

4-H is one of nine youth agency collaborators with the Healthy Kids Out of School Program which is managed through Tufts University. The program unites out of school organizations around nutrition and physical activity principles and provides resources to help them become effective venues for childhood obesity prevention.

The intent is that 4-H and other programs adapt three guiding principles for healthier programs:

1. Drink Right – choose water over juice, soda and energy drinks
2. Move More – boost movement and physical activity in all programs
3. Snack Smart – fuel up on fruits and vegetables for snacks

Resources that promote these principles are found at [www.healthykidshub.org](http://www.healthykidshub.org).

Club grants of \$25 - \$100 are available to help club leaders implement these principles in their club meetings. The funds could be used to purchase educational supplies or for fruits and vegetables for healthy snacks. Funds are available until the grant funds are exhausted.

*To apply, send the following information via mail or email to:*  
 Linda Horn, MA 4-H, 100 Venture Way, Suite 334, Hadley, MA, 01035  
 Email: [lrhorn@umext.umass.edu](mailto:lrhorn@umext.umass.edu)

*Note: Plymouth and Barnstable County clubs must apply through the local Educator*

Leader’s Name \_\_\_\_\_ email address \_\_\_\_\_

Club Name \_\_\_\_\_ County \_\_\_\_\_

Describe briefly how you will implement one or more of the 3 guiding principles; include information about resources that you will use from [www.healthykidshub.org](http://www.healthykidshub.org):

State budget (how funds will be spent and give total requested or copies of receipts):



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