



**Are you interested in nutrition and physical activity initiatives for your child care center?**

Keene State College through the support of the Department of Health and Human Services, Division of Public Health Services is recruiting SEVEN child care centers across the state to participate in an exciting initiative designed to improve the health of children.

**If you are interested in this opportunity, READ ON, as there is a mini-grant opportunity of \$1500 to implement health-related initiatives!**

Participating in this project will enable your child care center to identify improvements in nutrition and physical activity policies and practices. We are asking centers to:

1. Work with an assigned health consultant (Tracy Gagnon) in-person or virtually and through brief telephone conversations to complete GO NAPSACC self-assessments that focus on nutrition and physical activity in the child care setting. Child care centers will have the choice of completing at least one of the assessments: *Child Nutrition*, *Breastfeeding & Infant Nutrition*, and *Infant & Child Physical Activity*.
2. Once the assessments of your choice are completed, you will review the results with your health consultant and identify up to 3 goals to work on over the next 6 months. Your consultant will assist you in creating an action plan that is realistic for your center.
3. Ask at least one member of your center to participate in **one of two** online trainings; each online training is 90 minutes. One training focuses on breastfeeding friendly child care and the other on wellness policy development. Both trainings are approved by NH child care licensing for continuing education hours. We ask that the designated person complete the training by March 1, 2021 prior to submitting the mini-grant application.
4. **Receive a \$1500 mini-grant** to support the implementation of your action plan (application due March 1, 2021).
5. Provide success stories based on the initiative to your assigned health consultant by May 1, 2021.

**Act quickly as participation is limited to the first SEVEN child care centers! If you are interested, please respond to this email no later than October 15, 2020.**

The total time commitment for your participation in the project is ~ 8 to 10 hours from start to finish (October to April). Please email Becky Dunn at [rdunn@keene.edu](mailto:rdunn@keene.edu) with any questions and to secure a spot!