

# Healthy Habits for Life Grant Application



The Healthy Habits for Life grant program, created by the Blue Cross and Blue Shield of Kansas Foundation, is offering a total of \$150,000 in grants to assist schools in promoting healthy lifestyle choices to their students. The foundation will notify recipients by Dec. 1, 2011. Grant funds will be distributed by Dec. 9 and can be used for programs administered during the 2012 calendar year.

Amount Requested \$ \_\_\_\_\_

**Section I**

Name \_\_\_\_\_ Title \_\_\_\_\_

School District No. \_\_\_\_\_ School \_\_\_\_\_

Tax ID No. \_\_\_\_\_ County \_\_\_\_\_

School Street Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ ZIP Code \_\_\_\_\_

Work Phone (\_\_\_\_) \_\_\_\_\_ Home Phone (\_\_\_\_) \_\_\_\_\_

E-mail Address \_\_\_\_\_

Principal's Name \_\_\_\_\_ Principal's Telephone (\_\_\_\_) \_\_\_\_\_

**Section II**

**Application Process**

Grant applications are limited to this application form plus a **maximum** of four additional pages (double-spaced) for a written proposal addressing each of the following areas:

- An overview of a program that encourages a healthy lifestyle that would address at least one of the following:
  - Reduce cardiovascular risk factors
  - Promote physical activity
  - Encourage healthy eating habits
- An outline of well-defined goals to a specific target population with appropriate activity
- An illustration that the program is appropriate within the scope of the applicant's work responsibilities
- An explanation indicating how the effectiveness of the program will be measured
- A detailed budget showing how the requested funds will be spent

**Section III**

Completed applications must be postmarked no later than **Oct. 14, 2011**, and mailed to:

Marlou Wegener  
Chief Operating Officer  
Blue Cross and Blue Shield of Kansas Foundation  
Mailstop 529B4  
1133 SW Topeka Blvd.  
Topeka, KS 66629-0001