

☞ Section 7: Budget ☞

It is important for you to consider how your church supports health ministries such as FAN. Many of the suggested FAN activities require no additional funding. They rely on the dedication and time of your members. You may choose, however, to offer some activities that do require additional funds. If so, we recommend that you prepare a budget to guide your planning. Your church may already have funds devoted to health ministry. Below is a sample budget for a small church. Budget items should be related to helping church members achieve health goals:

- Become **physically active** at a moderate intensity (e.g., brisk walking) for 30 minutes per day, at least five days per week
- Eat 2 cups of **fruit and 2 ½ cups of vegetables** each day
- Eat **whole grain** foods (e.g., whole wheat bread instead of white bread, brown rice and pasta instead of white rice and pasta)
- Eat **less fat**, especially saturated fat
- Eat **less sodium** (salt)

SAMPLE BUDGET (Total: \$500)

Books/Materials (specify titles)	Description	Cost
“Lite Cuisine” by Patti Labelle	Cookbook: “starters, entrees, sides and desserts that are low on fat, sodium and sugar-but definitely high on flavor”	\$15.90
Copying/Printing (specify purpose)		
Church bulletin inserts	50 copies for 15 Sundays. (10 cents per copy)	\$75.00
Equipment/Supplies (specify)		
DVD “Sweating in the Spirit” by Donna Richardson-Joyner	Workout program for group exercise: stretching, gospel aerobics, & strength/pilates	\$15.89
CD Player	CD Boombox with AM/FM Tuner/Cassette. For exercise breaks (in church meetings)	\$42.39
Measuring cup and spoon set	Easy-to-read measuring: 4 measuring cups 5 measuring spoons	\$10.60
Other (specify)		
1 person trained (workout safety instructor)	Certification fee	\$150

Budget Proposal

Books/Materials (specify titles)	Description	Cost
Copying/Printing (specify purpose)		
Equipment/Supplies (specify)		
Other (specify)		

Total \$ _____