



William W. McAnulty
FCCLA MINI-GRANTS
2017-2018 SCHOOL YEAR

The Virginia FCCLA Leadership Foundation awarded the following mini-grants to chapters for planning and implementing one of the FCCLA national programs. These mini-grants were offered in honor of Bill McAnulty, a founding board member. The following chapters were recipients of a mini-grant:

Buckingham CTE Center, Buckingham County: Community Service project: The Teal Pumpkin Project is a way to include children in Halloween when they might not be able to participate otherwise due to allergies or other conditions. Buckingham is a large rural community and many children can only go to a small number of homes or Halloween activities on a school night. Buckingham FCCLA wants to raise the knowledge of the greater community before Halloween so that more people will have nonfood treats available. Buckingham FCCLA also wants the other clubs to take part in the Teal Pumpkin Project by having nonfood treats available. This year FCCLA will be a Teal Pumpkin site so that children who can't have food treats can receive safe alternatives.

Carl Sandburg Middle School, Fairfax County: Student Body project: The chapter has planned a salad bar advocacy project. Currently, salad bars are not offered as a lunch option in middle schools in FCPS. Part of their project involves "debunking" the myth that middle schoolers would not use a salad bar during lunches. One component of this project involves the establishment of a school garden in the courtyard adjoining the FACS Department Food Lab. The classroom opens to this courtyard and they will grow foods that could be featured in FACS labs and, potentially, on a school salad bar. They also hope to promote the mental health benefits of gardening that are research-based in addition to the obvious nutritional benefits of making healthier choices. The garden would be replenished each season.

Central High School, Shenandoah County: Student Body project: Intro to Culinary Arts students will host cooking lessons with upper elementary-aged students teaching them basic skills including knife skills, measuring, and how to use small appliances. Students will get to make a kid-friendly, but healthy recipe during each of five lessons. At the end of the project, they will host an evening/weekend expo where the parents of the elementary students will be invited to work with their child and their high school partner to demo and prepare a recipe for the parent or guardian. Elementary students will receive a certificate and apron for "Lil' Falcon Cooking Academy" upon completion of the program.

Powhatan High School, Powhatan County: Financial Fitness project: FCCLA members will work with elementary-age students to teach them the importance of saving. Members will use

three different programs to reach these elementary-age children within the county: PHS Morning Child Watch Program, Early Childhood Education Internships, and Title 1 Family Nights. The chapter estimates that over 1000 elementary students grades K-5 will be reached through the project. Students will be asked a simple question: Would they rather have 1 million dollars today or 1 penny doubled every day for 30 days with a payout on the 30th day? FCCLA members will work with their young students to do the math to this proposed question. They will read children's literature on savings, play a bean game, hear from community bank representatives, and design their own tootsie roll can banks (or other savings vessel) in order to practice the concept of saving at home. *Sponsored by the Virginia Bankers Association*

Spotsylvania High School, Spotsylvania County: Student Body project: FCCLA chapter members will prepare and provide healthy after-school snack packs for student athletes and club members. Students will sponsor mini workshops during lunch blocks and after school demonstrating healthy eating tips for teens and quick snack preparation ideas and recipes. Students will create and insert nutrition information pamphlets inside the snack packs provided to athletes and club members. The grant will provide start-up costs and it will transition to an on-going FCCLA fundraiser.

Stuarts Draft Middle School, Augusta County: Community Service project: One goal of the FCCLA chapter is to plan activities that the Exceptional Learners class can participate in. The chapter would like to have an activity once a month that is hands-on and would create a better rapport within the school and with the special-needs students. Activities are, but not limited to, Fall Harvest Party, healthy meal planning, healthy habits, and a fitness day. By helping plan and carry out activities, members will see that being a leader is not necessarily being in charge. All members will have a role in planning and carrying out the events. Members will see that "community service" is not just outside of the school, but is also in the school. Members will be engaging in all areas of this national program. Members will be **learning** about the exceptional learners and their program at the school, they will be **leading** activities and events, and they will be **servicing** others.