

HEALTH EQUITY GRANT

Handbook



Welcome Health Equity Champions!

We are excited about your interest in the 2026 American Pride Rises Health Equity Microgrant Program. Please review the microgrant program details and information outlined below.

ELIGIBILITY

1. Applicants must be a 501(c)(3) nonprofit organization or a community-based organization with a fiscal sponsor. What is a fiscal sponsor? Review our FAQ page below.
2. Organization and project must both be based in the United States.
3. Organization and project must align with the values of American Pride Rises (APR). [Learn more about us here!](#)
4. The project should incorporate community involvement.
5. The main focus of the project should be grounded in health equity.

INELIGIBLE ACTIVITIES

- Individuals applying for funding.
- Overhead expenses (general funds, salaries, rent, utilities).
- Travel or personal training.
- For-profit businesses.
- Cannot be used as a scholarship.
- Debt reduction or loan repayments.
- Projects that will not use funds based on the American Pride Rises timeline. View timeline below.

APR is only granting funds for charitable or educational activity.

SPECIFICATIONS

Applicants can request up to a total of \$10,000.00 to fund their health equity community project. APR welcomes all eligible organizations to apply and specifically encourages:

- Organizations led by or projects that empower:
 - Indigenous communities
 - Veterans
 - Communities of Color
 - Rural communities
 - LGBTQ+ community
 - Disabled community
- Projects demonstrating strong community engagement and leadership.
- Efforts targeting specific populations that are disproportionately impacted by systemic health disparities.
- Organizations located in or intentionally serving high-need regions.
- Learnings that expand our understanding of how DEI supports and delivers improved outcomes.

FUNDING TIERS

The American Pride Rises health equity microgrants are divided into three different tiers based on grant size. These three tiers categorize the different types of projects and prepare APR to support each project meaningfully and intentionally.

TIER I: THE BUILDER UP TO \$5,000.00

The **Builder Tier** is for early stage projects that are in the foundational phase or active projects that need to fill in funding gaps for the already progressing work. These projects should be practical and have clear goals for the funding. The Builder Tier grants allow ideas to become reality. What will you build?

TIER II: THE VISIONARY \$5,000.00+ TO \$8,000

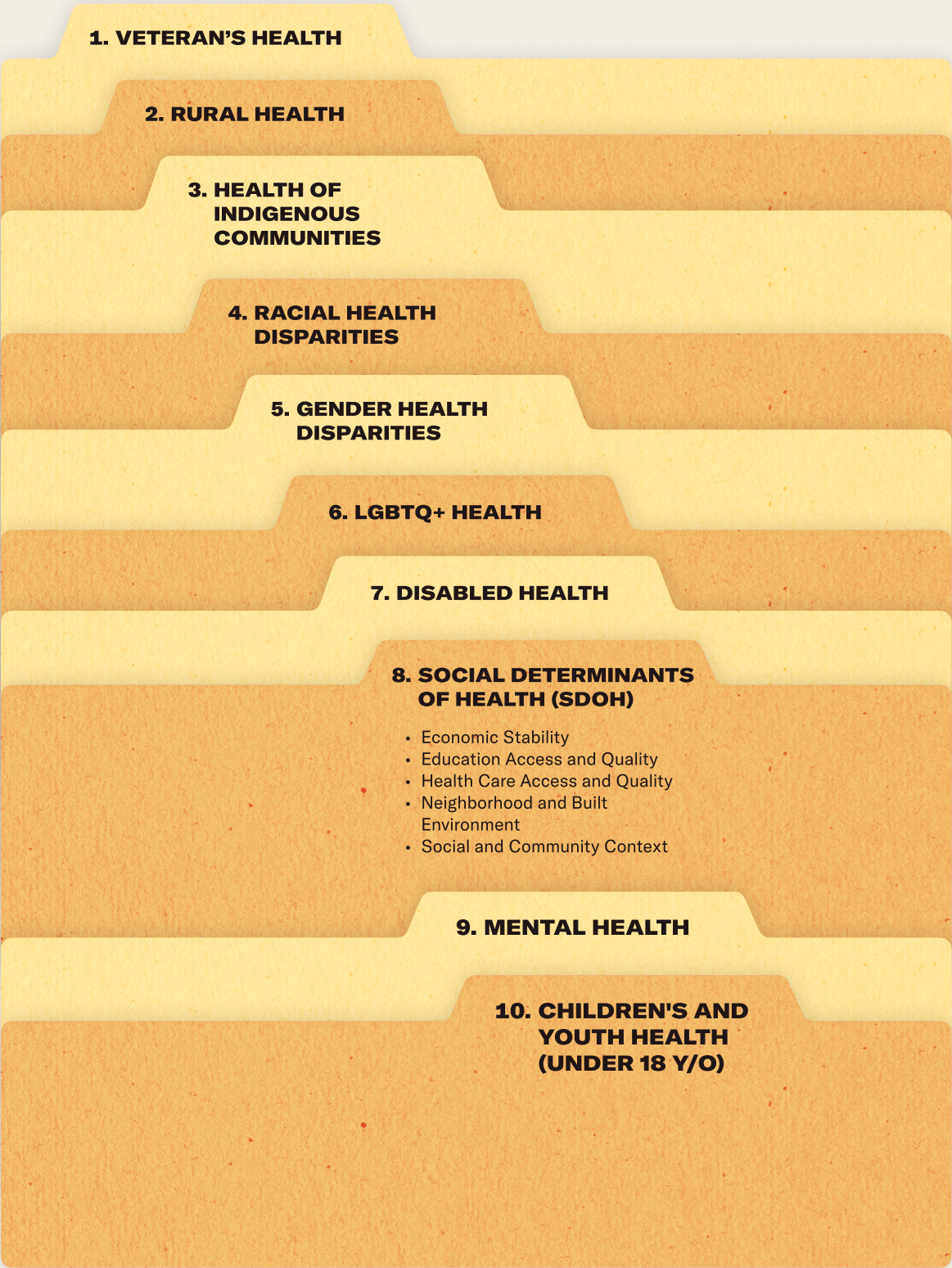
The **Visionary Tier** is for forward-thinking projects with scalable ideas that have clear direction. This funding will help expand a project’s foundation and allow projects to explore new possibilities. This tier is perfect for new or ongoing projects with a solid structure that is ready to expand. The Visionary Tier is for new or active projects that want to take the risk and leap forward. What’s your vision?

