



Division of  
**Nutrition &  
Physical Activity**

# Indiana Healthy Schools Newsletter

Summer Edition 2024

## 2024-2025 YAPA Grantees

The Indiana Department of Health (IDOH) Division of Nutrition and Physical Activity (DNPA) is excited to announce the chosen 2024-2025 Youth Adolescent Physical Activity (YAPA) grantees.

For this one-year grant cycle, the division will fund **City of Bloomington Parks and Recreation, Boys and Girls Clubs of Elkhart County, Edgewood Jr. High School, Girls Inc. Monroe County, Perseverance Partners in collaboration with Invent Learning Hub, YMCA of Portage Township, and Switzerland County YMCA**. Each school and organization will focus on providing physical activity and physical education opportunities for youth and adolescents 6-17 years of age (K-12) in the classroom, school and before or after school program settings with various programming and initiatives customized to their unique community. DNPA is excited to work with these grantees in the upcoming year!

For more information on the YAPA grant, please contact Emma Smythe at [esmythe@health.in.gov](mailto:esmythe@health.in.gov).



**BOYS & GIRLS CLUBS  
OF ELKHART COUNTY**



Richland-Bean Blossom Community School Corporation

**EDGEWOOD SCHOOLS**

**girls  
inc.**

of Monroe County



**PERSEVERANCE PARTNERS**



## Summer Meal Resources

Summer can be a difficult time for families facing food insecurity to ensure that children receive a full and well-balanced diet in the absence of reliable school meals. Here are some resources for families to help fill that nutritional gap in the summer:

- **Indiana SUN Bucks**  
Indiana SUN Bucks is a new benefits program that provides families \$120 for each eligible school-aged child to buy groceries when school is out. Visit the [Indiana SUN Bucks website](#) for resources and information about this exciting new program in Indiana. The website includes a communications toolkit for both schools and community partner organizations, frequently asked questions, eligibility information, a link to the application, and more. Questions about SUN Bucks can be directed to the [online help form](#).
- **Summer Food Service Program** Meal sites provide free meals to children aged 18 and younger (2024 sites forthcoming)
- **No Kid Hungry's Free Meals Finder** (or text FOOD to 304-304)
- **Feeding Indiana's Hungry Find Your Food Bank map**
- Dial 211 or visit [the Indiana 211 website](#) to get connected to various local resources from food pantries to housing assistance
- Call USDA's National Hunger Hotline (1-866-3-HUNGRY or 1-877-8-HAMBRE) to find meal resources near you
- Download the [Community Compass](#) app to find free groceries, free meals, SNAP stores, WIC stores, and WIC clinics near you



## Double Up Indiana

**Double Up Indiana** is a SNAP matching nutrition incentive program. When you shop with your SNAP/EBT card (known as Hoosier Works in Indiana), earn fresh fruits, vegetables, herbs, and edible plant starts at participating farmers markets, farm stands and grocery stores throughout Indiana.

Double Up Indiana makes it easy to get more fruits and vegetables for free when you use your SNAP/EBT card.

Each purchase using a SNAP/EBT card earns a \$1 for \$1 match (or 50% off) when you buy fruits and veggies.

All you need to do to participate is have an active SNAP/EBT card and visit a participating store or market. Follow the instructions from farmers market or store staff because each location offers the free produce in a slightly different way.

You can earn \$10 - \$20 per day, which varies by location and sites.

No sign up is required. Bring your Hoosier Works card to participating locations to get started.

For more information, check out the Double Up Indiana fact sheets ([English](#) version and [Spanish](#) version).

Find a location near you by visiting <https://doubleupindiana.org/locations/>.



**DOUBLE UP  
INDIANA**

## School Feature

### Vigo County School Corporation Coordinated Health Program

Through a federal grant awarded by the Centers for Disease Control and Prevention (CDC), the Indiana Department of Health (IDOH) Division of Physical Activity (DNPA) has been working closely with one priority school district—Vigo County School Corporation (VCSC)—since June 2023.

In the first year of the grant, the VCSC Coordinated Health Program has implemented the following health-promoting activities, to name a few:

- School wellness champion program to assess building-level school health environments and provide customized and responsive wellness programming
- Revising the district wellness policy and administrative guidelines
- Employee Wellness Program for more than 200 employees involving local businesses to provide a variety of wellness activities
- Mental health workshops incorporating social media safety and social emotional learning lessons
- Taste tests for students to introduce new nutritious foods
- Student sugar education lessons in health education classes
- Student run clubs and a community race series

We applaud VCSC's accomplishments in the first year, and look forward to sharing additional successes throughout the next four years of the grant!



DEVELOPING LEADERS. CREATING COMMUNITY.

## We Want To Hear From You!

### Indiana School Health Professional Development and Technical Assistance Interest Form

The Indiana Department of Health, Division of Nutrition and Physical Activity, was recently awarded a five-year CDC grant to help improve student health and wellness in Indiana schools and communities. As part of this work, we would like to develop health-related professional development and technical assistance learning opportunities for school-based staff and community-based partners that is relevant, timely, and actionable.



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Please help us by filling out [this interest form](#) to help us plan future learning opportunities.

#### Indiana Food Vision Survey

The Indiana Food Vision is for every Hoosier who eats or grows food and who wants to have a voice in shaping our future! Together, we are creating a road map for cultivating a robust, nourishing, and equitable food system where all communities in Indiana thrive. The Indiana Food Vision is a 'by the people for the people' effort to center the voices of Hoosiers who eat, grow, or buy food in Indiana - that means YOU!



Please take a few minutes to share about your day-to-day food system experience by [clicking this link](#) to the survey.

## Upcoming PD Trainings

### For PE Teachers and Out-of-School Time Professionals!

Join [School Health Corporation](#) and the [Indiana Department of Health, Division of Nutrition and Physical Activity \(IDOH, DNPA\)](#) for **FREE** professional development trainings for K-12 Indiana physical education teachers, health educators, and youth-serving organization program coordinators to engage students in active movement throughout before, during, and afterschool settings.



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These one-day trainings will focus on teaching participants new and creative ways to engage youth and adolescents to become physically active in before, during, and afterschool settings, including techniques on inclusive and adaptive play, social and emotional learning activities, and activities to offer with limited PE equipment available.



We Supply Your Future™

Register below for a specific location (*additional details are also included*):

- Lafayette, IN—September 10, 2024; [click here](#)
- South Bend, IN—September 11, 2024; [click here](#)
- Bloomington, IN—September 24, 2024; [click here](#)
- Indianapolis, IN—September 25, 2024; [click here](#)

If you would like more information on school health or have content to share, please contact DNPA.

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Visit our [webpage](#) for other resources and archived newsletters.

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To **promote**, **protect**, and **improve** the health and safety of all Hoosiers

Indiana Department of Health

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