

2027 A PRESCRIPTION TO HEALTHY LIVING

Family and Consumer Sciences (FCS) programs throughout Alabama are invited to participate in the **A Prescription to Healthy Living State Project**, a statewide initiative aimed at promoting healthier lifestyles for individuals, families, and communities. This project encourages FCCLA chapters to prescribe actionable strategies and activities that support well-being in various settings—whether at home, school, the workplace, or in the community.

The **Alabama Association, Family, Career and Community Leaders of America (ALAFCCLA)** will present an annual award to a local chapter that demonstrates excellence in creating and implementing a project focused on healthy living. Chapters are encouraged to prescribe "healthy living strategies" in areas such as:

- **Relationships**: Fostering positive interactions and emotional well-being.
- **Food and Nutrition**: Promoting balanced, nutritious diets and healthy eating habits.
- **Fitness**: Encouraging regular physical activity and fitness.
- **Resource Management**: Teaching effective management of personal and family resources for a healthier lifestyle.
- **Health Issues**: Addressing health concerns such as mental health, substance abuse, or chronic disease prevention.
- **Housing**: Creating safe, comfortable living environments that support well-being.
- **Environment**: Promoting sustainability and a healthy relationship with the environment.

Chapters participating in this project will have the opportunity to develop a comprehensive **A Prescription for Healthy Living** that outlines activities and strategies designed to positively impact individuals or families in their community. By addressing key factors that contribute to a healthy lifestyle, FCCLA members will not only promote wellness but also empower their communities to lead healthier lives.

To be eligible for this award:

- Local chapters must complete the **A Prescription to Healthy Living** application detailing their project goals, activities, and outcomes.
- Applications must be submitted to the FCCLA state office by **February 1, 2027.**

The chapter that demonstrates the most impactful and innovative approach to promoting healthy living will be honored with an award at the **Alabama FCCLA State Leadership Conference**, celebrating their leadership and commitment to wellness. Please note that this is a state project only and does not lead to a national project award.

Participating in **A Prescription to Healthy Living** project provides an opportunity for FCCLA members to make a lasting contribution to the health and well-being of their communities, while also supporting the FCCLA mission of preparing youth to be leaders and advocates for strong families and healthy living. Let’s work together to create a healthier future for Alabama!

OFFICIAL RULES

The following rules must be followed for an application to be considered for this award:

1. The chapter must be nationally affiliated with Family, Career and Community Leaders of America, Inc.
2. The project must be conducted during the academic calendar year that includes the state leadership conference when the award will be presented.
3. **The project must be a new project that has not been submitted before for this award.**
4. The winning chapter will be selected based on scores awarded using the provided rubric including how the chapter improved healthy lifestyles in their community using family and consumer science skills.
5. Entries must be submitted on the official application to the Google Drive Folder. Once in the folder, create a folder for your chapter and upload evidence in the folder. Newspaper clippings and project photos may be attached on **no more than five (8 ½" x 11") sheets**. Emphasis will be on quality not quantity. Additional materials will not be considered.
6. Applications must be submitted by **February 1, 2027**.
7. The winning chapter (or local adviser) may be asked to present the project at the FCCLA State Leadership Conference and or at the Summer Professional Development Conference.

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Directions: Type the information requested on this form. Newspaper clippings and project photos may be attached on no more than five separate 8-1/2" x 11" sheets. Scrapbooks and large notebooks are **not** acceptable. Be concise but give as many details as possible. Applicants will be judged on the quality of presentation and the project, not on the quantity of materials submitted.

Chapter Name _____

School _____

Number of Affiliated Chapter Members _____

Chapter Members Participating in this Project _____

All information submitted is correct to the best of my knowledge.

Chapter Representative _____ Date _____
(Signature)

Chapter Adviser _____ Date _____

Project Summary

Project Title _____

Write a summary of your project, not to exceed 2 pages, to include how your project helped raise awareness for the cause, impact to the community or segment of community targeted for this topic, how the project encouraged your community to become involved, how your chapter engaged and collaborated with community leaders and/or business leaders, the creativity of the project, how you used the FCCLA Planning Process to execute the project and how it positively promoted FCS/FCCLA while addressing the needs associated with the topic. You may include pictures, articles and other evidence to support your summary. Summary and articles of evidence should not exceed 5 pages.

Alabama FCCLA "A Prescription to Healthy Living" Rubric

Category	20 Points	16 Points	12 Points	8 Points	4 Points	Points Awarded
Raise Awareness	Activities thoroughly educate about various healthy living strategies in areas such as relationships, nutrition, fitness, etc. Clear, comprehensive information provided.	Activities effectively educate about healthy living strategies with good information provided.	Activities provide some education about healthy living strategies. Adequate information provided.	Activities provide limited education about healthy living strategies. Some information provided.	Activities do not effectively educate about healthy living strategies. Poor information provided.	
Highlight Impact	Clearly demonstrates the positive impact of the project on individuals or families through diverse examples and testimonials.	Demonstrates the positive impact of the project with several examples and testimonials.	Shows the positive impact with a few examples and testimonials.	Limited demonstration of the positive impact with minimal examples and testimonials.	Fails to effectively demonstrate the positive impact of the project.	
Encourage Participation	Strongly inspires others in the community to participate in healthy living activities through interactive and engaging opportunities.	Effectively inspires others to participate in healthy living with good opportunities.	Adequately inspires some involvement in healthy living activities with some opportunities.	Limited inspiration for others to participate in healthy living with few opportunities.	Fails to inspire community participation in healthy living activities.	
Collaborate and Engage	Extensive partnerships with schools, community organizations, health professionals, and leaders. High level of collaboration and engagement.	Good partnerships with schools, community organizations, and health professionals. Effective collaboration and engagement.	Some partnerships with local organizations and health professionals. Adequate collaboration and engagement.	Limited partnerships with local organizations or health professionals. Minimal collaboration and engagement.	No effective partnerships or collaboration with organizations or professionals.	
Showcase Creativity	Uses a wide variety of creative mediums and approaches to promote healthy living strategies. Highly innovative and engaging.	Uses several creative mediums and approaches. Good level of innovation and engagement.	Uses some creative mediums and approaches. Adequate innovation and engagement.	Uses few creative mediums and approaches. Limited innovation and engagement.	Lacks creativity and innovation. Poor use of mediums and approaches.	
Planning Process	Clearly lists major goals with strong reasoning related to promoting healthy living. Thorough planning and clear objectives.	Lists major goals with good reasoning. Effective planning and clear objectives.	Lists some goals with adequate reasoning. Adequate planning and objectives.	Lists limited goals with minimal reasoning. Limited planning and unclear objectives.	Goals and reasoning are unclear or poorly defined. Planning is weak.	
Promote FCS and FCCLA	Effectively promotes Family and Consumer Sciences and FCCLA while addressing healthy living topics.	Promotes Family and Consumer Sciences and FCCLA well in most aspects of the project.	Adequately promotes Family and Consumer Sciences and FCCLA in some aspects of the project.	Limited promotion of Family and Consumer Sciences and FCCLA in few aspects of the project.	Fails to promote Family and Consumer Sciences and FCCLA.	
					Total Points Awarded	