

# WELLNESS CHAMPIONS UPDATE

December 2016

## Allina Funding: SPEND NOW!!!

A number of you have filed Wellness Action Plans and have qualified to tap into Allina funds but your funding requests must be submitted by April 30<sup>th</sup>, 2017! Do you have recess or PE equipment needs? Or an all-school physical activity event, like Field Day, that needs some additional funding support? We've received action plans from over 40 of you but requests from only 3, so get cracking and email your requests today!

## Spring 2017 Bike Distribution

Once again SPPS is teaming up with Allina to give away bikes recycled by FB4K. This year's event will take place on April 22<sup>nd</sup> and we're looking for a school that would like to play host. Last year 300 bikes were given out, with many of those going to host school Hazel Park's students and families. Please email Carol if your building is interested.

## Nutrition Opportunities with Extension

SPPS is teaming up with Extension Services on a taste test pilot project. We're looking for 1-2 elementary or K-8 schools that want to give their students a chance to expand their taste buds, while also giving input on potential cafeteria offerings. Interested? Contact Carol today. Our plan is to have at least one taste test day by year's end.

## More Pedal Programming

The SPPS Blender Bike is now ready for action! Get healthy eating into your school's classrooms in a fun and fresh new way. The request form is now available online at

<http://www.spps.org/Page/28372>

The bike needs to be reserved a week in advance. Packages can be purchased through Nutrition Services, consisting of a standard recipe and ingredients amounts to meet class needs.



## Contact info:

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