



## **Nutrition and Physical Activity Initiative Frequently Asked Questions**

### **Will you accept electronic submission of grants?**

No. All applications must be submitted as hardcopy. You will need to provide 14 copies of the grant application.

### **What IRS designation does my organization need to be eligible for a grant?**

Grants may be made to charitable organizations 501(c)(3) designation, or to individuals, groups or others that are requesting funding for a charitable project.

### **May I submit attachments to my application?**

No. Please do not attach any information unless it is specifically requested in the application. No letters of support or recommendation are requested. Responses to application questions must be limited no more than two 8½ X 11 single-sided sheets of paper.

### **How long does it take to review a proposal?**

The Grants Committee will review the applications and make recommendations to the full Foundation Board. Please allow approximately 8 weeks from submission date.

### **What are the criteria by which my proposal will be reviewed?**

The Grants Committee will review all applications using the NPA Grant Review Matrix and scoring system. The NPA Grant Review Matrix is available on our website, [www.gscf.org](http://www.gscf.org).

### **How will notification of funding be made?**

All applicants will be notified by mail regarding funding awards.

### **Will my grant be viewed as a stronger application if it includes more than one organization?**

Proposals that encourage collaboration and partnerships, and are results-driven will be considered more favorably. However, simply listing multiple organizations will not strengthen your application. The Foundation may contact agencies with whom an applicant states they are partnering or collaborating with.

### **How much should I request for my project?**

There is no minimum or maximum dollar amount stated in the guidelines. When creating the budget for your proposal, you should request only what you need to make it a success.

## **What do you mean by “best practice”?**

“Best practice” is a technique or methodology that, through experience and research, has proven to reliably lead to a desired result. A commitment to using the best practices in any field is a commitment to using all the knowledge and technology at one's disposal to ensure success. The term is used frequently in the fields of health care, government administration, the education system, project management, hardware and software product development, and elsewhere.

### Our general Best Practice list includes:

- Goal Setting
- Mentoring
- Building routines – not just occasional exercise
- Combining both nutrition and physical activity
- Integration into existing programs
- Establishing policies
- Peer to peer interaction
- Specifically targeting the audience you are trying to reach for the changes you want to see them make around eating and activity
- Focus on changing attitudes and/or behaviors to include:
  - Increasing fruits and vegetables
  - Decreasing screen time
  - Increasing physical activity
  - Eating breakfast daily
  - Limiting trans fats and saturated fats
  - Decreasing total calories from fat
  - Limiting refined sugars
  - Increasing whole grains
  - Increasing total fiber in the diet
  - Meeting calcium requirements for growth and then bone health
  - Access to healthy foods and means of being active
  - Built environment issues (the buildings, roads, utilities, homes, fixtures, parks and all other man-made entities that form the physical characteristics of a community)

## **Are there areas or items you will not fund?**

For the purpose of the Nutrition and Physical Activity Initiative, the Community Foundation does not support:

- Endowment campaigns; annual campaigns; fundraising events (including, but not limited to, the purchase of tables at dinners, ads in program booklets and raffle tickets)
- Travel grants (fees for field trips or other travel-related expenditures)
- Sponsorship of sports teams
- Previously incurred debt or retroactive funding for current projects
- Other grant making organizations
- Individuals & independent scholarly research projects
- Political parties or campaigns
- Organizations that have delinquent reports from previous Community Foundation grants