



Eat healthy. Move often. Live well.

**Cambridge Public Health Department's
Health Promotion Mini-Grant Program
Mini-Grants 2023**

**Guidelines for Healthy Eating and
Physical Activity Projects Funding**

*\$1000 Mini-Grants Available (up to 13 grants) for Initiatives
Promoting Healthy Eating and Physical Activity in Cambridge
Application deadline: April 4, 2023*

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.

The mini-grants are funded by the Cambridge Public Health Department in partnership with the Hideo Sasaki Foundation. 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. Initiatives can be built around the creation of **new practices** or **build on existing practices** by Cambridge community organizations, city agencies, schools, businesses, and workplaces.

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.
- Participate in evaluation surveys
- Complete the proposed project no later than October 31, 2023.
- Provide a project update by September 15, 2023.
- Submit a final summary report and photos by November 17, 2023.



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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 programs and practices that are sustainable, meaning there is potential to continue beyond consistent grant funding.
- Projects that connect health and the environment or community resiliency will be viewed favorably.
- Projects that involve partner organizations, consultants, or hiring staff with the funds must provide a letter of commitment from them.
- 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.

Two or more partners from different organizations with overlapping healthy eating/physical activity projects may apply for two 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).

The Cambridge Public Health Department will provide:

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

Examples of potential projects:

- Pilot or implement guidelines and taste tests for healthy choices in meals/snacks/beverages served in programs or the workplace.
- Programs, initiatives, and partnerships to engage in farming or gardening.
- Programs to create and implement activity breaks in schools or the workplace.
- An organization or business proposing a program about healthy food or rescuing unused food.
- An initiative to promote walking, biking, recreation, or exercise.

Submit your application:

Submit your proposal as a [Google form on our website](#).

Questions? Please contact Dawn Olcott at dolcott@cambridgepublichealth.org or Brigitte DeVeau at bdeveau@cambridgepublichealth.org.