



National PTA Healthy Lifestyles Grant Frequently Asked Questions

Grant Application Deadline: Friday, September 2, 2011 at 5pm EDT.

Q: Who is eligible to apply for the Healthy Lifestyles Grant?

A: Any PTA in good standing is eligible to apply for the Healthy Lifestyles Grant

Q: What is the deadline for the Healthy Lifestyles Grant?

A: September 2, 2011 at 5pm EDT. In order to ensure that their application is received without technical issues, applicants are advised to submit their applications as far in advance of the application deadline as is feasible. PTAs will know that their grant application has been submitted successfully when they receive a confirmation email immediately after submitting the application.

Q: When will the technical assistance calls/webinars take place?

A: For more in-depth information about the application and what National PTA is looking for, please plan to participate in one of three calls/webinars about the grant application.

- May 25 at 3 p.m. EST
- August 24 at 12:00pm EDT and 7:00pm EDT

Q: How do I apply for a PTA Healthy Lifestyles Grant?

A: Detailed directions and a link to the online application are available at www.pta.org/healthylifestyles. All applications must be submitted online. Applications are submitted online in order to make the evaluation process more efficient and to distribute funding to grantees by November 2011.

Q: Do you have any tips for submitting the online application?

A: Yes. The application needs to be submitted all in one setting (you cannot save and return to it). **It is highly recommended that you create your responses to the grant narrative in a word processing document and then cut and past your answers in the online form.** This will ensure that you have your responses if something should go wrong with your computer. On www.pta.org/healthylifestyles you may download a PDF version of the application to plan your responses.

Q: Who should I contact if I have trouble with the online application?

A: Please contact the Healthy Lifestyles Program Specialist by email healthylifestyles@pta.org or by phone at 800-307-4PTA.

Q: What types of programs will be funded?

A: National PTA is placing a priority on funding programs and activities that are based in research and best practices. Specifically, National PTA will fund programs and activities that support:

- Limiting Sugar Sweetened Beverages
- Emphasizing Fruits and Vegetables
- Moderating Portion Sizes
- Promoting and Increasing Physical Activity
- Reducing Screen Time

Data shows that family participation, small group activities, goal setting and social support were particularly effective in implementing healthy eating patterns. Consider using one or more of these tactics as components of your program.

For additional information and program ideas that are consistent with what National PTA will fund, please **download the Healthy Lifestyles Program Ideas** document on www.pta.org/healthylifestyles. Health fairs and other similar events will not be funded.

Q: Should my program be a one time event, or can it last throughout the year?

A: Proposed program activities may take place from November 1, 2011 – April 30, 2012. National PTA is looking to fund activities that are more than just one-time events. Ideally the activities will take place throughout the school year and will involve families, students, schools and/or the community.

Q: How many grants does PTA expect to fund?

A: National PTA expects to fund up to 10 Healthy Lifestyles Grants of up to \$1,000 each.

Q: Does my program need to take place during November, National PTA's Healthy Lifestyles Month?

A: Grantees must plan to execute some part of their program, event, training, or activity in Healthy Lifestyles Month (November 2011). For example, a six part parent training could begin in November 2011 and continue through April 2012.

Q: When will grantees be notified?

A: Grant recipients will be notified via phone call and/or e-mail by National PTA staff by mid-October 2011.

Q: Where do I find the Healthy Lifestyles Grant Report?

A: The Healthy Lifestyles Grant Report is posted online at www.pta.org/healthylifestyles and will be shared with grantees via email after the grant funds have been distributed.