



Municipality of Chatham-Kent

Public Health Unit

PO Box 1136, 435 Grand Avenue West, Chatham, ON N7M 5L8

Tel: 519.352.7270 Fax: 519.352.2166

Dear Applicant,

The Municipality of Chatham-Kent (CK) has received funding through the Healthy Kids Community Challenge Grant Program, under the banner of Super Kids CK. The funding for a CK Water Does Wonders Awards Program is made available through this Grant Program.

Super Kids CK coordinates opportunities to encourage CK children to have healthy physical activity and eating behaviours. These opportunities are guided by themes set out by the Ministry of Health and Long-Term Care.

The current theme is *Water Does Wonders* and one of the goals is to create supportive environments where drinking water is the easy choice for children in CK. Children are surrounded by sugar-sweetened beverages. Sugar-sweetened beverages are a concern for children's health because they replace more nutritious choices and contribute to extra calories and sugar. Our Municipality's water is a low-cost beverage option that has zero calories and no sugar, and can be made easily available with drinking water amenities. This is where the CK Water Does Wonders Awards Program comes in.

The CK Water Does Wonders Awards Program will provide financial assistance of up to \$3000 for organizations in CK to enhance the accessibility of Municipal drinking water at their sites for their patrons and employees, with a focus on facilities used by children and families.

If you are a Municipal or community agency, school, child care, sports team or sports association you are eligible to apply. You can apply for one of the following award packages:

1. Water Bottle Filling Station
2. Water Dispenser
3. Insulated Water Jug and Reusable Water Bottles

If your organization has multiple sites, please submit an application for each site. Submit your application(s) to superkidsck@chatham-kent.ca no later than **January 20, 2017**.

Awarded applicants will receive funding to purchase the package they applied for, materials to promote their new drinking water amenity, and educational materials to promote water consumption.

For any queries please contact superkidsck@chatham-kent.ca or call 519.352.7270 ext. 2438. We look forward to receiving your application!

Kind regards,

Annie Lukacsovics, Super Kids CK Coordinator

superkidsck@chatham-kent.ca

519.352.7270 ext. 2438

Water Does Wonders!

Chatham-Kent Water Does Wonders Awards Program



DEADLINE:

January 20, 2017

Submit completed form to

superkidsck@chatham-kent.ca

Award Packages

Water Bottle Filling Station Award Package

*You must have an existing water fountain that can be fitted with a new water bottle filling station.

Installation and maintenance is the responsibility of the awarded agency.

- ⇒ Up to \$3000 to support the purchase of a Water Bottle Filling Station.
- ⇒ Educational toolkit that will include items such as posters, curriculum supports, story books etc.
- ⇒ Signage for above the water bottle filling station.
- ⇒ Consideration in becoming a designated Blue W site.



Water Dispenser Award Package

*You must have access to a water line. Installation and maintenance is the responsibility of the awarded agency.

- ⇒ Up to \$1000 to support the purchase of a water dispenser.
- ⇒ Educational toolkit that will include items such as posters, curriculum supports, story books etc.
- ⇒ Signage for above the water dispenser.



Insulated Water Jug and Reusable Water Bottles Award Package

- ⇒ Up to \$500 to support the purchase of a large insulated water jug and reusable water bottles.
- ⇒ Educational toolkit that will include items such as posters, curriculum supports, story books etc.



Which package are you interested in applying for?
Please check one.

- Water Bottle Filling Station Award Package
- Water Dispenser Award Package
- Insulated Water Jug and Reusable Water Bottles Award Package



Contact Information:

Only organization name and city/town will be listed in promotions

Organization Name: _____

City/Town: _____

Contact Name: _____ Email: _____

Phone: _____ If you are school, number of students: _____

If you are a sports association or team, number of teams: _____ , and/or number of players per team: _____

Do you require French language materials? _____

Criteria for Award Packages

For your organization type (found on page 2 or 3), the indicated criteria must be checked to be eligible for an Award Package.

