



# Nebraska Team Nutrition Local School Wellness Policy

## Mini-Grant Application

For More Information, contact:

Zainab Rida, Director  
Nebraska Team Nutrition  
Nebraska Department of Education  
301 Centennial Mall South-6<sup>th</sup> Floor  
Lincoln, NE 68509  
402-471-4620  
[Zainab.Rida@nebraska.gov](mailto:Zainab.Rida@nebraska.gov)

## **Nebraska Team Nutrition Grant Information**

### **PURPOSE OF FUNDING:**

The Nebraska Department of Education- Team Nutrition was awarded a two-year grant from U.S. Department of Agriculture (USDA) to improve the health and nutrition in children. The Healthy Hunger-Free Kids Act of 2010 (HHFKA) requires all school districts to establish and implement local school wellness policies that meet minimum standards designed to promote sound nutrition, student health, reduce childhood obesity, and provide transparency to the public on the school nutrition environment.

The purpose of the Stepping Into Action sub-grants is to provide Team Nutrition mini-grants to schools and institutes that participate in NSLP to support the implementation of sustainable strategies of the local school wellness policy plans. The grant funds will support schools and institutes to work toward three major components: *1) Nutrition, 2) Nutrition Education, and Physical Activity*. Schools will be encouraged to select at least one action plan that addresses each component (please see suggested examples below). Grant applications will be evaluated based on: 1) work plan for each of the three components below, 2) budget and planned use of grant money, 3) action plan and 3) current school wellness policy status.

Funds from USDA/Team Nutrition will provide selected schools with up to \$500 to implement changes in their school environment focused on nutrition services, nutrition education and physical activity.

Informative trainings and webinars will be provided to assist schools in assessing, implementing and evaluating their own school wellness policies.

### **ELIGIBILITY:**

All Nebraska schools participate in the National School Lunch Program and enroll as Team Nutrition Schools are eligible to apply for NE TN Stepping Into Action mini-grant. Each school will receive up to \$500. This amount is expected to cover costs for the implementation of at least one action plan that addresses 1) nutrition, 2) nutrition education and 3) physical activity. The actual items will depend on number of action plans and strategies selected by the school. A budget and corresponding implementation plan needs to be submitted and approved by NDE/TN prior purchasing any item.

### **ALLOWABLE USE OF GRANT FUNDS:**

The following items are example of allowable expenses within this NE TN Stepping Into Action mini-grant.

#### **Nutrition includes:**

1. Achieve healthy school recognition through applying for a HealthierUS School Challenge Award
2. Create a Smarter Lunchroom by enhancing marketing efforts of healthy school meals, a la carte items, or snacks.
3. Improving student classroom rewards, vending machines, student stores, a la carte items and fundraising events that occur during the school day by implementing the new USDA Smart Snack policy.
4. Support professional development opportunities for school nutrition program staff toward the preparation and service of healthy school meals and snacks.
5. Expand school breakfast program by utilizing different delivery methods (grab-and-go, breakfast in classroom, etc.)
6. Display containers or equipment needed to improve appearance, visibility, or convenience of targeted food items.
7. Trays, plates or similar cafeteria serving items that assist in managing serving size, appearance, or convenience of targeted food items.
8. Food for taste tasting of new cafeteria recipes and/or offerings.
9. Other ideas that are approved by NDE/TN and fit within the TN sub-grant guidelines.

**Nutrition Education includes:**

1. Support professional development opportunities for educators in the area of nutrition education
2. Review and revise the nutrition education curriculum to ensure they are consistent with the 2010 Dietary Guidelines for Americans and USDA Choose My Plate
3. Purchase nutrition education materials that are consistent with the 2010 Dietary Guidelines for Americans and USDA Choose My Plate.
4. Plan and implement a school-wide event involving nutrition education for families and communities.
5. Supplies to make promotional videos and other graphic supplies to promote nutritious foods or make menus appealing.
6. Menu boards or other promotional items to display reimbursable school meals and encourage targeted food items like fruit and vegetables selections.
7. Promotional/education supplies such as posters and stickers to promote targeted food items.

**Physical activity includes:**

1. Support and expand physical activity opportunities for students
2. Implement recess before lunch
3. Obtain a physical activity/education curriculum
4. Purchase small equipment (jump rope, hula hoop, balls) for the purpose of activity-based fundraisers

*Grant funds may not be used to...*

- *Purchase reimbursable meal components*
- *Purchase larger equipment and/or permanent structures*

**GRANT APPLICATION REQUIREMENTS:**

Applicants must complete all sections of the application and supporting documents including:

\_\_\_\_\_ Team Nutrition Verification (School must be enrolled as a Team Nutrition School). Enroll on-line at <http://www.education.ne.gov/ns/TN/Join.html> or contact Nebraska Team Nutrition staff for more assistance.

