

MINI-GRANT OPPORTUNITY - APPLY TODAY!



WHO: 100 Licensed Child Care Centers, Group, and Family Child Care Homes serving children birth - five!

You're entrusted by families with the care and well-being of their children. That puts you in the position to make a pivotal difference in their lives by helping them form positive nutrition and physical activity habits while in your care. This mini-grant project focuses on infants, toddlers, and preschool children.

WHAT: PA Nutrition and Physical Activity Self-Assessment for Child Care (PA NAP SACC)

PA NAP SACC is an interactive, easy-to-use online tool that provides professional development for child care providers. This completely web-based process includes self-assessment, action planning, implementation, policy development, post-self-assessment, and reflection. The implementation process includes free, online professional development opportunities in CBK knowledge area 7 (K7): Health, Safety and Nutrition that once completed, become part of your transcript on the Registry.

WHERE: Online!

In addition to online resources, all programs will have access to technical assistance from Tuscarora Intermediate Unit, as well as support from the Early Childhood Education Linkage System, related to policy development and improvement plans. A limited number of programs will receive on-site, targeted technical assistance from a Child Care Health Consultant (CCHC) at no cost to the site. The CCHC will review current practices and policies, assist with developing sustainable policies, and offer guidance for continuous quality improvement.

WHEN: Applications are due by August 18, 2017!

The Child Care Wellness Mini-grant Project will follow the timeline below:

Applications due by August 18, 2017

Notification of Acceptance - September 7, 2017

Orientation and Kick-off in late September/early October

*Have 8-9 months to implement!
Reflection and wrap up in June 2018*

WHY: Early childhood educators can be pivotal in guiding the course of a child's health and wellness.

Beyond the reward of making a difference in the health of the children in your care, participants also receive a \$500 mini grant to support their action steps and enhance their nutrition and physical activity practices.

HOW: Apply online here: <https://www.surveymonkey.com/r/ZRB6PD9>

We would love for you to join us this year! To apply, please complete and submit the application electronically using the link provided. Please note that this application was created in Survey Monkey, and cannot be started and then returned to at a later date to complete. Please allow yourself enough time to complete the application in one sitting. To preview the questions on the application ahead of time, please refer to the PDF attached to this email.

*****Remember - Applications are due by August 18, 2017*****

If you have questions or require additional information, please contact Lori McMonigal, Coordinator for Special Projects at Tuscarora Intermediate Unit, at 717-248-4942 x 112 or lmcmmonigal@tiu11.org.

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pa **nutrition** AND
 physical **activity**
 self-**assessment**
 FOR child care

UPON
**PROJECT
 COMPLETION**

**PROJECT
 SNAPSHOT**



of programs reported **offering healthier** meat and grain choices.



of programs reported **offering more** fruits and vegetables.



of programs reported **using best practices** to implement or improve their own nutrition policies.



of programs reported **increasing opportunities** for children, staff and families to learn more about healthy behaviors such as proper nutrition and physical activity.



of programs reported **increasing** the daily **amount of time** children spend being physically active.



PA NAP SACC is an online, continuous quality improvement intervention designed to help child care providers improve the nutrition and physical activity practices within their early childhood care settings. To learn more about PA NAP SACC, visit <http://panapsacc.weebly.com>.

Data Source for PA NAP SACC specific data: 337 licensed child care programs in Pennsylvania, including both center-based and family child care homes that completed the PA NAP SACC program from 2011-2016.

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