

National PTA Healthy Lifestyles Grant application

Due date extended – **September 8, 5:00 p.m. EST**

For details, visit http://www.pta.org/pta_healthy_lifestyles_grant.asp



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Updated 8/31/11

Apply for the National PTA[®] Healthy LifestylesSM grants today! National PTA will award up to 10 grants of up to \$1,000 each!

Grant Overview

National PTA Healthy Lifestyles Program promotes good nutrition and regular physical activity in order to address the nation's childhood obesity epidemic. One-third of American children are either obese or at risk of becoming obese. Increased access to high-calorie good-tasting, inexpensive foods, along with increasingly sedentary lifestyles, has contributed to

the rise in childhood obesity. The reduction and elimination of recess in as many as 40 percent of U.S. school districts has limited students' physical activity during the school day. Furthermore, consistent findings show that obesity is often associated with poor levels of academic achievement.

PTAs can play an important role in increasing physical activity and improving nutrition in the school community by engaging families, teachers, administrators, and students in programs and activities that encourage the school community to be active and to eat healthier foods.

National PTA's Healthy Lifestyles Program is sponsored by Malt-O-Meal[®], a Proud National Sponsor of National PTA.

DEADLINE EXTENDED:

Thursday, September 8, 2011 at 5 p.m. EDT.

View the [application and eligibility page](#) for more information.

How to Apply

Your application should be submitted in two steps:

Step 1: Please complete the [grant narrative](#) and save it as a Word or PDF document. Please use your PTA's name as your document's file name (e.g. Springfield PTA.doc).

Step 2: Complete your demographic information online and [upload your grant narrative](#). The demographic information will include a number of questions about your PTA, school, and your community. Please allow sufficient time to complete this part of the application. To preview all of the information requested, [download the full grant application](#).

Contact:

Questions about the grant, the application, or funding decisions should be directed to National PTA's Healthy Lifestyles Program Specialist at HealthyLifestyles@pta.org or (800) 307-4PTA (4782).