Municipal and Community Agencies (e.g. OEYC, Libraries, Optimist Clubs, Churches etc.):

- Complete the **Water Access Scan**
- Complete the **Super Kids CK Healthy Organization Scan** (refer to column that best describes your organization)
 - A. Must at least commit to the following criteria found in the **gold column** in section 1 of the Super Kids CK (SKCK) Healthy Organization Scan.
 - Cold drinking water is available at all host events, programs, meetings, etc., either in jugs, pitchers and/or as bottled water (for sale or provision).
 - Importance of water and the reduction of sugar-sweetened beverages is emphasized year round and actively promoted with children and parents (e.g. posters, newsletters, websites etc.).
 - Register to be a Blue W establishment.
 - B. Commit to a minimum of two (2) criteria that address the access, price, marketing or portion of sugar-sweetened beverages. These are highlighted in the **purple columns** in section 1 of the SKCK Healthy Organization Scan.
 - Yes, minimum of two criteria have been checked.
 - C. Must commit to the following criterion found in the **blue column** in section 1 of the SKCK Healthy Organization Scan.
 - Water bottle filling stations or water dispensers are installed and promoted. Alternatively, a regularly cleaned large water jug is available for ease of filling.
 - D. Review section 2 in the SKCK Healthy Organization Scan to identify how vegetables and fruit can be promoted.
 - Yes, criteria reviewed.
 - Agree to implement **maintenance policy** for drinking water station or dispenser, if applicable.
 - Agree to support SKCK in the **evaluation** of the project (participate in a brief follow-up survey or interview in 6 months).

Schools and Child Cares:

- Complete the **Water Access Scan**
- Complete the **Super Kids CK Healthy Organization Scan** (refer to column that best describes your organization)
 - A. Must at least commit to the following criteria found in the **gold column** in section 1 of the Super Kids CK (SKCK) Healthy Organization Scan.
 - Cold drinking water is available at all host events, programs, meetings, etc., either in jugs, pitchers and/or as bottled water (for sale or provision).
 - Importance of water and the reduction of sugar-sweetened beverages is emphasized year round and actively promoted with children and parents (e.g. posters, newsletters, websites etc.).
 - Children are allowed to keep labelled water bottles on their desk or have access to their water bottle in childcare centres.
 - B. Commit to a minimum of two (2) criteria that address the access, price, marketing or portion of sugar-sweetened beverages. These are highlighted in the **purple columns** in section 1 of the SKCK Healthy Organization Scan.
 - Yes, minimum of two criteria have been checked.
 - C. Must commit to the following criterion found in the **blue column** in section 1 of the SKCK Healthy Organization Scan.
 - Water bottle filling stations or water dispensers are installed and promoted. Alternatively, a regularly cleaned large water jug is available for ease of filling.
 - D. Review section 2 in the SKCK Healthy Organization Scan to identify how vegetables and fruit can be promoted.
 - Yes, criteria reviewed.
 - Agree to implement **maintenance policy** for drinking water station or dispenser, if applicable.
 - Agree to support SKCK in the **evaluation** of the project (participate in a brief follow-up survey or interview in 6 months).

Sports Teams and Associations:

- Complete the **Super Kids CK Healthy Organization Scan** (refer to column that best describes your organization)
 - A. Must at least commit to the following criteria found in the **gold column** in section 1 of the Super Kids CK (SKCK) Healthy Organization Scan.
 - If snacks are offered to the team at games or practices, coach encourages vegetables and/or fresh fruit, and water only.
 - Coaches role model by drinking water and white milk and pledge to not drink sugar-sweetened beverages in front of children.
 - Importance of water and the reduction of sugar-sweetened beverages is emphasized year round and actively promoted with children and parents (e.g. posters, newsletters, websites etc.).
 - Coaches commit to bringing cold water for the team in an insulated water jug.
 - B. Must commit to the following criterion to be eligible. This is found in the **blue column** in section 1 of the SKCK Healthy Organization Scan.
 - Water bottle filling stations or water dispensers are installed and promoted. Alternatively, a regularly cleaned large water jug is available for ease of filling.
 - Agree to support SKCK in the **evaluation** of the project (participate in a brief follow-up survey or interview in 6 months).

To be completed by all applicants

Please explain how you could involve children and youth leaders/ambassadors in supporting your organization in educating children/youth and their parents around the importance of drinking water and the reduced intake of sugar-sweetened beverages.



