



Eat healthy. Move often. Live well.

Cambridge in Motion Mini-Grants 2019

Guidelines for Healthy Eating and Physical Activity Projects Funding

\$500 Mini-Grants Available (10 Grants) for Initiatives Promoting Healthy Eating and Physical Activity in Cambridge

This year, the *Cambridge in Motion* initiative is pleased to sponsor ten mini-grants for \$500 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 by the Cambridge Public Health Department. Grants are awarded in a competitive process by representatives from the Cambridge Food and Fitness Policy Council, the Healthy Children Task Force, Cambridge Public Schools, 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 can be built around creating **new practices** in schools, workplaces, and community organizations, and/or could promote **greater use** of existing local resources.

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 connect health and the environment or community resiliency will be viewed favorably.

New applicants receive extra points added to their score during the review process. Organizations that have received funding in past years may reapply up to 3 consecutive years if they build on their projects, or they may propose new projects.

Two or more partners may apply for \$1,000 (2 grants) in one application and must describe how the proposed project is feasible, builds on existing successful work, and includes firm letters of commitment from all key partners (a Memorandum of Understanding is preferred).



Cambridge
Public Health
Department

Examples of potential projects:

- Local businesses expand healthy food and beverage choices offered through improved displays, related equipment, new purchasing systems, or community outreach.
- Promotion and dispensing of tap water instead of sugary beverages.
- Pilot or implement guidelines and taste tests 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, organization or a local farmers market proposing to incorporate fresh food, gardening, farming, or reuse/donation of unused food.
- An initiative to promote walking or biking that promotes physical activity *and* reduces car use.

The Cambridge Public Health Department will provide:

- \$500 grants to cover project expenses.
- Technical assistance for the planning of proposed activity, if requested.
- Assistance with publicity, as appropriate.

Eligible applicants

- Organizations serving Cambridge residents: adults and/or children.
- Cambridge-based employers, businesses, non-profits, community organizations, 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 proposed project no later than October 31, 2019.
- Provide a project update in July.
- Submit a summary report and photos by November 15, 2019.
- 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

- Deadline for submission of applications – March 22
- An awardee breakfast and networking meeting will be scheduled in June – date TBD.
- Complete the proposed project no later than October 31, 2019.
- Provide a project update by July 31, 2019.
- Submit a final summary report and photos by November 15, 2019.

Applications cannot exceed 4 pages, *not including budget and appendices.*

Please submit proposals by email to Cambridgeinmotion@challiance.org with the subject line: **Mini-grant Application.**

For questions please contact Dawn Olcott at dolcott@challiance.org or Gabby Headrick at gheadrick@challiance.org.