



Eat healthy. Move often. Live well.

**Cambridge in Motion Mini-grants 2018**  
**Guidelines for Food and Fitness Funding**  
\$500 and \$1000 Mini-Grants Available (Ten Grants)

*For initiatives promoting healthy eating and physical activity in Cambridge*

This year, the *Cambridge in Motion* initiative is pleased to sponsor seven mini-grants for \$500 and three mini-grants for \$1000 to promote healthy eating and physical activity in children and adults.

***Cambridge in Motion* aims to create an environment where city agencies, community organizations and local businesses work together to make it easier for residents and people who work in the city to eat healthy and be physically active. *Cambridge in Motion* is coordinated by the Cambridge Public Health Department and is part of the statewide Mass in Motion initiative.**

The mini grants are funded in partnership by the Cambridge Public Health Department and Whole Foods Market stores in Cambridge and Somerville. Grants are awarded in a competitive process by representatives from the Cambridge Food and Fitness Policy Council, the Healthy Children Task Force, and city agencies, including the Cambridge Public Health Department.

This funding is intended to support initiatives in Cambridge that **promote physical activity and healthy eating**, making healthy choices easier. Initiatives could be built around creating **new practices** in schools, workplaces and community organizations and/or could promote **greater use** of existing local resources. Organizations may apply for more than one, and may partner with another organization and apply for a project.

**Selection Criteria**

- Promotion of healthy eating and/or physical activity
- Overall quality of proposal, including timeliness of submission and adherence to instructions
- Evidence of collaboration and/or community engagement
- Creation of practices that are sustainable, meaning there is potential to continue beyond the grant funding.
- Projects that also connect health and environment will be viewed favorably.

Those who have received funding in past years may reapply up to 3 consecutive years if they build on their projects or propose new ones, however new applicants will receive bonus points added to their score.

FUNDED BY:



Cambridge  
Public Health  
Department



### **Examples of potential projects:**

- Local businesses promoting healthy food and beverage choices in the community
- Promotion of the use of tap water instead of sugary beverages
- Pilot or implement guidelines for healthy choices in meals/snacks served in programs or the workplace
- A program to create and implement activity breaks in schools or the workplace
- A food program, educational effort, or organization proposing to incorporate fresh food, gardening, reuse/donation of extra food, or a local farmers market.
- An initiative to promote walking or biking that promotes physical activity *and* reduces car transportation.

*The Cambridge Public Health Department will provide:*

1. \$500 or \$1000 grants to cover project expenses
  - Applications for \$1000 grants must describe how the proposed project builds significantly on an existing project, or is a partnership of organizations
2. Technical assistance for the planning of proposed activity
3. Assistance with publicity, as appropriate

In addition, grantees will be offered opportunities for assistance from Whole Foods Market stores in Cambridge/Somerville for events and projects.

### **Eligible applicants**

- Organizations serving Cambridge residents; adults and/or children
- Cambridge-based employers, businesses and universities

*Individuals are not eligible to apply.*

### **Awardees must agree to the following:**

- Designate one staff person to organize and implement the program and notify the Cambridge Public Health Department of any changes.
- Complete the program/initiative no later than October 31, 2018
- Provide a project update in July
- Attend one grantee meeting
- Submit a summary report and photos by November 15, 2018
- Share project results with other grantees at a meeting of the Healthy Children Task Force or the Food and Fitness Policy Council

### **Important Dates/Deadlines**

- Extended deadline April 13th – Deadline for submission of applications
- Whole Foods will sponsor an awardee breakfast and networking meeting in June – date to be determined

**Please limit application responses to the space provided. Applications cannot exceed 4 pages, not including budget and appendices.**

Please submit proposals by email to [Cambridgeinmotion@challiance.org](mailto:Cambridgeinmotion@challiance.org) with the subject line: Mini-grant Application. For questions please contact Dawn Olcott at [dolcott@challiance.org](mailto:dolcott@challiance.org) or 617-665-3809.