Adapted from
hkcc.middlesex.ca

For HKCC only:

Water Bottle Filling Station

Water Dispenser

Insulated Water Jug and Reusable Water Bottles



Healthy Organization Scan

Section 1: Water Does Wonders & the Access, Price, Marketing and Portions of Sugar-Sweetened Beverages

Schools	Child Care Centres	Community Agencies (e.g. OYEC, libraries, Optimist Clubs, Churches etc.)	Municipalities	Sports Teams/ Associations
Cold drinking water is available at all host events, programs, meetings etc., either in jugs, pitchers and/or as bottled water for sale or sale or provision.	Cold drinking water is available and encouraged at all times in water coolers, jugs or pitchers.	Cold drinking water is available at all host events, programs, meetings etc., either in jugs, pitchers and/or as bottled water for sale or provision.	Cold drinking water is available at all host events, programs, meetings etc., either in jugs, pitchers and/or as bottled water for sale or provision.	Importance of water and the reduction of sugar-sweetened beverages* is emphasized year round and actively promoted with children and parents (posters, newsletters, websites etc.)
Water Does Wonders AWARD PACKAGE CRITERIA	Importance of water and the reduction of sugar-sweetened beverages* is emphasized year round and actively promoted with children and parents (posters, newsletters, websites etc.)	Importance of water and the reduction of sugar-sweetened beverages* is emphasized year round and actively promoted with children and parents (posters, newsletters, websites etc.)	Importance of water and the reduction of sugar-sweetened beverages* is emphasized year round and actively promoted with children and parents (posters, newsletters, websites etc.)	Coaches commit to bringing cold water for the team in an insulated water jug.
	Students are allowed to keep water bottles on their desk.	Children are allowed to bring their own water bottles.	Register to be a Blue W establishment (see references for details)	If snacks are offered to the team at games or practices, coach encourages vegetables &/or fresh fruit & water only.
*Sugar-sweetened beverages include: fruit drinks, iced tea, pop/diet pop, sports drinks, energy drinks, vitamin-waters, flavoured milks, slushies				At host special events where children are present, no sugar-sweetened beverages, or fruit juice are served. Water or white milk are healthy options.
ACCESS TO SUGAR-SWEETENED BEVERAGE		At host special events where children are present, no sugar-sweetened beverages, or fruit juice are served. Water or white milk are healthy options.	At host special events where children are present, no sugar-sweetened beverages, or fruit juice are served. Water or white milk are healthy options.	At host special events where children are present, no sugar-sweetened beverages, or fruit juice are served. Water or white milk are healthy options.

Circle the criteria that already exist for your organization. Checkmark the criteria you are committed to changing. Write NA for those not applicable to your site.

ACCESS TO SUGAR-SWEETENED BEVERAGE Continued	No sugar-sweetened beverages are served in classroom celebrations. Water or white milk are healthy options.	No sugar-sweetened beverages, or fruit juice, are served. As well, children are offered 2 servings of white milk/day.	No sugar-sweetened beverages, including fruit juice, are served in programs. Water or white milk are healthy options.	Vending machines do not dispense sugar-sweetened beverages.
	No sugar-sweetened beverages are served during school "hot lunches". Water or white milk are healthy options.	No sugar-sweetened beverages are served in celebrations like birthdays. Water or white milk are healthy options.	No sugar-sweetened beverages are sold or served at staff meetings. Water or white milk are healthy options, as well as tea and coffee.	No sugar-sweetened beverages are served in celebrations like year-end parties. Water or white milk are healthy options.
	No sugar-sweetened beverages are sold or served at staff or parent council meetings.	No sugar-sweetened beverages are sold or served at staff or parent meetings. Water or white milk are healthy options, as well as tea and coffee.	No sugar-sweetened beverages are sold or served at staff or parent meetings. Water or white milk are healthy options, as well as tea and coffee.	No sugar-sweetened beverages are sold or served at staff or parent meetings. Water or white milk are healthy options, as well as tea and coffee.
	Water or white milk are healthy options, as well as tea and coffee.	Water or white milk are healthy options, as well as tea and coffee.	Adopt a policy that only water be served or sold within the setting or at any agency-associated function.	Adopt a policy that only water be served or sold within the setting or at any agency-associated function.
	Adopt a policy that only water be served or sold within the school setting or at any school-associated function.	Adopt a policy that only water be served or sold within the setting or at any agency-associated function.	Adopt a policy that only water be served or sold within the setting or at any agency-associated function.	Adopt a policy that only water be served or sold within the setting or at any agency-associated function.
	If sugar-sweetened beverages are sold, bottled water is sold at a reduced price compared to sugar-sweetened beverages, or at a maximum of \$1.00.	If sugar-sweetened beverages are sold, bottled water is sold at a reduced price compared to sugar-sweetened beverages, or at a maximum of \$1.00.	If sugar-sweetened beverages are sold, bottled water is sold at a reduced price compared to sugar-sweetened beverages, or at a maximum of \$1.00.	If sugar-sweetened beverages are sold, bottled water is sold at a reduced price compared to sugar-sweetened beverages, or at a maximum of \$1.00.
	Marketing of sugar-sweetened beverages is not allowed. This includes providing samples.	Marketing of sugar-sweetened beverages is not allowed. This includes providing samples.	Marketing of sugar-sweetened beverages is not allowed. This includes providing samples.	Marketing of sugar-sweetened beverages is not allowed. This includes providing samples.
	If sugar-sweetened beverages are sold or provided, portion sizes of sugar-sweetened beverages are the smallest available.	If sugar-sweetened beverages are sold or provided, portion sizes of sugar-sweetened beverages are the smallest available.	If sugar-sweetened beverages are sold or provided, portion sizes of sugar-sweetened beverages are the smallest available.	If sugar-sweetened beverages are sold or provided, portion sizes of sugar-sweetened beverages are the smallest available.

