes” affect the way entire systems operate.** Policy and environmental changes are steps toward systems change. You're asking larger questions such as: What community organizations or institutions (hospitals, businesses, non-profits, churches, etc.) could do a better job of promoting healthy lifestyles? How can they be encouraged to adopt healthier practices?

Policy, systems, and environmental change overlap. If you'd like to read more, [here](#)'s a great article.

If you want to brainstorm about your project and its larger, longterm goal, e-mail trythiswv@gmail.com with your phone number, and we'll call you!

We pledge to set a good example

as part of the Try This West Virginia movement

To make healthy community changes, we will create healthy projects and also set a good example in food and physical activity.

Healthy Food: Which of these goals can your team commit to?

_____ At our events, celebrations, and meetings, we will provide healthy alternatives to sugary drinks, processed packaged food, and fried foods.

_____ We want our staff to have healthy options every day. We commit to not purchasing sugary drinks, pop, candy, potato chips, hot dogs, and other unhealthy foods to have on-hand. We will find tasty ways to offer more healthy food and drink for our staff and guests.

_____ We commit to providing healthy foods through our backpack programs, vending machines, and/or other special food projects.

Physical Activity: Which of these can your team commit to?

_____ During meetings, we will have physical activity breaks every half hour or so. It can be as simple as letting people get up and stretch for a minute, to get their brains moving and improve focus and energy level.

_____ We commit to helping organize at least one local event to promote physical activity in our community.

_____ We commit to organizing or supporting a free exercise program for our staff, community or partners (examples: a lunch-time walking club, a running club, a Zumba class, etc.). See the www.trythiswv.com for hundreds of ways to expand physical activity in your community.

Are there other things you would like to do, to model healthy practices in your community? Please list them below:

Organization name:

Address:

Organization representative:

E-mail:

Phone #:

Organization representative

Date