



- File, Save As
- Save form in documents
- Attach form in email and send to benss@hsf.sk.ca

Deadline for applications is March 3, 2014 at 12:00pm

The Heart and Stroke Foundation, a volunteer based health charity, leads in eliminating heart disease and stroke and reducing their impact through the advancement of research and it's application, the promotion of healthy living and advocacy. The Heart and Stroke Foundation's *My Healthy Community Grants* aim to assist Saskatchewan communities to support healthy families. As one component of the Foundation's *Heart Healthy Children & Youth* health promotion strategy, these grants are designed to help enhance the skills, abilities, resources, and commitment to healthy living within communities. The hope is for community members and organizations/groups to increase their confidence to overcome health challenges and make healthy options available for people in their community. Successful applicants will demonstrate that their project builds an inclusive, sustainable, and collaborative movement that aligns with the goals of *Heart Healthy Children & Youth*. More information can be obtained from benss@hsf.sk.ca or at www.heartandstroke.sk.ca/communities

Categories of Grant: Projects will be accepted that address one (or more) of the following: physical activity, healthy foods and tobacco misuse.

Grant Level: A maximum of \$4000 can be allocated for each granted projected.

Eligible Expenses:

• Examples of eligible expenses for *My Healthy Community Grants* may include, but are not limited to training materials, resources, consultant/facilitator fees, and travel and accommodation costs.

Ineligible Expenses:

- Costs for standard board/staff activity, salary and overhead administration amounts are not eligible.
- Funds may not be used for capital expenditures, cash prizes or the purchase of alcohol.
- Funds may not be used for projects to organize, promote, and carry out only a single, one-time event.

Funding Obligations:

Successful applicants will be required to submit a Follow-up Report within 45 days of the completion of the project and/or 1 year within the receipt of funding. Expectations of the Follow-up Report will be provided in coordination with funding allocation.

Organizations/groups receiving grants must promote the Heart and Stroke Foundation and third party funders as supporters of their activities. Logos and promotional material will be made available to successful applicants.

The Heart and Stroke Foundation believes in sharing successes and learning from challenges. Organizations/groups receiving grants will be asked to share their stories with the Heart and Stroke Foundation's Community Action Specialists. Stories of promising practices, innovative ways of overcoming challenges and positive experiences will be shared through the Heart and Stroke Foundation's newsletter, website and other communications, so that other communities can learn and develop their own health promotion projects.

Funds granted may only be used for eligible activity and for the purpose stated in the application. Funds are not transferable to other parties.

Failure to meet the above funding obligations will be grounds to withhold the final payment and will restrict access to future funding.

Evaluation Criteria:

The grant proposals will be evaluated based on the following criteria. Priority will be given to proposals that:

- Are action oriented
- Accessible for all community members
- Link action with the strategic direction of *Heart Healthy Children & Youth*
- Strive to achieve clear, realistic goals
- Build public community support and involvement through community collaborations
- Engage multiple generations and are intergenerational in their approach to improved health
- Are sustainable beyond initial funding

Grant Proposal Adjudication Team: The adjudication team will be made up of Heart and Stroke Foundation representatives, health professionals, health promotion workers, community health researchers and youth representatives from across the province. The team is comprised of unbiased volunteers with expertise in health promotion.

Please tell us about the project for which you are seeking funding. Text boxes outlined in RED are required. You will not be able to submit your application without this information

APPLICANT INFORMATION

Name of Organization/Group:

Street: City/Town:

Postal Code:

Website Address (if available):

Name of Project:

Amount Requested:

Primary Contact

Name:

Title:

Phone Number:

Email:

APPLICANT ELIGIBILITY (CHECK ALL THAT APPLY) APPLICATION MUST MEET ALL THREE CRITERIA

- ☐ Our organization/group is based in a Saskatchewan community.
- ☐ Our project is aligned with the mission of the Heart and Stroke Foundation and the goal of the *My Healthy Community Grants*.
- ☐ Our organization has an agreement, monetary or in-kind with at least one other partner to work together to carry out the project.

PROJECT OVERVIEW

1. Describe the project and the outcomes you anticipate achieving by the end of the project? (1500 character limit)

2. How does your project fit into one (or more) of the *My Healthy Community Grants* categories?(1500 character limit)
(i.e., physical activity, healthy eating, and/or tobacco misuse)

3. How does your project meet one (or more) of the evaluation criteria? (i.e., widely available/accessible, sustainable, intergenerational, collaborative, and/or provision of year-round access) (1500 character limit)

4. What is the geographic area in which this project will take place? How many people will be affected by this project? What are the demographic characteristics of the people that will be affected by this project? (1000 character limit)

COMMUNITY ENDORSEMENT AND COLLABORATION

5. Provide examples of community support that highlight the impact of your proposed project to your community. (e.g., results of community planning or consultation, advocacy building for healthy public policy, data/information that highlights the importance of the activity to your community) (1000 character limit)

6. Please list all the community partners you have approached or confirmed to work with you on this project, specify their contribution to the project (i.e.monetary or in-kind support).(1000 character limit)

☐ Attach up to 2 letters of support from community partners

SUMMARY

7. How is your project innovative or unique? (1000 character limit)

8. Why is your organization/group suited to undertake this project?(1000 character limit)

Project Budget Template Sample

You must include a budget using the template on the next page.

Revenue	
My Healthy Community Grant	\$4,000.00
Town of Milcroft Rural Municipality	\$ 500.00
Milcroft Recreation Board	\$1,000.00
Total Revenue	\$5,500.00
Expenditures	
Advertising	\$ 500.00
Pedometers, wrist & ankle weights, water bottles	\$ 500.00
Healthy snacks and beverages	\$ 500.00
Ski rentals	\$ 500.00
Rink rental \$100/day x 5 days	\$ 500.00
Canoe/kayak rental \$35/day x 4 canoes x8 days	\$1,120.00
Jump Ropes, Frisbees, balls	\$ 380.00
Facilitator stipend	\$ 500.00
Total Expenditure	\$5,500.00



Project Budget Template - You must include a budget using this template.

Revenue: List all sources including cash and in-kind support	
	\$
Total Revenue	\$
Expenditures: List all project related expenses.	
Possible categories are listed, please add as needed. Note: Not all projects will include all these categories	
Facility rental	\$
Advertising	
Promotional items	
Healthy snacks and beverages	
Equipment	
Facilitator stipend	
Travel(Transportation)	
Total Expenditures	\$

Budgets must be balanced, with total expenditures equal to total revenue.

Funding will NOT be provided for:

- o Staff or personnel salary (stipends are permitted)
- o Building or similar capital expenditures. The purchase of equipment and smaller scale items is permitted.
- o Single or one-off events.

Heart&Stroke
**MY HEALTHY
COMMUNITY
GRANTS**



Reminder: Deadline for applications is March 3, 2014 at 12:00pm

Contact Information:

For general questions about the grant application process or *Heart Healthy Children & Youth* health promotion strategy please contact the Heart and Stroke Foundation at (306) 244-6822 ext. 244, or toll free: 1-888-473-4636. Questions can be emailed to benss@hsf.sk.ca.

Please email the completed application form with attachments to:

benss@hsf.sk.ca

OR

Mail application to:

Heart and Stroke Foundation

attn: Administrative Assistant Health, Policy and Research

279 - 3rd Avenue North

Saskatoon, SK S7K 2H8

To send application through email

- File, Save As
- Save application form in appropriate folder on your computer
- Attach application form, a brief budget and up too, 2 letters of support from community partners
- Send to benss@hsf.sk.ca by 12:00pm on March 3, 2014