FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

REQUEST FOR APPLICATIONS

2020 HEPA IMPLEMENTATION & EXPANSION GRANT OVERVIEW

DEADLINE: JUNE 26, 2020

BACKGROUND INFORMATION

Overview of the New York State YMCA Foundation, Inc.

The New York State YMCA Foundation, Inc. originally began as the New York State Executive Committee (NYSEC) in 1870 to oversee and provide staff and services to YMCAs in New York State. NYSEC members came together each year for an annual convention. In 1970, the YMCA of the USA began organizational changes. The staff and services provided by NYSEC predominantly became the function of Y-USA. Presently, the New York State YMCA Foundation operates as a foundation, with a board of directors and a board of trustees. The Board of Directors is responsible for allocating and distributing funds from the endowment. The Trustees are responsible for the management of the endowment investments as well as the formula that annually determines total allocations granted to YMCAs.

The New York State YMCA Foundation, Inc. intends to be integral to the support and development of YMCA programs and services in New York State. Through its fund development efforts serves as a conduit of financial support to strengthen YMCA Associations to expand their participation in critical program initiatives. It serves as an active partner in the New York State Alliance of YMCAs, adding value to the work of local Associations by providing funding support to key statewide and local program initiatives. The New York State YMCA Foundation supports efforts which contribute to the public's understanding of the YMCA Movement and the importance of the YMCA to the local community.

Healthy Eating and Physical Activity (HEPA) Standards Overview

With more than 2,700 Ys operating in 10,000 communities nationwide, along with nine million children participation in out-of-school programs at least three hours a day, the Y has a responsibility to the families and communities it serves to build lifelong habits in youth that create healthy futures. Driven by commitment and cause, YMCA of the USA pledged to educate kids about healthy lifestyles, model healthy behaviors, and cultivate environments that make it easier for kids to healthier choices.

The Healthy Eating and Physical Activity (HEPA) Standards are based, in part, on years of research supported by collaborations with the Harvard School of Public Health, U-Mass Boston, the Healthy Out-of-School Time Coalition (HOST), and the National Institute on Out-of-School Time (NIOST). The HEPA Standards aim to build a healthier future for our nation's children by creating environments that promote healthy eating and physical activity.

HEPA STANDARDS

Standard	Early Learning Afterschool			
BEVERAGES	Water is accessible and available to children at all			
	times, including at the table during snacks and meals.			
	Provide only water and unflavored low-fat (1%) or			
	nonfat milk (for children 2 or older), family style.			
FAMILY ENGAGEMENT	Engage parents and caregivers using informational			
	materials and activities focused on healthy eating and			
	physical activity a minimum of once every three			
	months (a minimum of three to four times per year).			
FOOD	Children serve themselves (family style) all food and			
	beverages from common bowls and pitchers with			
	limited help. Staff sit with children during snacks and			
	meals.			
	Provide fruits or vegetables (fresh, frozen, dried, or			
	canned in their own juice) at every meal and snack.			
	Carried in their configuration of the configurati			
	Do not provide any fried foods. Fried foods include			
	items like potato and corn chips, in addition to foods			
	that are pre-fried and reheated (e.g., pre-fried French			
	fries that are then baked, chicken patties, chicken			
	tenders, chicken nuggets, fish sticks, Tater Tots®,			
	etc.).			
	Do not provide any foods that contain trans-fat (listed)			
	as partially hydrogenated oils in the ingredients).			
	as partially flyarogenated one in the higheatenes;			
	Offer only whole grains, as determined by confirming			
	that the first item listed in the ingredients contains the			
	word whole (e.g., whole wheat, whole oats, whole-			
	grain flour, whole brown rice).			
	Provide foods that don't list sugar (e.g., sugar; invert			
	• Provide foods that don't list sugar (e.g., sugar; invert sugar; brown sugar; words ending in <i>-ose</i> ; and syrups			
	like high fructose corn syrup, honey, etc.) as one of the			
	first three ingredients or that contain no more than 8			
	grams of added sugar per serving.			
	Y staff will model healthy eating behaviors at all times.			
	This includes consuming the same foods and beverages			
	as children during meals and snacks (if possible) and avoiding consumption of foods or beverages that are			
	inconsistent with the HEPA standards during program			
	time.			
INFANT FEEDING	Promote and support			
	exclusive breastfeeding			
	for six months and the			
	continuation of			

		breastfeeding in				
		conjunction with				
		complementary foods for				
		one year or more.				
PHYSICAL ACTIVITY	•	,	rtunities for moderate and			
PITISICAL ACTIVITY		 Provide children with opportunities for moderate and vigorous physical activity for at least 60 minutes per 				
		. , , ,	ram or 30 minutes per day			
			afternoon program. The time			
		can be broken down into smaller increments. Include a				
			gorous activity (activity that			
			nd breathing rate), as well as			
		bone- and muscle-strengthening activities. Take active				
		play outdoors whenever possible.				
		play outdoors whenever possible.				
	•	Y staff will model active liv	ring by participating in			
		physical activities with children.				
	•	Provide daily				
		opportunities for infants				
		to freely explore their				
		indoor and outdoor				
		environments under				
		adult supervision.				
		Engage with infants on				
		the ground each day to				
		optimize adult-infant				
		interactions. Provide				
		daily tummy time, or				
		time in the prone				
		position, for infants less				
		than 6 months of age.				
SCREEN TIME	•	Eliminate screen time (tele	evision, movies, cell phone,			
			nd other digital devices) for			
		children under 2 years old				
		screen time to less than 3				
			ms and to less than 1 hour			
			ny programs. During screen			
		time, seek to minimize chi				
		commercials and ads mark	ceting unhealthy foods.			

