



## MINI-GRANT OPPORTUNITY - APPLY TODAY!

### **WHO: 100 Licensed Early Childhood Education Centers/Homes!**

*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.*

### **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 administrators and their staff. This completely web-based process includes self-assessment, action planning, implementation, 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 28, 2016!**

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

- **Applications due by August 28, 2016**
- *Notification of Acceptance - September 14, 2016*
- *Orientation and Kick-off in late September/early October*
- *Have 8-9 months to implement!*

- *Reflection and wrap up in June*

**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 at: <https://www.surveymonkey.com/r/QLWNFKB>**

*We would love for you to join us this year! To apply, please complete and submit the application electronically using this link: Please note that this application was created in Survey Monkey, and cannot be started and then returned to at a later date to complete. To preview the questions on the application ahead of time, please refer to the PDF version included with this email announcement.*

**\*\*Remember - Applications are due by August 28, 2016\*\***

*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](mailto:lmcmmonigal@tiu11.org).*

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

## UPON PROJECT COMPLETION

## PROJECT SNAPSHOT

74%

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



70%

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



77%

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



84%

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



75%

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



337

Total number of Early  
Childhood programs  
that successfully  
completed the project

53

Number of participating  
Pennsylvania counties



674

Estimated total number  
of teachers impacted



16,000

Estimated total number  
of children and  
families impacted



**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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