



LET'S BE HEALTHY



MOVING YOUR CHILD CARE CENTER WELL-AHEAD

OCTOBER 2021

Let's Be Healthy

TABLE OF CONTENTS



Table of Contents.....	2
Grant Details	3
Let's Be Healthy Goals	3
About Well-Ahead Louisiana	3
WellSpot Designation Program.....	3
Eligibility.....	4
Examples of Allowable Grant Purchases.....	4
Requirements for Grantees	4
Contact Information	4
Timeline.....	5
Award Agreement	6

Let's Be Healthy



GRANT DETAILS

Well-Ahead Louisiana, within the Louisiana Department of Health, is offering the Let's Be Healthy grant opportunity to child care centers that are eligible, but not currently participating in the [Child and Adult Care Food Program \(CACFP\)](#). Child care centers must be located in a food desert as indicated by [Child Care Aware of America's GIS map](#) in order to participate in Let's Be Healthy: Farm to ECE. The U.S. Department of Agriculture defines a food desert as an area with low access to supermarkets or grocery stores. The goal of this grant opportunity is to support grantees in the implementation of Farm to ECE initiatives, nurturing healthy eaters and increased participation in CACFP. Providers will make healthy choices through implementing specific evidence-based benchmarks found in the [Child Care Center WellSpot Designation](#) program.

The individual grant award amount is \$1700.00. Child care providers will use the funding to install an outdoor, edible garden along with the materials needed to maintain the garden. In addition, providers will also be able to use the funding to purchase materials that support the implementation of Farm to ECE and CACFP. The deadline for applying for the grant is **October 27, 2021**. The deadline for completing grant activities is June 1, 2022, and a short grant report that describes your use of the funds and the impact on your center will be due June 20, 2022.

Let's Be Healthy Goals

Before the deadline of June 20, 2022, participants will:

- Increase skills and knowledge on best practices to guide child care providers toward making healthy changes in Farm to ECE.
- Increase CACFP participation in the state of Louisiana.
- Implement at least two Child Care Center WellSpot Designation wellness benchmarks. The benchmarks required are completing a self-assessment of current practices using Go NAPSACC and creating an action plan for change. In addition, centers will be required to implement the Farm to ECE module in Go NAPSACC.

About Well-Ahead Louisiana

Well-Ahead Louisiana (Well-Ahead) is an initiative started by the Louisiana Department of Health aimed at improving the health and wellness of Louisiana residents. Well-Ahead promotes and recognizes healthy choices in the spaces and places where we live, learn, work and play every day that make it easier for us all to live healthier, happier lives.

WellSpot Designation Program

WellSpots are spaces and places in Louisiana that implement healthy changes (wellness benchmarks) in their environment to help their employees and community live well. There are currently more than 3,000 WellSpots statewide! Places and organizations that meet certain wellness benchmarks are designated as a Level 1, 2 or 3 WellSpot, with level 1 being the highest. [Farm to ECE](#) is an additional healthy change that child care providers can implement to nurture healthy eating and connect providers to local, healthy food that would also make them eligible to be designated as a Child Care Center WellSpot.

Child care centers have the ability to create healthy behaviors in children from infancy, as well as positively influence teachers and staff members. Children who have proper nutrition and physical activity from birth will be better prepared for success when they begin school. To learn more about the benchmarks for child care centers and to get your child care center moving Well-Ahead, view the [Child Care Center WellSpot benchmarks](#).

Eligibility

To be eligible to apply, you must meet the following requirements:

- Child care center must be eligible to participate in [CACFP](#), but not currently participating in CACFP
 - To learn about the eligibility requirements to participate in CACFP, [click here](#)
- Child care center must be located in a food desert as indicated by the [CACFP GIS Map](#)
- Child care providers must be interested and willing to apply to participate in CACFP by the end of 2022

Examples of Allowable Grant Purchases

Below are a few examples of items that may be purchased using grant funds. If selected, each center will receive \$1,700.00 and will be required to complete a detailed budget plan with the Let's Be Healthy Consultant to show the proposed use of the funds.

- Materials needed for the installation of an edible garden (soil, seeds, shovel, water hose, etc.)
- Equipment and materials related to gardening (hosepipe, shovels, watering cans, gloves, etc.)
- Professional development opportunities on Farm to ECE for staff
- Family engagement activities related to Farm to ECE
- Child-centered activities related to Farm to ECE
- Equipment and materials related to support CACFP participation (small kitchen equipment including food scales, milk coolers, cookware, etc.)

