

## Resources for Wellness Champions

### Action for Healthy Kids

<http://www.actionforhealthykids.org/tools-for-schools/apply-for-grants>

Schools need resources to implement health and wellness practices that get students to eat better and be physically active. Thanks to our partners, Action for Healthy Kids has provided \$5.15 million in grants to schools since 2009. Our School Grants for Healthy Kids can help your school health team achieve its goal to make Every Kid Healthy and ready to learn. Check out the available grant opportunities for school districts and schools, and start your application now.

***District contact: Tracy Bowen and Twyla Leigh***

### Agriculture in the Classroom

<http://faitc.org/>

Florida Agriculture in the Classroom, Inc. (FAITC) is a non-profit organization that develops and trains teachers and agriculture industry volunteers in its agricultural curricula and materials, which they in turn use to educate students about the importance of agriculture.

It also provides grant money to teachers and volunteers for projects that teach students where their food comes from, and the important contributions Florida Farmers make to their communities and their state.

***District contact: Twyla Leigh***

### Alliance for a Healthier Generation

<https://www.healthiergeneration.org/>

The Alliance for a Healthier Generation is a catalyst for children's health. We work with schools, companies, community organizations, healthcare professionals and families to transform the conditions and systems that lead to healthier kids.

Our goal is to reduce the prevalence of childhood obesity and to empower kids to develop lifelong, healthy habits. Founded by the American Heart Association and Clinton Foundation, we are collaborative change-makers working to create a nation where children thrive. We collaborate with and empower people and leaders to transform the environments that can make a difference in a child's health: homes, schools, doctor's offices and communities.

***District contact: Twyla Leigh***

## **B-Fit**

**<http://www.collierschools.net/Page/791>**

B-Fit is an on-line resource for teacher, parents and students created by Collier County Public Schools.

## **Champions for Learning**

**<http://www.educationforcollier.org/>**

Champions For Learning™, the education foundation in Collier County, was founded in 1990 by the community and is a 501 (c)(3) organization that makes it possible for our community to impact lives by enriching the environment for student learning.

Champions For Learning™ has a unique and important role in the learning process. As an independent, non-profit, community-based organization, we can work across the spectrum to underscore and support the value of learning in our community. And so, Champions For Learning™ has been and will continue to be a community catalyst and convener around innovation in student learning.

***District contact: ?***

## **Fuel Up to Play 60**

**<https://www.fueluptoplay60.com/>**

Fuel Up to Play 60 is an in-school nutrition and physical activity program launched by National Dairy Council and NFL, in collaboration with the USDA, to help encourage today's youth to lead healthier lives.

***District contact: Tracy Bowen and Twyla Leigh***

## **Kids On the GO- 95210 – Safe and Healthy Children’s Coalition of Collier County**

**<http://www.safehealthychildren.org/95210-lets-go-2/>**

Sorting through nutrition and health advice can be confusing for nearly everyone! As a parent or caregiver it can be frustrating as you try to steer your family in a healthy direction. Partners, including physicians, dietitians, nurses and fitness experts, in the Safe & Healthy Children’s Coalition of Collier County are trying to simplify some sound recommendations that you can use in guiding your family to a healthy lifestyle. The Coalition recommends “**9-5-2-1-0, Let’s Go!**” To learn what this means, see below:

**9** =the number of hours of sleep we should get daily.

**5** = how many of servings of fruits and vegetables we should eat daily.

**2** = limit “screen” (television, internet, video games) time to 2 hours or less daily.

**1** = get at least 1 hour of physical activity each day.

**0** = eliminate sugary beverages (avoid soda, juice, energy drinks, etc.) and tobacco.

BFF= Breastfeeding for the first year of age.

***District contact: Eileen Vargo***

### **School garden grant from Whole Foods and Gardening Resources**

<https://www.wholekidsfoundation.org/index.php/schools/school-garden-grant-program>

We are dedicated to growing healthier kids through better nutrition, one bite at a time.

By supporting schools, we are able to reach hundreds of children and their educators at the same time while creating a community that places value on good food choices.

***District contact: Tracy Bowen and Twyla Leigh***

**Walking Classroom – coming soon**

***District contact: Tracy Bowen***

**Tower Gardens: <http://jp.wholefoodheart.com/tower-gardens-in-schools/>**

### **Pathways Coach**

<http://www.collierschools.net/Page/630>

Collier County Public Schools contracts with Community Health Partners to provide qualified, professional Wellness Coaches for one-on-one or group meetings at your school.