



THE *Heart* OF THE TRIANGLE

Sharing the vision and supporting the mission of the Triangle area non-profit community.

Start the Year with Healthy Goals for Your Children

By Judy Liu, MPH

As we begin the New Year, let's all work together to support the goal of better health for our children. North Carolina Action for Healthy Kids (AFHK) is a leading nonprofit and one of the largest volunteer networks in the nation. They are fighting childhood obesity and undernourishment by partnering with schools to improve nutrition and physical activity and helping kids learn to eat right, be active every day and be ready to learn. Their mission is to mobilize school professionals, families and communities to take actions that lead to healthy eating, physical activity and healthier schools where kids can thrive.

North Carolina AFHK is a coalition of partners and agencies dedicated to improving school health and wellness through physical activity and nutrition initiatives to ensure every kid is healthy and ready to learn. They offer opportunities for funding and grants and provide a multitude of resources available to parents, school health teams and students to help raise awareness and ultimately increase academic performance in schools. AFHK has been successful by combining school action plans, programs and practices with joint school and family community partnerships. Getting the community involved with school based efforts has continued to show sustained healthy

effects among program participants.

Schools need resources to implement health and wellness practices that help students eat better and be physically active. AFHK has provided \$6.6 million in grants to schools since 2009.

The School Grants for Healthy Kids can help your school health team achieve its goal to make every kid healthy and ready to learn. Thanks to AFHK school breakfast grants, schools have served more than 25 million school breakfasts since 2009. Up to 550 schools received grant awards ranging from \$500 to \$5,000 to support increased breakfast participation. Eligible schools may apply to pilot or expand their School Breakfast Programs.

Game On grants provide funding for physical activity and nutrition initiatives that support schools in becoming nationally recognized as health-promoting. Game On grants for the 2017-2018 school year will be available soon. Visit the website in February 2017 to learn more about the 2017-2018 Game On grant opportunities. For information about the grant application process, e-mail SchoolGrants@ActionforHealthyKids.org

Check out upcoming events at <http://superfitschoolchallenge.org/>

Join Action for Healthy Kids to learn how their new fund raising program can help your school raise funds, energize your school community and simultaneously teach students about healthy

physical activities and nutrition. Learn how to give your kids a healthy advantage at <http://SuperFitSchoolChallenge.org>

Super Fit School Challenge Webinar

Wednesday, January 11, 30 minutes



4:00 pm This webinar will be archived and sent to all registrants following the webinar for those unable to

attend the live session. This webinar is part of the AFHK Wellness Wednesday Webinar series hosted on the second Wednesday of every month. Be sure to attend for a Wellness Tip to help your school wellness environment and to ensure every kid in your school is healthy and ready to learn.

Upcoming 2017 topics include:

- January 11: Super Fit School Challenge
- February 8: National Nutrition Month
- March 8: Getting Volunteers Involved
- April 12: Screen Free
- May 10: Offering Healthy Snacks

There are many opportunities to make a difference including donations, volunteering and fundraising.

For more information, visit <http://www.actionforhealthykids.org>

Natural Awakenings supports Triangle area non-profits by offering a free full-page feature article each month. It is a very visible platform from which an organization can tell its story and detail the services it offers. Please let us know if you would like for your non-profit organization to be considered for inclusion in an upcoming issue. Call 919-342-2831 or email TrianglePublisher@NatuAlAwakeningsMag.com.