\_\_\_\_\_ School Profile

\_\_\_\_\_ Self-Assessment Score Card

\_\_\_\_\_ Signature Page

# Nebraska Team Nutrition

## Part 1: School Profile

### 1. School Information

School Building Name			
School District			
School Building Telephone Number			
Physical Address of School Building	City	State	Zip

### 2. School Building Data

Check the grade level for this building:						
<input type="checkbox"/> PK-5	<input type="checkbox"/> K-5	<input type="checkbox"/> 6-8	<input type="checkbox"/> 9-12	<input type="checkbox"/> K-8	<input type="checkbox"/> 6-12	<input type="checkbox"/> PK-12
Current enrollment of the grades that will participate in this building:						<input type="text"/>
Meals Offered (check all that apply)			<input type="checkbox"/> National School Lunch Program			
			<input type="checkbox"/> School Breakfast Program			
			<input type="checkbox"/> After School Snack Program			
Free/Reduced percentage		_____	F/R%	<input type="text"/>		

### 3. Contact information

Food Service Manager
Email Address
Telephone Number

### 4. Cafeteria information

Number of (reimbursable) meals served-lunch:	<input type="text"/>
Number of food serving times:	<input type="text"/>
Current food use track system:	
Do you provide Offer vs serve? <input type="checkbox"/> Yes <input type="checkbox"/> No	
Are you a Team Nutrition school? <input type="checkbox"/> Yes <input type="checkbox"/> No (This is a requirement for schools to receive mini-grant funds)	
If not, did you recently fill out the TN enrollment form? <input type="checkbox"/> Yes <input type="checkbox"/> No	
Has your school achieved at HealthierUS School Challenge Award in the past?	
What level: <input type="checkbox"/> Bronze <input type="checkbox"/> Silver <input type="checkbox"/> Gold <input type="checkbox"/> Gold of Distinction	

Nebraska Team Nutrition  
Grant Application  
**Signature Page**

I certify that the information on this form is true and correct to the best of my knowledge. I understand this information is being given in connection with the receipt of Federal funds and that deliberate misrepresentation may subject me to prosecution under applicable State and Federal criminal statutes.

The project has been funded at least in part with Federal funds from the U.S. Department of Agriculture. The contents of this publication do not necessarily reflect the view or policies of the U.S. Department of Agriculture, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. Government.

\_\_\_\_\_ I have completed all required sections of the application

**SIGNATURES**

\_\_\_\_\_  
*Food Service Manager Name*

\_\_\_\_\_  
*School's Principal's Name*

\_\_\_\_\_  
*Food Service Manager Signature*

\_\_\_\_\_  
*School's Principal's Signature*



# Self-Assessment Score card

1. Circle the most appropriate score for each item
2. After all the questions have been scored, calculate the overall Score

	Fully in place	Partially in place	Under Development	Not in place
Representative school health committee or team	3	2	1	0
Written school health and safety policies	3	2	1	0
Communicate health and safety policies to students, parents, staff members, and visitors	3	2	1	0
Positive school climate	3	2	1	0
Overcome barriers to learning	3	2	1	0
Enrichment experiences	3	2	1	0
Local wellness policies	3	2	1	0
Professional development on meeting diverse needs of students	3	2	1	0
Recess before lunch	3	2	1	0
Access to physical activity facilities outside school hours	3	2	1	0
Adequate physical activity facilities	3	2	1	0
Prohibit using physical activity as punishment	3	2	1	0
Prohibit withholding recess as punishment	3	2	1	0
Prohibit using food as reward or punishment	3	2	1	0
Healthy food purchasing and preparation practices	3	2	1	0
Venues outside the cafeteria offer fruits and vegetables	3	2	1	0
Promotion of healthy food and beverage choices using Smarter Lunchroom techniques	3	2	1	0
Adequate time to eat school meals	3	2	1	0
Collaboration between nutrition services staff members and teachers	3	2	1	0
Annual continuing education and training requirements for school nutrition service staff	3	2	1	0
All foods and beverages sold during the extended school day meet the USDA's Smart Snacks in School nutrition standards	3	2	1	0
All foods and beverages served and offered during the school day meet the USDA's Smart Snacks in School nutrition standards	3	2	1	0
Fundraising efforts during and outside school hours meet the USDA's Smart Snacks in School nutrition standards	3	2	1	0
Food and beverage advertising and promotion	3	2	1	0
Hands washed before meals and snacks	3	2	1	0
<b>Column Totals: for each column, add up the numbers that are circled and enter the sum this row</b>				
<b>Total Points: Add the four sums above and enter the total to this box</b>	<div style="border: 2px solid blue; width: 100px; height: 60px; display: inline-block;"></div>			

## **Action Steps**

Select at least two recommended actions to improve the school's score (e.g., offer an accessible school breakfast program). Use the five-point scales defined below to rank each action on five dimensions (importance, cost, time, commitment, feasibility). Add the points for each action to obtain the total points. Use the total points to help choose the top three priority actions that you will recommend for implementation this year.

### **Action**

- Nutrition Services**
- Nutrition Promotion/Education**
- Physical Activity**
- Other**

Grant money must be spent on items which support work plans toward three major components: nutrition, nutrition education, and physical activity. Select items from the three following drop-down lists that correspond with the identified top priority actions.

#### Nutrition Service Items:

- Kitchen Utensils
- Serving Utensils
- Food Service Bars
- Display Containers

#### Nutrition Promotion/Education Item:

- Curriculum
- Professional Development
- Promotional Signage
- Wellness Fair

#### Physical Activity Item:

- Curriculum
- Professional Development

Please describe obstacle and challenges that are anticipated and how these will be overcome.