



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

Seeking Licensed Child Care Providers for PA NAPSACC Mini-grant Project focused on Children's Health

Background of PA NAPSACC Mini-Grant Project:

You're entrusted by families with the care and well-being of their children. Amidst a world-wide pandemic, child care emerged as a lifeline for families, adapting routines and policies to ensure that children were safe, healthy, and secure. 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.

The Pennsylvania Nutrition and Physical Activity Self-Assessment for Child Care (PA NAPSACC) program is a continuous quality improvement process focused on obesity prevention practices and policies within early care and education settings. The program utilizes Go NAPSACC, an on-line, evidence-based tool, to guide you through 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 participate in online TA networks focused on policy development, which will be led by 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.

We recognize that you are faced with challenges beyond the norm. We continue to reach out to past project participants to identify strategies and resources that will support you as you develop and implement nutrition and physical activity action steps while balancing the impact of the pandemic.

Benefits of Participation:

Beyond the reward of making a difference in the health of the children in your care, those who participate and complete project requirements will also receive a \$500 mini-grant to support their action steps. For STAR 3 and 4 programs, and STAR 2 programs moving to STAR 3, participation in all components of the PA NAPSACC program satisfies the performance standards and/or bonus point

requirements related to utilizing a health care consultant to establish and maintain health policies above those required by certification as well as participating in an organized effort to promote nutritional health for children.

Timeline:

The PA NAPSACC Mini-grant Project will follow the timeline below:

- Applications due by September 3, 2021
- Notification of Acceptance - September 21, 2021
- Orientation and kick-off – week of October 4, 2021
- Have 8 months to implement!
- Reflection and wrap up in June 2022

Technical support and policy consultation will be available to all participating programs.

How to Apply:

If you are interested in participating, please complete and submit the electronic application found here: <https://www.surveymonkey.com/r/H8Q8XCF>

A summary of questions asked in the application is included below.

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

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Applications must be submitted by September 3, 2021.

Information to have ready when applying for PA NAPSACC Mini-Grant Project. Applications MUST be submitted online at <https://www.surveymonkey.com/r/H8Q8XCF>

1. Name of Child Care Program. To be eligible, programs must be a licensed child care provider. If you are submitting applications for multiple locations, a separate application must be received for each location, with each site having a unique identifier and a different contact person (ABC Child Care site 1, ABC Child Care site 2, etc.)

2. 9-digit Master Index (MPI) number. The supplied MPI number MUST align with the legal name and address provided in the PA NAP SACC application. MPI numbers are used by the Pennsylvania Department of Human Services to identify legal entities and service locations that participate in any of its programs, including child care licensing, Early Intervention, Pennsylvania Pre-K Counts, Head Start Supplemental Assistance Program, and Keystone STARS. Applicants that are not currently participating in any of these programs should contact the Early Learning Network (ELN) Help Desk at (877) 491-3818 and provide their Federal Tax ID to determine their MPI numbers. MPI numbers will not be provided without a Federal Tax ID number.

3. Type of program (center, group, family)

4. Program director/administrator/owner name

5. Phone number

6. Email address

7. Cell phone number if program would like to participate in text-messaging reminder app for project due dates/etc. in addition to email reminders and updates.

8. Contact person name (This is the person who will receive all emails and notifications related to the grant)

9. Phone number

10. Email address

11. Program street address

12. City

13. State

14. Zip code

15. County

16. If it is necessary to mail information to your site/home (resources, paperwork, etc), is the above address the best one to use?

17. School district where program is located

18. Please select your Early Learning Resource Center (ELRC) Region.

19. On average, how many children do you serve in each of the age groups below? (The target age group for this mini-grant project includes infants, toddlers, and preschool age children.)

Birth to 3

3.1 - 5

5.1 +

20. On average, please estimate the number of children you serve that are:

White

Hispanic or Latino

Black or African American

American Indian or
Alaskan Native

Asian/Pacific Islander

21. How many staff are employed at your center/group/family home?

22. Does your child care center/group/family home participate in the Child and Adult Care Food Program (CACFP)?

23. Please select your current Keystone STARS level:

24. Does your program have a modified summer program or schedule?

25. If yes, please explain.

26. Does your child care program currently have a written policy regarding nutrition?

27. Does your child care program have a written policy regarding physical activity?

28. Please evaluate your comfort level using technology (email, websites, online videos and resources, etc.)

29. PA NAPSACC encourages persons of all abilities to participate in its programs and activities. If you anticipate needing any type of accommodations, please indicate your needs below or contact Lori McMonigal at lmcmomigal@tiu11.org so that we can be sure to provide inclusive content for all participants.

30. Has your program participated in a PA NAPSACC mini-grant project in the past? (Past participants are still eligible and welcome to apply; however, if spots are limited, priority will be given to programs who have not had a previous opportunity to participate.)

31. Please share how you heard about this opportunity:

32. Please explain your interest in the PA NAPSACC Mini-grant Project. Specifically, what are your goals for improving nutrition and physical activity practices within your program?

33. Please describe your commitment to and ability to complete this project, including the time required to complete the mini-grant activities (orientation, self-assessment, implementation, reflection, communication with policy consultant).

34. This mini-grant project is part of a larger statewide initiative which is funded by the Centers for Disease Control and Prevention. Our funding requires us to conduct a program evaluation of our various initiatives under this grant. Please indicate your program's willingness and availability (time to complete an online survey) to provide an external evaluator with information that will assist them in conducting this evaluation required by CDC.

35. PA NAPSACC also collaborates with state health and education partners to provide up-to-date resources to participants that meet their identified needs and goals stated within their action plan. Please check the appropriate box below regarding permission to share your information with other partners.

We hope you consider applying this year! Applications are to be submitted online and are due by September 3. The link to apply is here:

<https://www.surveymonkey.com/r/H8Q8XCF>

All applicants will be notified of their acceptance status by September 21, 2021. Thank you!