Requirements for Grantees

Child care centers will need to complete the following activities to meet eligibility requirements:

- Participate in the virtual orientation on November 16, 2021
- Work with the Let's Be Healthy Consultant to complete Go NAPSACC grant requirements: center directors will complete a self-assessment, identify goals, and draft an action plan in the Go NAPSACC Farm to ECE module
- Participate in the Farm to ECE Learning Collaborative, which will include four 1-hour trainings on the components of Farm to ECE
- Participate in monthly 30-minute virtual touch bases with ECE Consultant from January-June 2022
- Use funding to implement Farm to ECE best practices in the childcare center
 - The installation of an edible garden that is at least 36-in x 36-in is required
- Once accepted into Let's Be Healthy, work with the Consultant to apply to participate in CACFP by December 31, 2022
- Complete a short grant report (250 word minimum) that describes your experience participating in the grant opportunity by June 20, 2022
- Complete a detailed budget plan describing the use of grant funds with the Let's Be Healthy Consultant
- Complete all requirements to become a Child Care Center WellSpot by June 30, 2022

Submit your [application](#) by October 27, 2021.

Note: The first 16 applicants to meet all eligibility requirements will be selected to participate in the grant opportunity.

Contact Information

For questions regarding your application or eligibility, please contact wellahead@la.gov.

Let's Be Healthy



TIMELINE

The timeline below serves as a guide to assist child care providers in staying on task with important due dates and activities for Let's Be Healthy.

Date	Goal	Activities
October 27, 2021	Application Due	Grant application opens on October 8 and closes on October 27.
November 1, 2021	Notice of Awards	Well-Ahead will notify the 16 selected centers that meet all eligibility requirements via email.
November 16, 2021	Attend Orientation	At orientation, centers will receive the following information: <ul style="list-style-type: none"> Well-Ahead will provide an overview of the grant requirements and the WellSpot Designation benchmarks. Well-Ahead will provide an overview of the Farm to ECE Learning Collaborative. Grantees will meet the Let's Be Healthy Consultant.
November-December 2021	Farm to ECE Learning Collaborative	Child care directors will participate in four 1-hour trainings on the components of Farm to ECE to assist them in planning and implementing Farm to ECE in their child care center.
January-June 2022	Virtual Touch Base	Providers will participate in monthly virtual touch base video calls with their Let's Be Healthy Consultant.
January 31, 2022	Action Plan Due	Providers will complete their action plan in Go NAPSACC with their Let's Be Healthy Consultant.
February-March 2022	Grant Funds Dispersed	Grant funds will be disbursed once the self-assessment, action plan, and detailed budget plan is completed with the Let's Be Healthy Consultant.
February 1, 2022	Child Care Center WellSpot Designation	Grantees will begin working with a Well-Ahead Regional Representative to begin the Child Care Center WellSpot Designation process .
June 1, 2022	Action Plan Implemented & Grant Funds Spent	Go NAPSACC action should be implemented and grant funds spent by this date.
June 20, 2022	After Pictures & Grant Report Due	Submit a report (250-word minimum) highlighting the successes and challenges of implementing Go NAPSACC's Farm to ECE Module. Before and after pictures are required.
December 31, 2022	Enroll into CACFP	Providers must complete all steps necessary to enroll into CACFP by December 31, 2022.

Let's Be Healthy

AWARD AGREEMENT



Please initial next to each statement to confirm agreement. Email the completed agreement to Antinea.Johnson@la.gov by Friday, November 5, 2021.

I understand that attendance and participation is mandatory for the virtual Let's Be Healthy orientation. The orientation is Tuesday, November 16, 2021 from 1 to 2:30 p.m.

I agree to register and create an account in Go NAPSACC by Friday, November 8, 2021 (You will receive an email from Go NAPSACC to register.)

I agree to complete a self-assessment and action plan in Go NAPSACC with the support of my Let's Be Healthy Consultant.

I agree to adjust goals in order to meet the Go NAPSACC Farm to ECE best practices.

I agree to complete a detailed grant budget plan with my Let's Be Healthy Consultant, using my Go NAPSACC action plan as a guide.

I agree to schedule and participate in monthly calls with my Let's Be Healthy Consultant to assist in meeting grant requirements. (Monthly calls may not be cancelled. You may reschedule 1 meeting.)

I agree to submit all additional paperwork required for Let's Be Healthy by the set due date.

I agree to spend incentive funds only on the items listed on the budget action plan.

I agree to submit before and after pictures of my center in the application, receipts and packing slips by June 1, 2022.

I agree to complete all steps necessary to enroll into CACFP by December 31, 2022.

I agree to recruit volunteers to assist with the installation and setup of garden at my center.

I understand that neither my coach nor Well-Ahead staff are responsible for garden installation.

I will complete all steps necessary to become a Child Care WellSpot by June 30, 2022.

I agree to use grant funds only on materials related to Farm to ECE and CACFP.

Name of Child Care Center

Name of Center Director/Owner

Center Director/Owner Signature

Date



WELL-AHEAD 

WELLAHEADLA.COM