

## Healthy Recreation Facilities Grant Program

In 2017, Heart & Stroke in PEI formed the PEI Children's Nutrition Committee with the mandate to plan, coordinate and deliver activities to support opportunities for children and youth to develop healthy eating habits. This includes working toward the increase of healthy food and beverage options in recreation facilities.

Recreation facilities serve as a hub for community-based sport, recreation, and physical activity for many Island children, youth, and families. As places where physical activity is encouraged, recreation facilities are an ideal space to create supportive environments for healthy living and to promote other positive health behaviors such as healthy eating.

In 2018, Heart & Stroke in PEI commissioned a scan of food and beverages offerings and healthy food practices in recreation facilities across PEI to identify opportunities for positive change. [Results](#) from this scan revealed that most available options were high in fat, sodium and sugar.

The PEI Children's Nutrition Committee, led by Heart & Stroke, believes the research gathered in the [Healthy Eating in PEI Recreation Settings: A provincial scan of food environments](#) report, demonstrates an urgent need to enact positive change in food environments for children and youth in recreation settings. As a result of these findings, the Committee has created this pilot initiative as an opportunity for recreation facilities to apply for a small grant to support positive change in their own facility's food environment. This is not about one-off projects and instead want to see this impact carry beyond the fiscal year. This could include the purchase of equipment that would enable canteen/food service operators in these settings to supply healthy foods and beverages, for example.

A total of \$20,000 is available for this program. Grants will be awarded depending on the number of requests and amount of funds available for granting.

This pilot initiative will be further supported through the creation of a laminated hard-copy recipe book that will be distributed to all recreation facilities on PEI. This book will provide simple-ingredient recipes, basic nutrition information, and menu planning for large sporting/community events. Awarded recipients will receive a complimentary site visit with a registered dietitian.

Please read through the grant guidelines before submitting your application. If you have any questions, please contact: Valerie Vuillemot, Executive Director with Recreation PEI via phone 902-368-5964 or email [info@recreationpei.ca](mailto:info@recreationpei.ca).



## Healthy Recreation Facilities Grant Program Guidelines

### **Purpose of the grant**

To increase the available options of healthy food and beverages in community recreation facilities. As part of this pilot initiative, applicants must demonstrate how the funding will increase patrons', especially children's, access to healthy food and beverages within their facility's canteens and/or vending machines.

### **Who can apply?**

The pilot grant program is open to any recreation facility operating in PEI that is interested in creating positive change in their food environments for children and youth by increasing the availability of healthy food and beverages within their canteen and/or vending machines.

### **What can be funded?**

Applications can range from:

- Equipment for preparation of food (e.g., food prep equipment, small appliances such as slow cookers, smoothie blenders, etc.)
- Equipment for cold storage of milk and/or other perishable items (e.g., refrigerated vending machines, coolers, refrigerated display unit, insulated bags, deep freezers, etc.).

Please note that grant funding cannot be used for capital investment for facility construction.

Consideration will be given to facilities under construction which require canteen and/or vending equipment.

### **How to apply**

- Interested recreation facilities must complete and submit their application to Recreation PEI by emailing [info@recreationpei.ca](mailto:info@recreationpei.ca).
- The application form can be found [https://recreationpei.ca/news\\_article/healthy-recreation-facilities-grant-program/](https://recreationpei.ca/news_article/healthy-recreation-facilities-grant-program/) in PDF format.
- The application deadline is June 15, 2021.

### **Application requirements**

- Applicants must be a recreation facility operating within PEI.
- To be considered, applications must be completed in full. Incomplete applications will not be considered.
- All applications must be received on or before June 15, 2021. Applications received after the deadline date will not be considered.
- Please provide a quote for funding requests over \$500.

### **How are applications evaluated?**

- An adjudication committee will review equipment requests and decisions. The committee will be comprised of representatives of the PEI Children's Nutrition Committee which is led by Heart & Stroke in PEI.
- Decisions will be made and communicated to successful applicants on June 30, 2021.

### **Conditions for funding**

- The Adjudication Committee reserves the right to deny projects based on information provided and failure to meet the application guidelines.
- Funds must be used by March 31, 2021 and are to be used for the stated purpose in the application.
- Applicants who receive funding, by nature of their application, agree to be recognized as a pilot project participant. This may include:
  - Participating in promotional activities to showcase and celebrate pilot project(s);
  - Submitting photographs and accompanying signed releases for promotional and information materials;
  - Sharing success to demonstrate progress toward creating healthy food environments within recreation facilities; and/or
  - Sharing, via facility/municipality social media, photos portraying learning and success.
- All successful grant recipients must complete the short evaluation questionnaire 6 month after receiving their funding. This questionnaire will be included in the package notifying you of the grant. Receipts (original or copy) be sent to Recreation PEI with your completed evaluation questionnaire.

## Healthy Recreation Facilities Grant Program Application

**1. Contact Name (include role/job title):**

**2. Facility Name:**

**3. Address:**

**4. Telephone No:**

**5. Email:**

**6. Preferred method of communication:**

Telephone       Email       Other (specify)

### Funding Request Information

**1. Requested Equipment:**

Please explain or describe the equipment item(s) your facility is requesting

**2. Total Estimated Costs:**

Please include quote for proposed expense

**3. Total Funding Request from Healthy Food and Beverages in Recreation Facility Grant Program:**

**4. What is your proposed use for the requested equipment? How will you implement the equipment to ensure its success and sustainability of a healthy canteen?**

Tell us what your facility/canteen will be doing and how the item(s) requested, in your budget, are needed and will help support your plan.

**5. Have you previously tried introducing healthier foods and/or beverages? If so, what foods or beverages have you tried?**

**6. Who will benefit from this equipment and project?**

**7. How will you measure success of this grant in your facility? How will you know you have made an impact?**

**8. Have you read the [Healthy Eating in PEI Recreation Settings: A Provincial scan of food environments](#) and/or reviewed the [Healthy Eating in Recreation Settings: Action Starter Toolkit](#)?**

Yes  No

**What was the biggest take away? Where do you see your facility reflected within the report?**

**9. In addition to the grant program, the recipe book and the [Action Starter Kit](#), what other resources would your facility find helpful to foster positive change to increase offering of healthy food and beverages your facility?**

**10. Please provide information about your facility**

*(type of facility, age of facility, square footage of canteen area, what equipment do you currently have in your canteen, what is currently used for dry and wet storage, etc)*

**11. Current food sources at your facility (check all that apply):**

- Canteen       Cafeteria       Beverage vending machine  
 Food vending machine (refrigerated)       Food vending machine (non-refrigerated)  
 Other (please describe) \_\_\_\_

**12. What activities take place in your recreation facility?**