TIER III: THE DREAMER \$8,000.00+ TO \$10,000

The **Dreamer Tier** is for projects, new or active, that uphold all the elements of the Builder and the Visionary tiers. These projects should have proven evidence of impact or a detailed strategy for tracking the goal outcomes of the project. This tier is for the dreamers with an unshakeable project foundation, focused vision, and organized strategy. How big is the dream?



HEALTH EQUITY PRIORITY AREAS



MICROGRANT TIMELINE

Monday February 9th, 2026 (12pm - 1pm EST)	Virtual 2026 APR Health Equity Microgrant Application Informational Meeting.
Friday March 13th, 2026 (The application form will close at Midnight EST.)	Application Deadline.
By Friday April 17th, 2026	Applicants will be notified of their grant status.
Week of April 20th, 2026	Grantees will begin receiving funds. (Note: Grantees should prepare to receive funds by Thursday, April, 30th at the latest.)
Wednesday May 6th, 2026 (Note: Time will be confirmed closer to date.)	APR Virtual Welcome and Introduction to the 2026 APR Health Equity Microgrant Program.
Wednesday June 3rd, 2026	Monthly check-in with grantees led by the APR grant team at the beginning of each month.
Wednesday July 8th, 2026	
Wednesday August 5th, 2026	
Wednesday September 2nd,, 2026 (Note: Time will be confirmed closer to date.)	
Wednesday September 30th, 2026	Project funds must be used by this date.
Friday October 30th, 2026	Final Report due to American Pride Rises by Midnight EST. Final Report expectations and details will be reviewed during grantee programming.
November 2026 (Note: Time will be confirmed closer to date.)	Health Equity Summit for Partners and Grantees

NOTE

We understand that aligning schedules can be complicated. Do not let anticipated schedule conflicts prevent you from applying. The APR grants team is prepared to work with each selected grantee and reasonably make adjustments as needed.

PROGRAM REQUIREMENTS

Grantees will learn more about the grant program during the Virtual APR 2026 Health Equity Grant Application Informational on **Monday, February 9th, 2026 at 12 p.m. EST.**

Sign up here to learn more! ➤

- ✓ Provide necessary documentation to APR to confirm 501(c)(3) or fiscal sponsor status in grant application.
IRS Determination Letter
- ✓ If awarded, grant recipients will need to provide the following to APR in order to receive grant funds:
Completed W-9
Banking Information
Point of Contact for Fund Disbursement (ex: Finance Director, Operations Director etc.)
- ✓ Attend and participate in grantee related events, including monthly check-ins with the American Pride Rises Health Equity Team. Dates are outlined in the timeline.
- ✓ Follow the project timeline expectations as outlined by American Pride Rises.
- ✓ Connect with American Pride Rises on Social Media:
Instagram: @apr_network
TikTok: @apr_network
LinkedIn: @American Pride Rises
Facebook: @AmericanPrideRises
Substack: @americanpriderises
[Subscribe to the American Pride Rises Newsletter](#)
- ✓ Complete all required elements of the Final Report and submit to American Pride Rises, grants@aprnetwork.org, by Midnight EST on Friday, October 30th, 2026.

