

Building Blocks for Healthy Communities

<u>Find ways to distribute/package/sell locally-grown foods</u>					
<u>Encourage home gardening</u>					
<u>Promote food preservation</u>					
<u>Feature healthy items in grocery stores</u>					
<u>Set up healthy cooking classes</u>					
<u>Teach people to read labels and comparison-shop</u>					
<u>Make your food pantries healthier</u>					
<u>Encourage breastfeeding</u>					

Physical activity: community							
Activity		1	2	3	4	5	Notes
RUNNING/WALKING PROGRAMS	<u>Start/expand a local running/walking club</u>						
	<u>Start/expand kids' running programs</u>						
	<u>Offer challenges and group competitions to get people involved</u>						
	<u>Offer beginning running classes</u>						
	<u>Organize a monthly local 5K</u>						
	<u>Build and connect trails</u>						
	<u>Build sidewalks to encourage walking</u>						
	<u>Map your walking/running/hiking trails</u>						
BIKING PROGRAMS	<u>Start a road biking group</u>						
	<u>Encourage mountain biking</u>						
	<u>Put up bike racks in your community</u>						
	<u>Encourage bike stores</u>						
	<u>Adopt a complete streets policy</u>						
	<u>Do a walkability/bikeability assessment</u>						
	<u>Make a safe biking map</u>						
	<u>Apply to be a bike-friendly community</u>						
WATER SPORTS	<u>Get people out onto rivers and lakes</u>						
	<u>Create watershed association to protect & promote streams</u>						
	<u>Open safe public access points to rivers & lakes</u>						
	<u>Get river designated as an official water trail</u>						
	<u>Encourage fishing</u>						
ACTIVE KIDS PROGRAMS	<u>Start youth sports league</u>						
	<u>Add physical activity to afterschool programs</u>						
	<u>Create active summer programs</u>						
	<u>Organize a Girls on the Run program</u>						

Things local officials can do

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Activity	1	2	3	4	5	Notes
<u>Help create a community conversation group</u>						
<u>Join or help form a healthy lifestyles development group</u>						
<u>Adopt a complete streets policy</u>						
<u>Approve shared- used agreements to use public buildings/school gyms after hours</u>						
<u>Help create public access to rivers and lakes</u>						
<u>Support water trail designation</u>						
<u>Create bike parking</u>						
<u>Make it legal to raise food & small animals in town</u>						
<u>Build sidewalks</u>						
<u>Make it legal to raise food & small animals in town</u>						
<u>Use the media to promote wellness</u>						

Healthy eating in schools

Activity	1	2	3	4	5	Notes
<u>Expand/create a Farm to School program</u>						
<u>Create a school gardening program</u>						
<u>Build school high tunnel greenhouses</u>						
<u>Teach kids nutrition: How to make healthy food choices</u>						
<u>Teach healthy cooking: cook the food you raise</u>						
<u>Use healthy snacks as teaching tools</u>						
<u>Support efforts to make school meals more nutritious</u>						
<u>Provide healthy school breakfast</u>						
<u>Pay attention to presentation of school food</u>						
<u>Create healthy child care programs</u>						

Physical Activity: Schools

Activity	1	2	3	4	5	Notes
<u>Weave physical activity through the school-day</u>						

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<u>Get everyday recess in schools</u>						
<u>Start a school wellness program</u>						
<u>Organize a Girls on the Run chapter</u>						
<u>Create school walks; run-for-fun groups; school fitness trails</u>						
<u>Get kids jumping rope & other aerobic activities</u>						

Chronic disease prevention						
Activity	1	2	3	4	5	Notes
<u>Start a diabetes coalition</u>						
<u>Offer anti-diabetes classes at libraries and public buildings</u>						
<u>Create school-based health centers</u>						

Part 2: Planning projects. Good questions to ask.

If you answer them now, you'll avoid problems down the road.

Something else that will help: Read the *Try This Guide to Local Project Funding* to find out what funders want and expect.

Most funders expect evidence that you have done this kind of planning. This checklist and worksheet can be sent to potential funders to show that you're doing it.



Project name:

1. Who is already working on this activity and what are they doing? *(e.g. If you want to start a farmers market, who is already selling by the road? Who is working on healthy diet? Etc.)*
2. Who should be at the planning table and help take first steps? *(Think beyond agencies: individual community members, retired people, churches, service groups, youth groups, sports groups, local government, Extension ...)*
3. Who already LOVES this activity? How can we get them involved?
4. Who/what organization will take the lead on this?
5. Where could we carry out this activity?
6. What resources will we need to get started?
7. What groups or people could contribute resources? For each, list what they might contribute. *(If you've read your funding guide, you know funders love to see evidence that you've started trying to help yourself. They also want to know there are a range of local groups supporting this project.)*
8. Who will contact these groups about the project?
9. Resources/funding (How much do we think this would cost? What can we get donated?)
10. Who will read the funding guide and work on funding?
11. Our next meeting will be: