



# Partnering with MyPyramid: Youth Alliance

## Sample Project Description

All organizations interested in a joining the Youth Alliance and Partnering with MyPyramid should complete a Memorandum of Intent. This includes 1 page application form and a 1 page project description. We would encourage you to complete this by October 1<sup>st</sup>, 2008. Please e-mail the application to [Jackie.Haven@cnpp.usda.gov](mailto:Jackie.Haven@cnpp.usda.gov), or fax to Jackie's attention at 703-305-3300.

**Please fill out the following information:**

**Organization contact person  
(i.e. person responsible for general project oversight, etc)**

Name: Jane Doe

Address: 1234 Happy Street Drive

Anywhere, USA, 12345

Phone: (202)123-4567

Fax: (202)123-4568

Email: jane.doe@nutrition.net

Please provide a one to two page maximum project description containing the following information:

- Statement of need in targeted community
- Brief description of what you want to accomplish and how you will do it
- Timing for the project
- Target age range
- Specific CNPP tools that are to be highlighted/incorporated; and
- Estimated number of people reached through the project

## New Summer Youth Program Module “Get Moving – For the Fun of It”

The Summer Youth Program will help encourage the 2,000 teens enrolled in our program to exercise every day. Increasing one’s physical activity is a key part of MyPyramid and the Dietary Guidelines. We plan to add a new “unit” to our program next summer titled “Get Moving—for the Fun of It,” which introduce more physical activity into the lives of teens, and shows them the importance of eating in balance.

In past years, a majority of teens enrolled in the Summer Youth Program have been overweight or obese. To encourage physical activity every day, we plan to give each participant a pedometer so they can track how many steps they take per day. As part of “Get Moving—for the fun of it,” we will encourage the participants to take at least 10,000 steps per day, and have them track the number of steps taken each day on a goal sheet. The goal is to get the teens active over the summer, and hopefully they will continue to be active all year round using their pedometers.

To underscore the importance of balance, we will adapt materials from USDA’s “The Power of Choice.” Using a selection of the activities in their Leader’s Guide, we plan on having a brief nutrition activity or game inserted in to the Summer Youth Program immediately before lunch time each day.