



BlueCross BlueShield Kansas  
**Foundation**

# Grant Application

**Act now! Grant applications due by Oct. 20, 2023!**

The **Healthy Habits for Life** grant program is offered by the Blue Cross and Blue Shield of Kansas Foundation to help schools address physical and mental health. The Foundation is offering up to \$200,000 in grants to assist schools in implementing programs that promote healthy lifestyle choices to their K-12 students (pre-K programs associated with a school district may also apply). These programs must address at least one of four criteria: reduce cardiovascular risk, promote physical activity, encourage healthy eating habits or reinforce positive mental health among students. School nurses, physical education teachers, principals, health or family and consumer science teachers, or other administrators are encouraged to apply.

Funds will be distributed by Dec. 15, 2023, and can be used for programs administered during the 2024 calendar year.

**Amount Requested \$ \_\_\_\_\_ (maximum \$2,000)**

Section 1

Name \_\_\_\_\_ Title \_\_\_\_\_

School District No. \_\_\_\_\_ School \_\_\_\_\_

School Street Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP Code \_\_\_\_\_

Email Address \_\_\_\_\_ County \_\_\_\_\_

Work Phone (\_\_\_\_\_) \_\_\_\_\_ Home or Cell Phone (\_\_\_\_\_) \_\_\_\_\_

How did you learn about this grant program?  Website  Social media  Email

Has your school received a Healthy Habits for Life grant in the past?  Yes  No  Not sure

Principal's Name \_\_\_\_\_ Principal's Telephone (\_\_\_\_\_) \_\_\_\_\_

**Principal's Signature (required)** \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/\_\_\_\_

**Grant applications are limited to this completed application. Do NOT attach additional pages.  
A fillable PDF version of this application is available at [bcbsks.com/hhfl](http://bcbsks.com/hhfl).**

Questions? Email Marlou Wegener at [marlou.wegener@bcbsks.com](mailto:marlou.wegener@bcbsks.com)

[bcbsks.com/HHFL](http://bcbsks.com/HHFL)

## Section 2

### Important information:

1. Schools must be located in the Blue Cross and Blue Shield of Kansas Foundation service area, which includes all Kansas counties except Johnson and Wyandotte.
2. The maximum grant amount is \$2,000. Grants are limited to one per school but multiple schools within a single district may apply. All funds must directly benefit the needs of the program; funds cannot be used for salary or wages of any person.
3. Past grant recipients are eligible to apply again but must adequately explain how an additional grant would allow them to either expand their existing program or create a new one.
4. **Grant applications must be signed by the school's principal. Applications must be postmarked or received by Oct. 20, 2023.**

## Section 3

### Which healthy lifestyle will your program address? (Check all that apply):

- Reduce cardiovascular risk factors
- Promote physical activity
- Encourage healthy eating habits
- Reinforce positive mental health

Provide an overview of the program.

#### Section 4

Provide an outline of well-defined goals for a specific target population of students (sorry, not staff) with appropriate activity.

#### Section 5

Explain how the program is appropriate within the scope of the applicant's work responsibilities and how the applicant will manage this additional project.

Section 6

Explain how the effectiveness of the program will be measured.


Section 7

Grant dollars will be used to purchase the following items:

Description	Estimated amount
Total (maximum \$2,000)	

Completed applications must be **signed by the principal** and received by Oct. 20, 2023.

Please submit your application by mail or email to:

 Marlou Wegener, COO  
Blue Cross and Blue Shield of Kansas Foundation  
Mailstop 529B2  
1133 SW Topeka Blvd.  
Topeka, KS 66629-0001

 [marlou.wegener@bcbsks.com](mailto:marlou.wegener@bcbsks.com)