Blue & You FOUNDATION
For a Healthier Arkansas

EMERGENCY MEDICAL EQUIPMENT

AUTOMATED EXTERNAL DEFIBRILLATOR

For the purchase of new AEDs, replacement batteries and pads

STOP THE BLEED KITS

For the purchase of kits or replacement items

NARCAN

For organizations to keep naloxone doses on hand or for training

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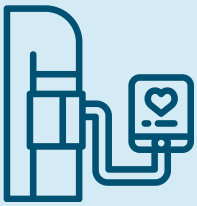
MATERNAL & CHILD HEALTH

CHILD PASSENGER SAFETY SEATS

For purchasing car seats that meet regulations and standards. Have a certified car seat technician install any car seats

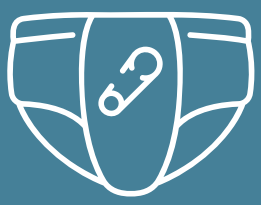
SAFE SLEEPING EQUIPMENT

For the purchasing of safe sleeping equipment such as pack ‘n plays and sleep sacks



BLOOD PRESSURE CUFFS

For the purchasing of blood pressure monitors to assist moms with elevated blood pressure during pregnancy whose healthcare plan does not cover this device



DIAPERS

To provide for those that you serve or have them on hand at your organization for people that need them

FORMULA

To provide support to families who are struggling to purchase formula for their infants

TRANSPORTATION SUPPORT FOR ACCESS TO CARE

Not for maintenance or upkeep of an organization’s current vehicle but rather Uber or gas cards to help those who do not have transportation

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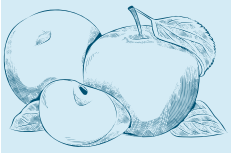
FOOD PANTRY SUPPORT

HEALTHY FRUITS AND VEGETABLES

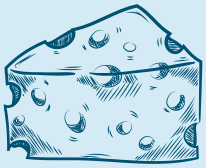


- **Fresh produce**
- **Low-sodium or water packed canned vegetables**, including tomatoes and tomato sauce can be easily obtained and are great alternatives to their fresh counterparts.
- **Canned fruits in 100% juice or lite syrup** are great sources of Vitamin C because only a small amount of it is lost in the canning process.
- **100% fruit and vegetable juices** in all container forms are welcome, including canned, plastic, and boxed.
- **Dried fruits and vegetables** with no added sugar or fat.

HEALTHY PROTEINS

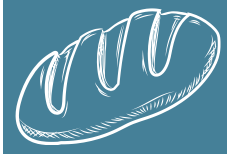
- **Low-sodium or water packed canned meats and seafood** such as chicken, tuna, salmon, and clams are high in protein, low in saturated fat, and rich in a variety of vitamins and minerals.
- **Dried beans, peas and lentils** are high in fiber and low-fat sources of protein
- **Low-sodium canned beans and peas** such as kidney, black, cannellini, black eyed, and chickpeas are high in fiber and low-fat sources of protein. Rinsing beans and removing the canning liquid can reduce their sodium content.
- **Fresh or frozen meat**

DAIRY AND DAIRY SUBSTITUTES



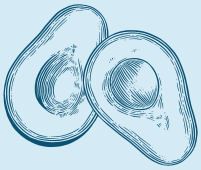
- **Milk** (unflavored nonfat, skim, and low-fat)
- **Shelf stable milk or non-dairy alternatives** such as soy and almond milk are great sources of Vitamin D and calcium. In addition, shelf-stable dehydrated milk and canned evaporated milk are also encouraged.

100% WHOLE GRAINS



- **Whole-wheat pasta, barley, brown rice, and wild rice** are complex carbohydrates. They contain good sources of fiber, which are more satiating and filling.
- **Whole-grain cereal and rolled oats** with at least 3g of fiber such as breakfast cereals can be additional sources of vitamins and minerals. Low-sugar or unsweetened cereals and oats are also highly encouraged.

HEALTHY FATS



- **Low-sodium nuts and nut butters** such as peanuts, almonds, and cashews are rich in protein and fiber. They also contain “good fats” and vitamins that are known to positively support heart health, such as monounsaturated and polyunsaturated fats, omega-3 fatty acids, and Vitamin E.

PANTRY EQUIPMENT

- **Fridges and or freezers** for food storage
- **Grill** for cooking meals
- **Shelving**

ECONOMIC OR HEALTH STABILITY CLASSES

- **Curriculum**
- **Software**
- **Speakers**
- **Healthy Snacks**, not exceeding $5 per person
- **Incentives or Awards**, not exceeding $10 per person

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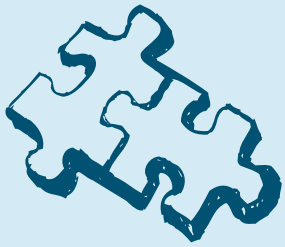
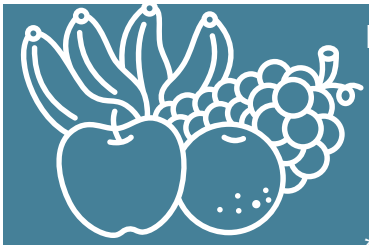
SCHOOL HEALTH INITIATIVES



CALMING ROOMS

Creating a safe space for students to refocus and emotionally regulate when they are feeling overwhelmed or anxious with:

- journals
- coloring books, puzzles, games
- sensory objects
- comfy seating such as small bean bags or alternative class seating
- soft lighting
- sound machine



FOOD PANTRY SUPPORT

- Healthy Proteins
- Healthy Fruits & Vegetables
- Dairy
- Whole Grains
- Healthy Fats
- Pantry Equipment
- Economic Stability or Health Classes

*More details on eligible items can be found on the Food Pantry Support List.

HYGIENE PRODUCTS

Providing for students who are unable to obtain necessities such as:

- Deodorant
- Feminine Pads, Tampons
- Facial or Body Wipes
- Soap, Shampoo, Conditioner
- Brushes, Picks, Combs
- Toothbrushes & Toothpaste
- Clothing

SCHOOL SUPPLIES

- Pens or pencils
- Markers
- Highlighters
- Crayons or colored pencils
- Erasers
- Notebooks
- Folders
- Binders
- Pencil Cases
- Backpacks
- Paper
- Sticky notes
- Index Cards
- Rulers
- Calculators

FINANCIAL LITERACY

Support for financial literacy classes to help students learn how to earn, manage and invest money to critically impact students' ability to make smart choices:

- Curriculum
- Software
- Healthy Snacks not exceeding $5 per person
- Incentives or Awards not exceeding $10 per person

PREVENTATIVE PROGRAMS

That can cover health, safety or social issues such as:

- Emotional Intelligence
- Positive Behavior Support
- Time Management
- Behavioral Health Awareness Activities
- Or Another Project

*We recommend contacting us to talk through your program before applying.