Mini Grant Application

The Fit Together NWCT Steering Committee is offering a mini grant from $500-$1,500, to Northwest CT organizations that would like to support a project that aligns with Fit Together NWCT’s mission and strategies.

Eligible Grantees: Nonprofit organizations or schools located in Torrington or Winsted.

The following are Fit Together’s annual application deadlines and approximate decision dates:

<table>
<thead>
<tr>
<th>Due Dates</th>
<th>Decision Dates</th>
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<tbody>
<tr>
<td>May 15, 2019</td>
<td>May 30, 2019</td>
</tr>
<tr>
<td>October 15, 2019</td>
<td>October 31, 2019</td>
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At the time of submission, applications must be complete. Incomplete or late applications will not be considered. Late applications will be considered for the next grant cycle.

How to apply:

Complete the attached application and narrative

Please submit complete application (Cover Page, Project Narrative, and attachments):

Fit Together c/o Northwestern Connecticut YMCA,
259 Prospect Street
Torrington, CT 06790,
Attn: Greg Brisco.

For more information, contact:
Carla Angevine,
Fit Together Executive Director,
860-496-6676
Carla.Angevine@hhchealth.org

Check List:
- Signed Cover Sheet
- Project Narrative (one- two pages)
- Project Budget
- 501c3 IRS Letter or letter from School District Superintendent
Mini Grant Cover Sheet

Section I. Cover Sheet
Please answer all questions on this page. Do not refer to attachments.

A. Agency Information
1. Date: _______________________________________________________________
2. Legal Name of Organization: ___________________________________________
3. Address of Organization: _______________________________________________
4. Telephone Number: ______________________________________________________
5. Fax Number: ___________________________________________________________
6. E-mail Address: _____________________________________________________
7. Authorized Officer and Title: _____________________________________________

B. Contact Information
1. Contact Person and Title for this Application, if Different from Authorized Officer:

2. Address of Contact Person if Different from Authorized Officer:

3. Telephone Number: ______________________________________________________
4. Fax Number: ___________________________________________________________
5. E-mail Address: _____________________________________________________

C. Project Information
1. Project Title: __________________________________________________________

D. Budget Information
1. Total Project Budget: $__________________________________
2. Total Amount Requested from Fit Together:_________________________

______________________________________________________________

(Signature)
Section II. Project Narrative

Please provide the following information in a narrative (limit to 1-2 pages)

A. Description: Describe your project which includes how it aligns with Let’s Go’s 10 Strategies for Success (attached).

B. Activities: Describe your project’s main activities, components, approach, and rationale.

C. Deliverables and Measurable Outcomes: Describe your proposed deliverables and expected outcomes.

SECTION III. Attachments

Please provide the following financial information.

A. Budget
   1. A budget for your project using the below sample budget template.

B. Non-Profit Status
   1. 501c3 letter or letter from School Superintendent

Budget Template

Fit Together Mini Grant

Project Title: ____________

<table>
<thead>
<tr>
<th>Line Item (Description)</th>
<th>Amount</th>
<th>Justification including Breakdown of Costs</th>
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Total
The 10 Strategies for Success are evidence-based and align with national recommendations to increase healthy eating and active living. Refer to your toolkit for ideas on how to implement each strategy. Let’s Go! recommends creating and implementing strong policies around these strategies.

The Redy mascot refers to a Let’s Go! priority strategy.

1. Limit unhealthy choices for snacks and celebrations; provide healthy choices.

2. Limit or eliminate sugary drinks; provide water.

3. Prohibit the use of food as a reward.

4. Provide opportunities to get physical activity every day.

5. Limit recreational screen time.

6. Participate in local, state, and national initiatives that support healthy eating and active living.

7. Engage community partners to help support healthy eating and active living.

8. Partner with and educate families in adopting and maintaining a lifestyle that supports healthy eating and active living.

9. Implement a staff wellness program that includes healthy eating and active living.

10. Collaborate with Food and Nutrition Programs to offer healthy food and beverage options.