FINAL PROJECT REPORT

American Pride Rises welcomes creative, thoughtful and unique approaches to the Final Project Report. Participants should use this report as an opportunity to reflect the culture of their organization and the elements of the grant-funded project!

Projects can be submitted in a variety of ways, including a written document, video, slideshow, or a mix of these formats. We are open to accepting other ideas from grantees upon approval by the APR grant team. The monthly program meetings will provide space for grantees to revise and prepare their final report.

The Final Report should be sent to American Pride Rises, grants@aprnetwork.org, by no later than Midnight EST on Friday, October 30th, 2026.

THE FINAL REPORT MUST INCLUDE

Summary of the Project:

Provide an overview of the project. Reflect on the projects implementation and process by reflecting on the following questions:

- Who was involved in the project? What partnerships were strengthened or established during the project? Who did the project serve?
- What did the project accomplish? What could have been improved? What are some elements that might have been missing? Where did the project take place?
- Why did your organization decide to lead with this project idea?
- How many people were reached? How did the funding help start or scale the project? How will this project continue to have an impact after this cycle of funding?
- How was a deeper understanding of DEI integrated into discussions of or delivery of your project?

Media:

Each grantee is expected to provide some form of media to American Pride Rises. This could be in the form of photos or videos. We expect grantees to capture the project in real time and share the content with APR by the due date of the Final Grant Report.

Tracked Impact:

Provide an organized review of the project's impact based on what is submitted in your application.

Story Collection:

Grantees will collect stories of the communities they reach with their project. Each grantee is expected to fulfill at least one of the following forms of story collection for their project.

- Audio
- Visual
- Written
- Combination

Note: Story Collection and Media could be approached cohesively.

SELECTION CRITERIA

Your grant application will be reviewed by the American Pride Rises grant committee and evaluated based on the following criteria.

WEIGHT	CRITERIA
20%	Alignment with APR's mission and health equity priority areas
20%	Project clarity and strategy
20%	Strong community engagement and leadership
15%	Plan to track and measure impact of project
10%	Organizational capacity
10%	Budget clarity and practicality
5%	Creativity and Innovation

EXAMPLE PROJECTS

We encourage applicants to embrace being the builders, visionaries and dreamers of America. Think bravely and share authentically! We welcome innovative and courageous ideas.

Remember to keep the focus of the project aligned with health equity, but don't be afraid to submit an unconventional project.

The Final Report should be sent to American Pride Rises, grants@apnetwork.org, by no later than Midnight EST on Friday, October 30th, 2026.

Here are some simple and basic ideas of *eligible health equity projects*

HEALTH EQUITY PROJECT IDEAS

- Creating a community-led film with educational health equity themes. Hosting a variety of public viewings with the community and facilitating an open discussion forum between the actors, directors, participants, and audience. Sharing the film on social media and promoting content.
- An organization provides free programming and support for first generation students preparing to apply for specialized health related educational programs.
- Establishing a community garden and leading an educational series on healthy eating in an under-resourced neighborhood.
- Leading a youth fitness program and providing participants with equipment and resources to learn about healthy living and connecting fitness to mental health.
- Hosting a series of art events, like a writing workshop, to connect creativity to mental health awareness. Providing the participants with art materials and background knowledge on how different activities affect the mind and body.

NOTE

This list only highlights a few general ideas of projects that could be funded.

We encourage any applicants with projects that meet the eligibility requirements to submit an application!

PROJECTED BUDGET AND DESCRIPTION EXAMPLE

We recommend being as thorough as possible in your budget outline and description. APR is looking for clear and itemized budget outlines. The example below is a general guide of what we are looking for. We encourage you to include and share all information relevant to the budget. This could include links to products or resources you plan to purchase, an explanation of how you predicted your costs etc.

EXAMPLE BUDGET FOR A TIER I

Builder grant application seeking \$5,000.00 of funding for the restoration of a community garden and related health equity educational programming

\$2,000 *Purpose: Garden*

ITEM(S)

- Garden Tools
- # of Shovels and cost per unit
- # of Rakes and cost per unit
- # of Hoes and cost per unit
- # of Trowels and cost per unit
- # of Wheelbarrows and cost per unit
- # of Tillers and cost per unit
- # of Pairs of Gardening Gloves and cost per unit
- # of First Aid Kits and cost per unit
- # of Produce Scales and cost per unit
- # of Hose and cost per unit
- # of Watering Cans and cost per unit
- # of Rain Barrels and cost per unit
- # of Soil Units and cost per unit
- # of Mulch Units and cost per unit
- # of Fertilizer Units and cost per unit
- # of Organic Pest and Disease Control Units and cost per unit
- # of Raised Garden Beds and cost per set
- # of Seed Packets, Types, and cost per unit

EXPLANATION

Our goal is to build out a garden that can comfortably support x amount of community members simultaneously. We estimate # community members will participate in this round of the project based on our recent community feedback survey linked here.

