



## Memorandum

---

#18-069

**TO:** WIC Local Agency Directors

**FROM:** Amanda Hovis, Director  
Nutrition Education / Clinic Services Unit  
Texas WIC Program

**DATE:** December 19, 2018

**SUBJECT:** FY 2020 Obesity Prevention Mini-Grant Application Now Available

---

The State Agency (SA) is now accepting applications for FY20 Obesity Prevention Mini-Grant projects (OPMG). This funding is available for Texas WIC local agencies to use for Obesity Prevention activities such as cooking demonstrations, gardening activities, and physical activities.

All Texas WIC local agencies (including current innovation centers) are eligible to apply for this grant. Agencies receiving OPMG funding for FY19 projects may submit an FY20 application for continuation of their project, and new agencies may also apply.

The total amount of funds awarded will depend on the number of applications received. All WIC local agencies (including current innovation centers) are eligible to apply for this grant. This will be a competitive distribution of funds. Funds must be spent by September 30<sup>th</sup>, 2020.

These funds are provided by SNAP-Ed and must follow SNAP-Ed guidance in terms of allowable costs.

### **Funding awards will be based on:**

- Clearly describing proposed cooking, gardening or physical activity project.
- Including objectives, activities, evaluation component.
- Including an estimated timeline for the project.
- Including a budget with itemized costs.

*This institution is an equal opportunity provider.*

**Local agencies awarded OPMG funds are required to:**

- Write an article for Texas *WIC Express* when requested.
- Submit mid-year and end of year reports including budget status and results.
- Participate in quarterly sharing sessions.

Please [click here](#) to fill out an application on Qualtrics. A preview of the application is attached for preparation and to retain for your records.

All applications must be received by 5 pm on **January 7, 2019.**

If you have questions or require additional information, please contact Stephanie Holland, Nutrition Education Specialist, at (512) 341-4577 or by emailing [stephanie.holland1@hhsc.state.tx.us](mailto:stephanie.holland1@hhsc.state.tx.us).



## Thank you for your interest in the Obesity Prevention (OP) project!

*The Obesity Prevention project promotes healthy eating and active living through implementation of innovative nutrition education strategies, including interactive gardening, cooking, and physical activities.*

The deadline to complete this survey is **January 7, 2019 at 5pm**. Please reach out to [stephanie.holland1@hhsc.state.tx.us](mailto:stephanie.holland1@hhsc.state.tx.us) or call at 512-341-4577 for any questions.

---

LA Number

---

LA Name

---

LA Director Name

---

LA Director Email

---

Contact (person who will be responsible for the proposed project)

---

Contact Email

---

Contact Phone

---

Contact Address

## Project Description

---

What activities do you plan on doing?

- Cooking Demonstrations
  - Gardening Activities
  - Physical Activity
- 

What is the title of your proposed project?

---

Please describe your proposed project.

Describe the initiative and provide information on how it will be implemented. Include: staffing and clinic locations that will be involved, type of activities, target audience, information on what will be accomplished, the desired outcome, etc.

---

Who is the target audience for your project?

---

The goal of the obesity prevention projects is to decrease the incidence and prevalence of obesity among WIC participants. What are some behaviors or practices you will target when providing your OP activity to your participants?

For example: "Our clinic will focus on increasing cooking skills and self-confidence in the kitchen."

---

List the objectives that will address how the goal will be reached. List the objectives in SMART format.

For example: By the end of the fiscal year, at least 75% of participants in obesity prevention activities will have reported an increase in physical activity. Or by the end of September 2019, at least 75% of participants in obesity prevention activities will have reported in increase in cooking self-confidence."

---

How will you evaluate your project to know that it is successful?

Provide information on how you will determine the effectiveness of the initiative. Include the type of data you will collect and how you will collect it.

---

---

Provide a detailed budget with anticipated costs of the items you will need to purchase and/or the number and costs of staff that you would like the grant to pay for. Your budget must include the cost per individual item.

---

Which of the following education delivery methods does your project include? (Check all applicable responses.)

- Group Discussion
- Peer to Peer learning
- Lecture/classroom style learning
- Indirect education (handouts, bulletin boards, etc.)
- Hands-activities or skill building activities