



National PTA Healthy Lifestyles Grant Program

2011-2012 Grant Recipients

Classical Center at Vial PTA - Garland, TX

Classical Center at Vial Elementary PTA will focus on developing students that understand the importance of good food choices, starting with fifth grade students. The program will challenge students to experiment with diverse fruits and vegetables from other countries. Starting in November, students will get the opportunity to taste test a variety of fruits and vegetables from different regions of the world. Students will learn about the origin of the exotic fruit or vegetable and will discuss their experience of the tasting. After each tasting, updates of the program will be sent home to parents to help support their child's interest in new food options.

Cleveland Heights/University Heights Council of PTAs - University Heights, OH

Cleveland Heights University Council of PTAs will implement a Healthy Lifestyles program in their schools that consists of three elements. The first is a school wide "Healthy Lifestyles Wellness Challenge" that will give families tips and strategies to stay healthy as a family. The second is a "Walk the Block" program, where families will join together for a 1-5 mile walking challenge each month. Children and parents will use score cards to help them track their progress month by month. The third is the "Art of Healthy Cooking" program that will emphasize healthy eating behaviors. Designed for students in grades 9-12 and their parents, participants will learn how to cook foods that are healthy and affordable.

Clinton Elementary PTA - Clinton, UT

Clinton Elementary PTA will implement the "Be Smart, Eat Smart" campaign. Through the campaign, one week per month will be dedicated to educate students about healthy choices. The PTA will give teachers a list of healthy tips to integrate into their lesson plans for the week and students will receive a punch card to track the fruits and vegetables that they eat at lunch. To promote family engagement, parent volunteers will assist students in punching their cards during lunch time. At the end of the week, students who had four or more punches on their card will have their names entered in a drawing to receive a prize. The classroom with the largest number of student participants will receive a healthy classroom party. Clinton Elementary PTA will also continue the "Gold Medal School" program, which was developed by the Utah Department of Health to promote exercise and physical activity within schools.

Coronado Elementary PTA - Albuquerque, NM

Coronado Elementary PTA will reduce screen time and increase physical activity in a fun, affordable, family centered way. Over the course of six months, Coronado PTA will host a variety of events and workshops that focus on healthy behaviors. Starting in November, the Coronado PTA will implement their "Coronado, How Many Miles" program where the students and their families will receive a Coronado passport. The passport was designed to motivate families to continue to stay active. For each event or workshop that is attended, the family will get a stamp in their passport. At the conclusion of the program, families will get to see how far they have progressed.

Crested Butte Community School PTSA - Crested Butte, CO

Crested Butte Community School PTSA will expand their nutrition focused program that integrates farming and learning. In 2010, Crested Butte Community School PTSA helped to pilot a Farm to School program at Crested Butte Community School. This program helped 500 students learn about farming, introduced them to fresh food, and developed curriculum that helped students learn about healthy foods. This year, Crested Butte Community PTA will expand the program to all 1,200 students in the school district, grades K-8. The program will include a variety of different elements, including the "Harvest of the Month" program that will provide a guided plan for featuring fresh produce in school meals.

Cynthia Heights Elementary School PTA - Evansville, IN

Cynthia Heights PTA will implement the "Wildcat Walkers" program which strives to help students and their families make wise and healthy lifestyle choices by promoting walking, encouraging healthy eating habits, and rewarding the attainment of specific goals. Through this program, parents and teachers will be encouraged to join students in walking around the quarter of a mile perimeter of the school playground. After hitting mileage milestones, students will be invited to attend a party that emphasizes healthy eating habits and encourages students to taste healthy foods that they have never been exposed to before. The mileage for all walkers will be displayed in the gym on a large map of the United States by both individual grade levels and in total mileage for the entire school.

J. Allen Axson PTA - Jacksonville, FL

J. Allen Axson PTA will implement the "Tasty Tuesday" program to offer students the opportunity to sample a different fruit or vegetable each week for 10-12 weeks. During lunch time students will be allowed to do some taste testing of different foods. While the students try the new foods, PTA volunteers will engage the students in conversations designed to understand the connection between healthy foods and a healthy body. Following the taste test, parents will receive a handout identifying the food of the week and will be encouraged to talk with their child about the food at home. J. Allen Axson PTA will also hold 4-6 nutrition education classes for children and parents through the "Fun Food Facts" program. These mini-classes will be taught by a Registered Dietician and graduate school students from a local university.

Kraft Elementary PTA - Hampton, VA

Kraft Elementary PTA will implement the “5 Star” program. Through this program, Teachers will be provided with a large display star, with each point of the star representing five daily servings of fruits and vegetables. Children and teachers will sign the star as a pledge to eat five servings per day of fruits and vegetables. As they demonstrate these healthy eating behaviors students will receive a star and will receive weekly prizes. Kraft Elementary PTA will also implement the “Stay Active 1 Hour Gives You Power” program. Each child will receive a wristband and a certificate that represents their pledge to move for one hour a day. They will also receive a workout sheet to help them select and track their physical activity each week. At the end of the week the child will turn in the worksheet and the classroom with the most worksheets turned in at the end of the program will receive a prize. At the end of both programs there will be a “Get Fit” celebration that will have fresh fruits and vegetables and many activities for families to enjoy.

South Side Elementary PTA - Harrisburg, PA

South Side Elementary PTA will implement the “Step Up...Step In...And Get Moving” program. This program will ask students and parents to pledge two hours of physical activity each week for a month. Pledge cards will be sent home with students along with a weekly activity log to track their progress. At the end of the month, families will be asked to return their pledge cards along with a photo of the family participating in a physical activity together. These pledge cards and photos will be displayed in the PTA display case in the school hallway so children can be proud of their accomplishments. To celebrate the importance of continuing to engage families in physical activity, South Side Elementary PTA will also host a Latin Explosion Family Fitness Night. During this event, families will learn how to Salsa, Zumba, and Meringue as well as be treated to healthy snacks.

Stonewall PTA - Lexington, KY

Stonewall PTA will implement the “Healthy and Fit Stonewall” program. This program will focus on educating students and families about nutrition and physical activity, beginning with a kick off event to share information with families. Then students will be challenged to eat the recommended servings of fruits and vegetables per day and complete 60 minutes of exercise each day. Students will also be asked to share their favorite fruit or vegetable snack recipe that will be printed in the Healthy and Fit Stonewall cookbook. Stonewall PTA will also promote the concept of indoor recess to teachers and will encourage teachers to get their students physically active during inclement weather that may occur during the school day. The PTA will provide each teacher with a packet of information and implementation ideas on different games and activities that children can do indoors.