AWARD DETAILS & ELIGIBILITY

In support of the Y's cause of strengthening community and improving the nation's health and wellbeing, the New York State YMCA Foundation (the Foundation) has received \$400,000 in New York State funding to support HEPA implementation and expansion in YMCA youth programming. This includes, but is not limited to, early childcare, afterschool, and summer camp settings. This grant will be administered by the New York State Office of Children and Family Services.

The Foundation will select individual YMCA Associations to receive this grant. All YMCA Associations are encouraged to apply for funding, regardless of whether or not the YMCA Association has previously received HEPA funding from the New York State YMCA Foundation.

To better help YMCA Associations understand the application and selection process, the Foundation will host an **Informational Webinar on June 5, 2020 at 11:00am.** YMCA Associations that plan on applying for funding are not required, but strongly encouraged, to attend this webinar. **To register for the webinar: CLICK HERE.**

The Foundation will only accept one application per Association. The Association should apply on behalf of their branches and/or youth programming sites.

Awards will be made as cost-reimbursable contracts. Ys will be responsible for all associated costs up front and will submit invoices to the New York State YMCA Foundation for reimbursement.

The following factors will be considered by the Foundation when allocating YMCA Associations with HEPA funding:

- Total number of youth served
- Funding amount requested
- Eligibility of project/proposal
- YMCA member in good standing

Contingent on funding from the New York State Office of Children and Family Services, YMCA Associations' award amounts will range from \$2,000 to \$25,000.

PLEASE NOTE

Pursuant to <u>New York State Executive Law Article 15-A</u>, the New York State Office of Children and Family Services (OCFS) is obligated to promote opportunities for maximum feasible participation of certified Minority and Women-Owned Business Enterprises (M/WBE) and Equal Employment Opportunities (EEO) for minority group members and women in the performance of OCFS contracts.

Accordingly, any HEPA Implementation and Expansion Grant Award of \$25,000 and over will be subject to an MWBE Contract Goal of 30%. This means that 30% of your discretionary goods included in your YMCA Association's Grant Award Budget must be spent with a Minority and/or Women-Owned Business Enterprise in New York State.

For example, YMCA of Long Island is awarded a HEPA Implementation and Expansion Grant of \$30,000 to construct a community garden. Rather than spending \$9,000 (30% of discretionary goods) at Home Depot on plants, seeds, and garden supplies, the YMCA must spend the \$9,000 with an MWBE, such as Bohemia Garden Center, in Ronkonkoma, NY for those discretionary goods.

If the Contractor (New York State YMCA Foundation) and the Sub-Contractor (YMCA Association), after making good faith efforts, are unable to achieve the MWBE Contract Goals stated herein, the Contractor may submit a request for a waiver through a non-electronic method provided by OCFS (OCFS-4442 – MWBE Request for Waiver Form). Such waiver request must be supported by evidence of the Contractor's good faith efforts to achieve the maximum feasible MWBE participation towards the applicable MWBE Contract Goals.

Failure to comply with the MWBE goal will result in a finding of non-responsiveness, non-responsibility and/or a breach of contract, leading to the withholding of funds or such other actions, liquidated damages pursuant to Section VII of this Appendix or enforcement proceedings as allowed by the Contract.

For purposes of providing meaningful participation by MWBEs, YMCA Associations may reference the directory of MWBEs at https://ny.newnycontracts.com/

USE OF FUNDING

This funding is specifically for infrastructure to support HEPA implementation and expansion in your YMCA's programming, such as early childcare, afterschool, summer camp, and other related settings.

Applications must be submitted on the Foundation's new Grant Application Portal by <u>5:00pm June 26, 2020</u> to be considered for this funding opportunity.

The New York State YMCA Foundation encourages creative and innovative proposals to either implement HEPA at a new YMCA youth programming site or expand your YMCA's previously existing HEPA efforts.

Under this grant, the New York State Office of Children and Family Services has approved the use of funds for infrastructure projects that will support HEPA at your YMCA sites. Think of these projects as ways to make your YMCA a "HEPA Friendly Facility." Project ideas may include, but are certainly not limited to:

- Constructing a community garden
- Repurposing or building a designated breastfeeding space at your YMCA
- Renovating a "teaching kitchen"
- Building an outdoor playground area
- And more!

Funding **cannot be used** for sales tax, salary, administrative expenses, food and beverages, program fees, scholarships, training, other programs, etc.

NEW! Funding **may be used** for labor costs associated with related HEPA projects. Please contact Paige Hughes at phughes@ymcanys.org for specific questions on this change.