\$1,500 *Purpose: Garden*

ITEM(S)

Industrial Compost Machine (with link)

EXPLANATION

The cost includes professional installation and a safety course to certify community members interested in being compost machine facilitators. The community garden members will have access to the compost machine for garden and personal use.

This item is critical for our community programming, which will include education on the compost business. The compost machine will be used to encourage sustainability and provide revenue for the community garden after this grant cycle. We included in our application our plan to continue this project by leveraging our compost resource and community partnerships.

\$1,000 *Purpose: Garden*

ITEM(S)

Garden Fence

EXPLANATION

The community garden needs a new fence to protect the garden and keep the visitors safe from the busy road we are located alongside. We want to have two entrances in order to provide easy access for both sides of the neighborhood. We have attached an estimate that we received for new fence installation from a local business in the neighborhood.

\$500 *Purpose: Education and Programming*

ITEM(S)

of Gardening for Healthy Living books and cost per unit

Estimated weekly cost of providing printed resources

of Journals and cost per unit

of Pens and cost per unit

of Posters and cost per unit

of Markers and cost per unit

EXPLANATION

In addition to restoring an old community garden, we will be providing weekly programming for community garden members that will be hosted by our organization on Saturday mornings. During this programming we will connect gardening to the practice of self-sustained healthy living. We have included links to all of the programming materials we are looking to purchase. The quantity of materials is based on the interest we tracked in a recent community survey linked above.

HOW TO APPLY

NOTE

Please Review our FAQ page for more information regarding application details and required documents.

We are thrilled that you are interested in submitting an application for the 2026 American Pride Rises Health Equity Grant Application.

Applicants must submit an application including all required documents via APR's online grant portal linked below.

[Apply here ↗](#)



FAQS

Who do I contact if I have technical issues?	American Pride Rises, Health Equity Grants Team, grants@aprnetwork.org .
Who do I contact with questions about the application?	American Pride Rises, Health Equity Grants Team, grants@aprnetwork.org .
Can I still apply if I am not a 501(c)(3) and don't have a fiscal sponsor?	No. For this grant, American Pride Rises will only review applications submitted by certified nonprofits or organizations with a certified fiscal sponsor.
How does American Pride Rises define Health Equity?	American Pride Rises recognizes health equity as fair access to opportunity and resources so everyone can achieve their full health potential, regardless of their background or identity.
What documents do I need to submit in the application?	<p>All grant applicants are required to submit an IRS Determination Letter in their application.</p> <p>All grant recipients will need to provide a completed W-9 form, banking information and a finance point of contact, when prompted by the APR team, in order to receive grant funds.</p>
If I am awarded a health equity grant, when will I receive funds?	Awarded grantees can expect to receive funds no later than Thursday, April 30th, 2026.
How much time should I allow for the application process?	Completion time will vary for each applicant, but we recommend you reserve at minimum an hour to thoroughly complete this application.
Can a for profit business apply?	No. For this grant, American Pride Rises is only funding certified nonprofits or community organizations applying with a certified fiscal sponsor.
Can I ask for more grant funds after I submit the application?	No. American Pride Rises will review your application based on the amount you request in your first application submission.
How long will it take to hear back from American Pride Rises after submitting?	American Pride Rises will send out grant award notifications by Friday, April 17th, 2026. We will communicate as needed with applicants using the contact information submitted in the application.
Can I make changes after submitting the application?	No. Applicants will not be able to edit their answers after submitting the application. If there is an important error or edit we should be aware of, please inform the Health Equity Grants Team, grants@aprnetwork.org .

FAQS (CONTINUED)

Can I save my application and submit the form at a later time?	Yes! Click the “Save the Draft” button at the end of the form next to the “Submit” button. You can return to the form and complete it at a later time.
Will I be able to save my responses after submitting the application?	Yes! After you submit your application you will be able to view and download your responses.
What are we responsible for providing in our final report?	<p>Please review the “Program Requirements and Final Report” section for a detailed outline on what is required for the Final Report, which is due to American Pride Rises no later than Midnight EST on Friday, October 30th, 2026.</p> <p>Final Report details will also be reviewed in the virtual grant program meetings. The APR health equity grants team will be available to support grantees on preparing their final report.</p>

FOR SUPPORT,
*please contact our
Health Equity Grants Team*

grants@aprnetwork.org ↗

Thank you for your interest in the 2026 American Pride Rises Health Equity Microgrant.

We look forward to receiving your application!