

# News for School Communities

October 2014



## Physical Activity Calendars

[Click for past calendars](#)

\*\* Please note that the current calendars are available only to members. Archived calendars are accessible to all, click "Archives."



The Healthy Students Initiative would like to share grant opportunities, local events, and resources you can use in your school or home.



### FUNDING OPPORTUNITIES

\* [Let's Move Salad Bars to Schools](#) wants to help your school get a salad bar. Must participate in the National School Lunch Program to be eligible.

**APPLICATIONS DUE: Ongoing**

\* [FUEL UP to Play 60](#) is offering a variety of grants to improve healthy eating and physical activity to qualifying K-12 schools!

**APPLICATIONS DUE: November 5, 2014**

\* [Whole Kids Foundation](#), in partnership with FoodCorps, is now offering the School Garden Grant program providing a \$2,000 monetary grant to K-12 schools or a non-profit working in partnership with a K-12 school, to support a new or existing edible garden on school grounds.

**APPLICATIONS DUE: October 31, 2014**

\* [Lowe's](#) grants are available for facility enhancement projects. Grant requests range from \$2,000 to \$100,000.

**APPLICATIONS DUE: October 15, 2014**

## Healthy Halloween Celebration Ideas for the Classroom!

\* As an alternative to handing out candy, give out small toys, temporary tattoos, stickers, pencils, or spooky plastic rings.



\* Celebrate in the classroom with healthy snacks such as apple cider, apples with yogurt dip, roasted pumpkin seeds, oranges, carrots, or Halloween cookie cutter cut fruit, sandwiches, or cheese.

Visit [www.healthyshasta.org](http://www.healthyshasta.org) for more Healthy Halloween Treats and Activities.

Saturday,  
OCTOBER 4, 2014 9 am - 1 pm

Come enjoy this FREE annual event with lots of resources, food demos, activities, and fun!  
For more information go to [www.healthyshasta.org](http://www.healthyshasta.org).



Wednesday  
OCTOBER 8, 2014  
Check with your student's school about [participating!](#)

### RESOURCES

- Check out the [Healthy Schools Program](#) from Alliance for a Healthier Generation with resources to make your school healthier for kids.
- Start planning your fall/winter garden with the [Let's Move! Gardening Guide](#). Get your kids involved! Growing your own fruits and vegetables is a great way to teach kids about where food comes from and incorporate fresh, healthy foods into your favorite family meals.
- Create a [Healthy My Plate](#) with Team Nutrition.

