

Encouraging Increased Vegetable and Fruit Intake Through a Peer-Led Grocery Store Tour Model:

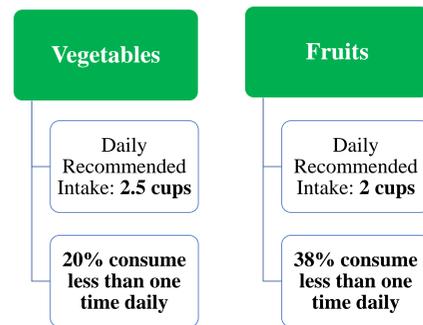
A Grant Application Process

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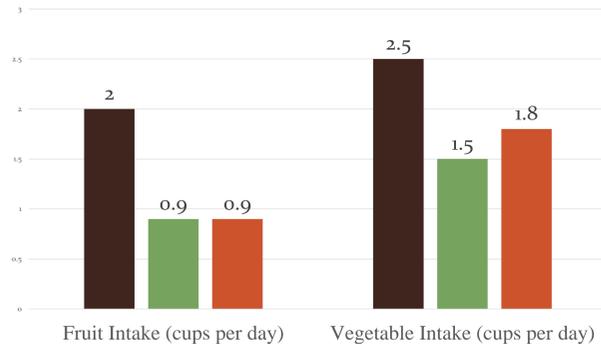


PROJECT BACKGROUND

- Adequate vegetable and fruit intake is associated with decreased risk for obesity, type 2 diabetes, cardiovascular disease, hypertension, stroke, and some cancers (1).
- Do Idahoans meet daily goals for vegetable and fruit intake? Individuals ages 2 and older report (2):



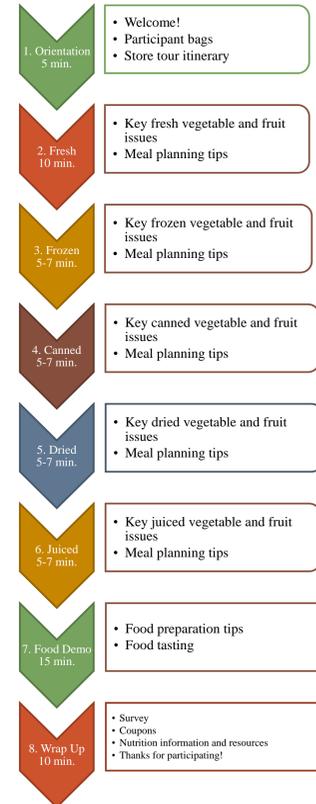
Fruit and Vegetable Intake (3)



- Grocery store tours have been shown to have a positive impact on vegetable and fruit intake (4)



