



Partners in
HEALTH
and
WHOLENESS

Being healthy. Being faithful.

Mini-Grant Examples

Mini-grants are a great way to promote health and wellness through providing much-needed, beneficial services to your congregation and community members. To help you make the most of your mini-grant, we have compiled a list of ideas based on the four cornerstones of PHW. Please refer to this as a guideline and as always, feel free to contact us with any questions.

IDEAS WE DO NOT FUND

- We have many church congregants that work alongside non-profits doing meaningful work however **PHW mini-grants are exclusively for communities of faith and their health ministries.**
- PHW funds may not be used to pay for any type of utility bill.
- Whenever possible we encourage alternatives to bottled water such as water filters.

IDEAS WE DO FUND

HEALTHY EATING

- Supplies for blood pressure checks
- Health Screenings: Take basic vitals (blood pressure, weight, height, etc.) and provide participants with a printed report.
- “First Time Taste” Event: Invite congregants to try healthy foods they have never tasted before.
- Provide Healthy Snacks for Youth
- Provide healthier church meals
- Conduct health cooking classes
- Purchase healthy cooking equipment
- Potluck: Host a potluck where everyone brings healthy soups, snacks, and other main dishes.
- Health Fair: Host vendors and workshops, and provide educational resources to raise awareness related to important health issues.
- Classes/Seminars/Workshops: Host a short workshop/seminar and/or educational course spanning several weeks. Invite health professionals and/or other experts who can speak on health issues and connect them back to faith.
- Start a Community Garden: Reach out to local agencies (like NC Cooperative Extension) to being the process of growing your own food.
- Invest in a water filter: Water filters are a great alternative to water bottles as they are more sustainable and less expensive in the long run.
- Insert resources on healthy eating into the bulletin
- Create a Formal Health Eating Policy that requires water, grilled/baked food, and fruits/veggies to be an available food option at all meals and events

PHYSICAL ACTIVITY

- “Biggest Loser” Challenge: Plan a weight loss challenge that actively tracks progress of participants over several weeks.
- Fitness Group Initiatives: Host fitness classes led by trained professionals, form walking groups, create fun obstacle courses for kids, and even organize a 5K!
- Create a walking trail in the church parking lot
- Invite personal trainers to lead exercise classes

TOBACCO PREVENTION AND CESSATION

- Tobacco cessation signs: For posting throughout spaces of worship and common areas.
- Education classes/workshops: Invite a guest speaker to discuss the risk of smoking and tobacco use to participants of all ages.

MENTAL HEALTH

- Field Trips: Plan field trips for youth groups that are both fun and also educate them on health-related topics.
- Provide Mental Health Education and Resources: Host workshops/courses, post bulletin board(s) with resources near area where many gather, or include in bulletin.
- Mental Health Discussion Groups: Create a safe, comfortable space for participants to talk among those they trust.
- Create a Mentor Program for Youth: Pair youth members with an adult in the congregation.
- Quiet Areas: Designate certain areas for relaxation and stress relief.
- Host support groups
- Host a Mental Health First Aid Course: In partnership with a certified trainer offer a mental health first aid certification course
- Insert memory games into the bulletin

OTHER

- Incorporate health into church spaces and worship
- Host a CPR Certification and First Aid Training
- Promote breastfeeding
- Maintain defibrillators

If you are reading this and your congregation is not part of the Collaborative but is interested in joining, please contact our office at 828-919-6501.