

# Additional Opportunities

Healthy Congregations participants may also apply for special opportunities grants. These grants are larger in size and are to be used for one of the following programs:

## • BIKE SHARE IN A BOX •

A turnkey solution helping congregations work with their rural communities to establish a free bike share program supporting active living and transportation.

## • THE BIG GARDEN •

A collaborative food initiative which partners with schools, nonprofits and churches to facilitate community building and increase access to healthy foods through the act of gardening. Funding is available to start or expand community gardens.

## • THE GOOD NEIGHBOR EXPERIMENT •

With GNE, churches follow the 'love your neighbor as yourself' commandment with intention. GNE includes three workshops, 24 weeks of small group curriculum, and individual church coaching with the Neighboring Movement team to grow closer to God while learning to be a good neighbor.

## • STRENGTHENING FAMILIES FACILITATOR TRAINING •

A two-day training for three volunteers to learn how to deliver this proven family skills training program to parents and caregivers. SFP improves parenting skills, family relationships, social competence and school performance while reducing problem behaviors, delinquency, and substance abuse.

## • SUMMER FOOD SERVICE PROGRAM •

Funding is provided to help local UM churches work to support or expand this USDA program within communities. SFSP reduces hunger, increases access to healthy foods, and provides churches with opportunities to engage with communities in a positive way.

# Ready to Join?

Download our Healthy Congregations registration form at [www.HealthFund.org](http://www.HealthFund.org).

## About Us

### OUR MISSION:

Healthy Kansans through cooperative and strategic philanthropy guided by Christian principles

### STAFF:

David Jordan, *President*

Kristine Dean, *Admin. Assistant/Accountant*

Lindsey Fields, *Communications Officer*

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• [HealthFund.org](http://HealthFund.org) •



# • Healthy • Congregations

# What is Healthy Congregations?

Healthy Congregations engages Great Plains United Methodist churches in projects to improve spiritual, physical, social, and emotional health in their congregations and communities. The program provides team training, resources, and financial support to help churches plan and implement successful health ministry projects, and also provides access to a variety of special programs and opportunities for learning and sharing.



## Health is more than health care

**Health is a combination of biological, social, and environmental factors. Many of these factors are out of individual control:**

- The conditions in our communities
- The schools in our neighborhoods
- The availability of healthy food and good jobs
- How close we are to hospitals and clinics

## Why Participate?

Our congregations are blessed with people who care deeply about the health of their fellow parishioners, neighbors, and communities. Healthy Congregations is designed to pair the energy and passion of local church members with resources, funding, training, and a support network to help bring your team's vision of health to life.

### Healthy Congregations Project Examples:

- Healthy snacks and meals for events and dinners
- Physical activity opportunities (yoga classes, softball leagues, walking programs/trails)
- Family Support classes
- Cooking/canning/freezer meal preparation classes
- Development of medical equipment loan closets
- Walking Bible studies
- Emergency preparedness planning (AED / First Aid Classes / Stop the Bleed)
- Alzheimer's classes / support groups
- Mental Health Awareness classes
- Social and spiritual events
- Bereavement ministries and care packages
- Blood drives
- Flu immunization clinics
- Meditation gardens

However, we see the potential of United Methodist Congregations to build partnerships in our communities to improve health. Our Healthy Congregations program aims to engage local United Methodist churches in projects to improve the health of their congregations and communities.

## Get Started

### Program benefits:

- \$1,000 grant upon sign up, renewable each year\* (\*renewal funding contingent on maintaining three or more active, trained team members and fulfillment of annual planning and reporting requirements)
- A conference-wide network of congregations doing similar work
- Access to programming proven to bring positive change to the health and wellness of your congregation and community
- Consultation and assistance from Health Fund staff

### Program requirements:

- Must be a Great Plains Conference United Methodist Congregation
- Completion of the three-course (seven hours) certification training by three or more lay team members within 2 years of joining
- Annual completion of Congregational Health Needs Assessment, work plan, and report on past year's achievements
- Participation in periodic Healthy Congregations Learning Community webinars

**Visit [HealthFund.org](https://www.healthfund.org) to download a registration form, or contact**

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