



Eat healthy. Move often. Live well.

Cambridge in Motion Mini-Grants 2022

Guidelines for Healthy Eating and Physical Activity Projects Funding

\$1000 Mini-Grants Available (up to 10 Grants) for Initiatives Promoting Healthy Eating and Physical Activity in Cambridge

The *Cambridge in Motion* initiative is pleased to sponsor up to ten 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 by the Cambridge Public Health Department. Grants are awarded in a competitive process by representatives from the Cambridge Food and Fitness Policy Council, Cambridge Public Schools, and city agencies including the Cambridge Public Health Department.

Goal of Funding

This funding is intended to support initiatives in Cambridge that **promote physical activity and healthy eating**, making healthy choices easier. The grant funding is seed money to establish sustainable initiatives, which should be able to continue beyond the grant funding. Initiatives can be built around the creation of **new practices** by community organizations, city agencies, schools, businesses, and workplaces, and/or could promote **greater use** of existing local resources.

Selection Criteria

- Initiatives establish or promote 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.

Organizations that have received funding in past years may reapply: 1) if they propose new projects, or, 2) up to 3 consecutive years if they propose new ideas to build on the success of their previously funded project.



Cambridge
Public Health
Department

Two or more partners with overlapping projects may apply for 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).

Examples of potential projects:

- 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.
- Programs, initiatives and partnerships to engage in farming or gardening.
- A program to create and implement activity breaks in schools or the workplace.
- A food program or non-profit food business, educational effort, organization or a local farmers market proposing initiatives or programs about healthy food, or reuse/donation of unused food.
- An initiative to promote walking or biking.

The Cambridge Public Health Department will provide:

- \$1000 grants to cover project expenses.
- Technical assistance for the planning of proposed activity, if requested.

Eligible applicants

- Organizations serving Cambridge residents, students or workforce: adults and/or children.
- Cambridge-based employers, businesses, non-profits, community organizations, schools, and universities.
- Multiple applications are allowed from the same organization provided they are distinct projects and submitted by different staff members (ex: applications submitted by two different teachers at the same school).

Individuals are not eligible to apply.

Awardees must agree to the following:

- Designate one staff person to organize and implement the project and notify the Cambridge Public Health Department of any changes.
- Complete the proposed project no later than October 31, 2022.
- Provide a project update in July.
- Submit a summary report and photos by November 18, 2022.

Important Dates/Deadlines

- Deadline for submission of applications – DEADLINE April 4, 2022
- An awardee networking meeting will be scheduled in June – date TBD.
- Complete the proposed project no later than October 31, 2022.
- Provide a project update by July 31, 2022.
- Submit a final summary report and photos by November 18, 2022.

Two ways to submit your application:

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

OR

Submit your proposal as a Google form on our website. Find it here:
https://www.cambridgepublichealth.org/lifestyle/Cambridge_in_Motion.php

For potential feedback on your proposal, submit by March 21:

We will review your project proposal and if we spot areas in your project that could use strengthening, we will let you know so you can resubmit your proposal. If we don't have suggestions for improvement we will put it directly in for review when the committee meets after the April 4 final deadline.

Questions? Please contact Dawn Olcott at dolcott@challiance.org or Rachael Cross at rcross@challiance.org.