

# Healthy Living Mini-Grant OVERVIEW

Chronic Disease accounts for more than half of deaths in Travis County. While this may sound troubling, the good news is that healthier living can help prevent chronic disease.

**Never applied for a grant before or need additional help? Free technical assistance is available to answer basic grant questions, create Tobacco Policies and Lactation rooms. Email [MiniGrant@austintexas.gov](mailto:MiniGrant@austintexas.gov) to set up a meeting before you apply.**

Austin Public Health is looking to award mini grants for projects promoting healthy living in Austin and Travis County during the 2024-2025 Fiscal Year. Projects should address health disparities by reaching people who face higher rates of chronic disease. Mini grants up to **\$2,500** will be awarded to eligible organizations with a focus on making a lasting health change.

Projects must focus on one (or more) of these seven topics:

- Active Living (Physical Activity)
- Tobacco-free Living
- Healthy Eating
- Community Gardens
- Healthy Food Access
- Breastfeeding/ Chestfeeding Support
- Overall Wellness

**For ideas and inspiration for your project, go to <http://www.healthypaceshealthypeople.org/mini-grant-projects/> to see past projects and ideas**

**Example Projects Ideas** (These are just a few examples, so feel free to be creative!)

- **Active Living (Physical Activity):** Changes to parks, playgrounds, and trails to promote active living.
- **Tobacco-free Living:** Curriculum/training resources for prevention or quitting tobacco/e-cigarettes, tobacco-free policies at worksites, churches, or multi-family housing, signage to support policies.
- **Healthy Eating:** Changes to vending machines to add healthy items, projects to reduce sugary drinks, worksite wellness policies, projects to increase access to drinking water, changes at schools, childcare centers, and after school programs to promote healthy eating, nutrition programs
- **Community Gardens:** New or expanded community, church, or school gardens.
- **Healthy Food Access:** Improvements to food pantries to provide more healthy foods (such as fruits and vegetables), creating new access points in the community for healthy and fresh foods, especially fruits and vegetables. *Note: APH cannot fund projects with community refrigerators*

- **Breastfeeding Support:** Mother-friendly policies at worksites or faith communities; new or improved lactation rooms/spaces
- **Overall Wellness:** Preventative services, projects addressing mental health, or projects to develop or expand health ministries within faith communities to prevent and manage chronic disease.

### **Who Can Apply? \*\***

- Nonprofit organizations in the following categories: faith-based organizations, community-based organizations, and childcare centers
- Tax-exempt organizations under Sections 501(c)(3) or 170(b)(1)(a)(vi) of the Internal Revenue Code and units of government.
- Public Schools and universities
- Government entities

**\*\*Organizations can apply in multiple focus areas but will only be awarded for one grant up to \$2,500.**

**\*\*Past MiniGrant award winners cannot receive the grant two years in a row. For example, if you receive this grant last year, you are not eligible to apply this year.**

### **What are the Requirements?**

- Programs or services must be provided in Austin and/or Travis County
- Projects must start on or after January 1, 2025, and end before or on August 22, 2025
- Projects must focus on reaching people at greater risk of chronic disease in vulnerable populations. Some examples of vulnerable populations are low-income populations, LGBTQ + communities, older adults, people living with disabilities, and racial/ethnic groups.
- Projects must fit within the health 7 focus topic areas listed on the first page of this overview.
- Austin Public Health (APH) may give priority to projects in the following zip codes that have higher rates of poverty: 78617, 78702, 78719, 78721, 78723, 78724, 78725, 78741, 78742, 78744, 78752, 78753, 78758. However, APH welcomes projects in all Austin/Travis County zip codes.
- Organizations must be registered vendors with the City of Austin to receive funds if awarded. Questions about vendor registration? Not sure if your agency is registered? Please [email MiniGrant@austintexas.gov](mailto:MiniGrant@austintexas.gov).

### **Funds CAN NOT be used for**

- Activities outside of the City of Austin and/or Travis County
- Food or drinks except if used for teaching or educational purposes, such as a cooking demonstration
- Awards, cash prizes, gift cards, contributions, or donations
- Community Refrigerators
- One-time event projects (such as health fairs and marathons)
- Medications, supplements, and medical equipment (Excluding AEDs and breast pumps)
- Direct Health Care Services and care
- Operating costs that are not part of this project /indirect cost
- Travel costs including mileage

### **What is the Timeline?**

- Open applications: Tuesday 10/01/2024 at 12:00am Central Standard Time (CST)
- Deadline for applications: Friday 10/25/2024 at 11:59 pm Central Standard Time (CST)
- Award notice: by Friday 12/20/2024
- The project must be complete by Friday 8/22/2025
- Payment Request & Expenditure Report forms must be received by Friday 8/22/2025

### **How do awarded organizations receive funds?**

**Mini-grants funds are provided through a cost-reimbursement process required by the City of Austin.** This means the organization must pay out-of-pocket for all project costs incurred during the project timeline but will be reimbursed following project completion and the timely submission of all required reporting documents (including but not limited to receipts, logs, etc.)

### **How do awarded organizations share results and project success?**

Following project completion, organizations are required to complete a final, 1-page program summary. In this form, you will share pictures of your project and success stories/lessons learned. This report must be submitted along with the Payment Request and Expenditure Report Forms to receive reimbursement.

### **How are applications reviewed?**

The Mini-grant panel will review the entire application with a focus on need for project, ability to make a community change, health impact of project and emphasis on health disparities. Health disparities are preventable differences in the burden of disease, injury, violence, or opportunities to achieve optimal health that are experienced by socially disadvantaged populations.

We are looking forward to funding more projects that make a community change. Community changes are change that last for a long time. For example, if you create (or enhance) a garden for people in your community, that allows people to get exercise as well as healthy food as long as the garden exists (which can be years!).

### **Where do organizations apply for the Healthy Living Mini-Grant**

Please apply on-line at <https://www.healthyplaceshealthypeople.org/minigrant/>

Please contact the Mini-grant Team if you need to submit a paper version of this application.

