pa nutrition AND physical activity self-assessment FOR child care

Wellness Grant Application 2025-2026



Learn more from others who have participated at www.keystonekidsgo.org!

Seeking 40 Licensed Childcare Providers for Pennsylvania Nutrition and Physical Activity Self-Assessment for Child Care (PA NAPSACC) Wellness Grant Opportunity

Applications Due	By 11:59 pm on October 3, 2025
Informational Webinar for Eligible Applicants	October 23, 2025, 12:45 – 1:45 pm (will be recorded)
Enrollment	40 spots available, first-come, first-served, following Informational Webinar
Implement Practice and Policy	October 2025 – April 2026
Reflection and Re-assessment	May 2026

Why apply?

You're entrusted by families with the care and well-being of their children. In a time when health practices are more critical than ever, **you are in a position to make a pivotal difference** in children's lives by helping them form positive nutrition and physical activity habits while in your care.

Who is eligible?

Licensed childcare providers in Pennsylvania, serving a minimum of four children ages birth to five years. **Past participants are also eligible to apply, WITH PRIORITY GIVEN TO PROGRAMS WHO HAVE PARTICIPATED NO MORE THAN 1 TIME SINCE 2019.** Following the application period, eligible applicants will be invited to participate in an **Informational Webinar on October 23rd from 12:45-1:45**. This webinar will be recorded and shared with all eligible applicants. **Starting October 27th**, program enrollment will be based on the **first 40 programs to complete enrollment tasks** outlined in the webinar.

What is the opportunity?

This grant provides an opportunity to engage in a **continuous quality improvement process** focused on obesity prevention practices and policies within an early care and education setting. The program utilizes Go NAPSACC, an on-line, evidence-based tool, to guide self-assessment, action planning, implementation, policy development, re-self-assessment and reflection. The process empowers program leadership and includes individualized technical assistance to increase knowledge and improve quality of practice and policy. Programs will also be **linked with a Child Care Health Consultant at no cos**t to the site. The CCHC will review current nutrition and physical activity practices and policies, assist with developing sustainable policies, and offer guidance for continuous quality improvement.

Is there an incentive for participation?

Beyond the reward of making a difference in the health of children, those who participate and complete grant requirements will receive up to **$500 in grant funding** to support staff time and/or any materials and resources needed. For STAR 3 and 4 programs, participation in all components of the PA NAPSACC Wellness Grant satisfies **Keystone STARS performance standards** LM.3.4.10 (utilizing a health care consultant to establish and maintain health policies above those required by certification) as well as bonus points area Partnerships with Families and Communities (participating in an organized effort to promote nutritional health for children).

How can my program apply?

If you are interested in participating, please **complete and submit the ONLINE APPLICATION found** HERE. If you have questions or require additional information, please contact Cindy Wilson at Tuscarora Intermediate Unit, at 717-248-4942 x 143 or cjwilson@tiu11.org

APPLICATIONS MUST BE SUBMITTED BY 11:59 on OCTOBER 3, 2025

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