THE GROCERY STORE TOUR



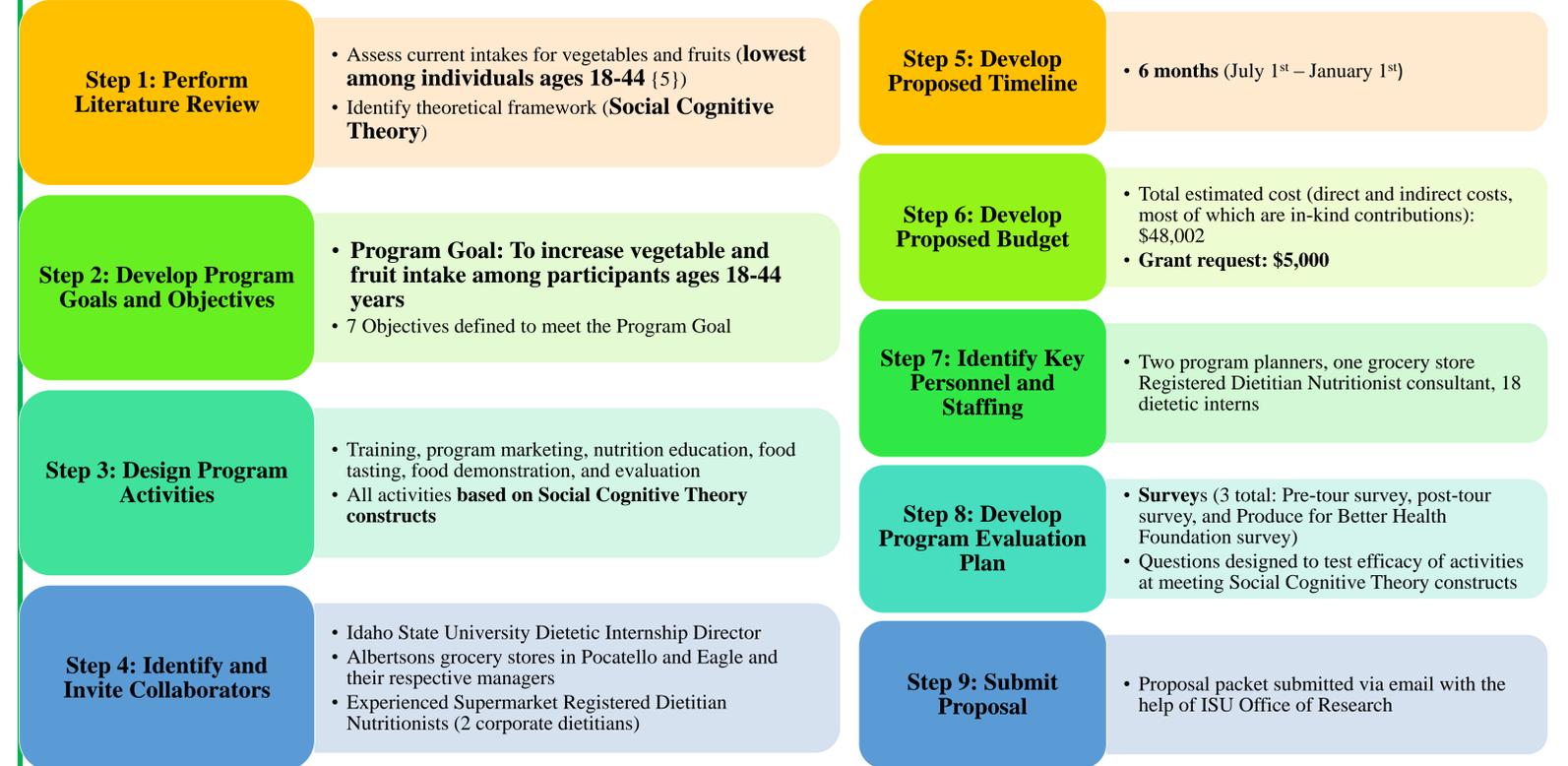
GRANT INFORMATION

The **Produce for Better Health Foundation** is an organization that supports programs which:

- Expose consumers to opportunities in grocery store tours that:
 - Offer vegetable and fruit samples
 - Provide education about increasing vegetable and fruit intake
 - Resolve confusion about making healthy food choices
- Provide learning and training opportunities for nutrition and dietetic students to lead grocery store tours
- Encourage collaboration between university nutrition and dietetic programs and supermarkets

Their **Store Tour Training Grant Program** awards \$5,000 to a university dietetic program to implement grocery store tours which meet those aims.

APPLYING FOR THE GRANT



REFLECTIONS

- When in doubt, find out!** Ask questions to grant representatives throughout the proposal preparation process as needed.
- Active Request for Proposals are not a guarantee that funds will be awarded.** Just make sure to put in your best effort and have a positive attitude. Grant proposal preparation experience is a valuable skill!
- Follow the directions.** The little details count! Make sure you do your homework and double check your work before you submit your final grant proposal. Grants are competitive, so the decision may come down to the little details in the end.
- If at first you don't succeed, try again.** Many grants are offered on a continuing basis, so put your hard work to good use and try again if you were not awarded a grant on the first proposal submission.
- Request feedback.** Follow up with grant representatives to find out what you did well and in which areas you can improve.

REFERENCES

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