



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

Wellness Grant Application 2023-2024



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

Timeline:

Applications Due	September 15, 2023
Notification of Acceptance	September 29, 2023
Orientation	Week of October 9, 2023 via webinar (multiple dates and times offered)
Implementation	October 2023 – May 2024
Reflection and Wrap Up	June 2024

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.

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 (CCHC) at no cost 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.

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 standard 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).

If you are interested in participating, please complete and submit the [ONLINE APPLICATION](#) found [HERE](#), or on the Keystone Kids Go website (www.keystonekidsgo.org) 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 SEPTEMBER 15, 2023

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