Circle the criteria that already exist for your organization. Check ✓ the criteria you are committed to changing. Write NA for those not applicable to your site.

FUNDRAISING	Refillable water bottles are sold as fundraisers.			
ACCESS TO WATER	Water bottle filling stations or water dispenser are installed and promoted. Alternatively, a regularly cleaned large water jug is available for ease of refilling.	Water bottle filling stations or water dispenser are installed and promoted. Alternatively, a regularly cleaned large water jug is available for ease of refilling.	Water bottle filling stations or water dispenser are installed and promoted. Alternatively, a regularly cleaned large water jug is available for ease of refilling.	Water bottle filling stations or water dispenser are installed and promoted. Alternatively, a regularly cleaned large water jug is available for ease of refilling.
ROLE MODELING	Staff role model by drinking water and white milk and pledge to not drink sugar-sweetened beverages in front of children.	Staff role model by drinking water and white milk and pledge to not drink sugar-sweetened beverages in front of children.	Staff role model by drinking water and white milk and pledge to not drink sugar-sweetened beverages in front of children.	Staff role model by drinking water and white milk and pledge to not drink sugar-sweetened beverages in front of children.
EDUCATION	Staff receive education on the importance of encouraging water and reducing intake of sugar-sweetened beverages.	Staff receive education on the importance of encouraging water and reducing intake of sugar-sweetened beverages.	Staff receive education on the importance of encouraging water and reducing intake of sugar-sweetened beverages.	Staff receive education on the importance of encouraging water and reducing intake of sugar-sweetened beverages.
	Murray & Bird* is used in story time in primary grades. (*see references for details)	Murray & Bird* is used in story time. (*see references for details)	Murray & Bird* is used in story time. (*see references for details)	Murray & Bird* is used in story time. (*see references for details)
	Murray & Bird curriculum supports are used in the primary grades.	Murray & Bird curriculum supports are used.		
	Sip Smart* curriculum is used. (see references for details)			

Circle the criteria that already exist for your organization. Check \ the criteria you are committed to changing. Write NA for those not applicable to your site.

Section 2 Support for Vegetable and Fruit Promotion

	Schools	Child Care Centres	Community Agencies (e.g. OETYC, libraries, Optimist Clubs, Churches etc.)	Municipalities	Sports Teams/ Associations
ACCESS TO VEGETABLES AND FRUIT	If food is offered at host site special events where children are present, vegetables and fruit are included as an option. If food is offered at classroom celebrations, vegetables and fruit are included.	If food is offered at host site special events where children are present, vegetables and fruit are included as an option. If food is offered at celebrations like birthdays or holiday parties, vegetables and fruit are included.	If food is offered at host site special events where children are present, vegetables and fruit are included as an option. If food is offered at celebrations like birthdays or holiday parties, vegetables and fruit are included.	If food is offered at celebrations like birthdays or holiday parties, vegetables and fruit are included. When providing vegetables or fruit, efforts are made to choose vegetables and fruit that are grown locally.	If food is offered at celebrations like birthdays or holiday parties, vegetables and fruit are included. When providing vegetables or fruit, efforts are made to choose vegetables and fruit that are grown locally.
REWARDS	When providing vegetables or fruit, efforts are made to choose vegetables and fruit that are grown locally.	Offer vegetables and/or fruit at all meals and snacks.	Offer vegetables and/or fruit in programs, if food is offered.	If rewards are used in this setting they are non-food rewards (i.e. stickers, pencils, etc.).	If rewards are used in this setting they are non-food rewards (i.e. stickers, pencils, etc.).
FUNDRAISING	Student Nutrition program is offered (snack and/or breakfast) If rewards are given in the classroom the reward is non-food related (i.e. stickers, pencils, etc.).	Non-food items or vegetables and fruit are used for fundraising. Consider the Fresh to Farm program.	Non-food items or vegetables and fruit are used for fundraising.	Non-food items or vegetables and fruit are used for fundraising.	Non-food items or vegetables and fruit are used for fundraising.
FOOD SKILLS	Gardening opportunities are available including outdoor gardens or garden pots or classroom garden pots or gardens. Food skill, cooking or taste testing opportunities using vegetables and fruit.	Gardening opportunities are available including outdoor gardens or garden pots.	Gardening opportunities are available including outdoor gardens or garden pots.	A community garden is available on site.	

Circle the criteria that already exist for your organization. Check \ the criteria you are committed to changing. Write NA for those not applicable to your site.

Water Access Scan



Use this tool to learn more about the sources of water in your agency. For each water source, complete a new row in the table. If you need additional columns, please copy the tool and attach.

What is the type of water source?	Where is the water source located?	Is water available at this source?	Who can access this water?	What is the time to fill an 8oz cup?	What is the avg temperature?	What is the appearance?	Are cups available at this source?	Is there signage about the water source?	Has a photo been taken?
<input type="checkbox"/> Water fountain <input type="checkbox"/> Water bottle filling station <input type="checkbox"/> Water cooler <input type="checkbox"/> Tap with water filter <input type="checkbox"/> Sink used for obtaining drinking water <input type="checkbox"/> Uninsulated water jug <input type="checkbox"/> Insulated water jug <input type="checkbox"/> Plastic water bottles		<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Staff <input type="checkbox"/> Children <input type="checkbox"/> General public <input type="checkbox"/> Members		<input type="checkbox"/> Clean <input type="checkbox"/> Dirty		<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
			<input type="checkbox"/> If no: <input type="checkbox"/> Broken <input type="checkbox"/> Empty <input type="checkbox"/> Other		<input type="checkbox"/> Type of dirty: <input type="checkbox"/> Clogged <input type="checkbox"/> Moldy <input type="checkbox"/> Rusty <input type="checkbox"/> Trash in basin <input type="checkbox"/> Stagnant water <input type="checkbox"/> Other		<input type="checkbox"/> If yes, what is the material of the cups? <input type="checkbox"/> Clogged <input type="checkbox"/> Moldy <input type="checkbox"/> Rusty <input type="checkbox"/> Trash in basin <input type="checkbox"/> Stagnant water <input type="checkbox"/> Other		
					<input type="checkbox"/> Clean <input type="checkbox"/> Dirty		<input type="checkbox"/> Clean <input type="checkbox"/> Dirty	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
						<input type="checkbox"/> Type of dirty: <input type="checkbox"/> Clogged <input type="checkbox"/> Moldy <input type="checkbox"/> Rusty <input type="checkbox"/> Trash in basin <input type="checkbox"/> Stagnant water <input type="checkbox"/> Other			

Adapted from Sip Smart Ontario, Water Access Scan Tool.

References:

1. Sugar-sweetened beverages include: fruit drinks, iced tea, pop, sports drinks, energy drinks, vitamin-waters, flavoured milks, slushies, freezies
2. Go to <http://www.bluew.org/> for more information on BlueW. All sites that register will be provided with a decal for your window from HKCC.
3. Fresh from Farm: <http://brightbites.ca/badge/sipsmart/>
4. Sip Smart Ontario curriculum: <http://brightbites.ca/badge/sipsmart/>
5. Murray & Bird is a story book developed by Middlesex London Health Unit. For more information go to www.healthunit.com.
6. For schools, refer to PPM150 for more information on food and beverages sold on school premises: <http://www.edu.gov.on.ca/extra/eng/ppm/150.html>
7. Go to hkc.middlesex.ca to access the recordings from the June 23rd Lead the Change event to support staff education on importance of water and limiting Sugar-sweetened beverages.