If awarded, YMCA Associations will be assigned a purchasing period to exhaust all grant funds. More specific details will be given upon the time of your Association's funding award.

The next page of this RFA Overview is a resource to help your YMCA determine what kind of eligible purchases they can make as part of their proposal. None of these items are required. They are simply resources to assist you in designing your funding proposals.

Examples of Eligible Funding Purchases:

Category Possible Funding Uses			
*Remember to include shipping and handling costs in your budget proposals!	 Teaching Kitchen supplies (cabinetry, countertops, small and large appliances, aprons, oven mitts, potholders, etc.) Community Garden supplies (lumber, soil/fertilizer, seeds, irrigation, gardening tools, gloves, etc.) Small appliances (toaster ovens, crockpots, blenders, food processors, countertop grills, toasters, griddles etc.) Large appliances (refrigerators, freezers, stoves, ovens, microwaves, etc.) Food storage and shelving (assorted Rubbermaid or Ziploc containers, storage cabinets, padlocks, etc.) Healthy cookbooks Cooking ware (pots, pans, baking sheets, strainers, baking sheets, measuring cups/spoons, paring knives, cooling racks, cutting boards, utensils, etc.) Family-style serving ware (pitchers, filters, cups, assorted serving bowls, tongs, flatware, etc.) Healthy Helpings MyPlate Board Game 		
PHYSICAL ACTIVITY	 Evidence-based physical activity curriculum and equipment (CATCH, SPARK, etc.) Sports equipment (balls, cones, polyspots, nets, pinnies/jerseys, beanbags, whistles, stopwatches, etc.) Yoga equipment (mats, blocks, exercise balls, etc.) Fencing (to secure safe areas for outdoor play) Physical activity equipment (parachutes, hula hoops, jump ropes, pedometers, projectors/screens, scooter boards, etc.) Ball pumps and inflation devices Inflatable bounce houses Archery sets Boomboxes, CD players, portable speakers Safety equipment (helmets, knee/elbow pads, cones, etc.) Soft play equipment (mats, Adventure Playgrounds, etc.) Physical activity equipment storage (shelving, stand-up cabinets, totes, lockers, heavy mesh bags, etc.) 		
INFANT FEEDING	 Mamavas, or breastfeeding pods Nursing chairs Lighting Refrigeration Literature Signage 		
FAMILY ENGAGEMENT	 ChopChop Magazine subscriptions Food & Fun curriculum HEPA-aligned books Pool resurfacing Gymnasium renovation 		

DELIVERABLES

If funded, YMCA Associations will be responsible for:

- Creating and submitting a revised budget plan to the New York State YMCA Foundation based on your YMCA Association's funding award
- Committing to sustaining and embedding HEPA into routine YMCA operations (i.e. job descriptions, policies, meeting guidelines, etc.)
- Promoting HEPA and support of healthy living for all youth, families, and staff members at your YMCA
- Understanding that all awards are cost-reimbursable contracts
- Paying all associated grant costs up-front and submitting invoices and required documentation to the New York State YMCA Foundation for reimbursement when assigned
- Attending conference calls as requested by the New York State YMCA Foundation
- Attending meetings and/or trainings as assigned by the New York State YMCA Foundation
- Completing one progress report, as requested by the New York State YMCA Foundation.

ANTICIPATED TIMELINE

Date	Action	
June 8, 2020	RFA Released	
June 6, 2020	Applications Due	
July 1, 2020	Contracts Formally Begin	
July 6, 2020	Award Notification	
TBD	Kickoff Webinar	
July 31, 2020	Revised Budgets Due	
August 1-31, 2020	Purchasing Period	
September 30, 2020	Invoices & Documentation Due	
December 1, 2020	Progress Report Due	
December 31, 2020	Contracts End	

APPLICATION INSTRUCTIONS

The New York State YMCA Foundation will only accept one application per Association. The Association should apply on behalf of their branches and/or youth programming sites.

YMCA Associations must submit their applications on the Foundation's new Grant Application Portal **by 5:00pm on June 26, 2020** to be considered for this funding opportunity. Applications submitted after this date will not be accepted.

All application packages must include the following components:

- ✓ Funding Application (*Instructions begin on the following page*)
- ✓ Budget Expenditure Form
- ✓ Additional Sites Information Form (only required for applications requesting funding for more than 10 youth programming sites)

To better help YMCA Associations understand the application and selection process, the New York State YMCA Foundation will host an **Informational Webinar on June 5, 2020 at 11:00am.** YMCA Associations that plan on applying for funding are not required, but strongly encouraged, to attend this webinar. **To register for the webinar: CLICK HERE.**

Decisions will be made in late June contingent on funding from the New York State Office of Children and Family Services. Contracts will begin in July 2020 and will follow an expedited schedule compared to previous funding cycles. More details will be available when grant awards are made to YMCA Associations.

NEW FOR 2020 - GRANT APPLICATION PORTAL

Earlier this year, the New York State YMCA Foundation began working with a new technology partner to launch a grants management system. This new system makes it easier for YMCA Associations to apply for funding opportunities through the Foundation or the Alliance of New York State YMCAs. Use the following directions below to create your account and begin your funding application. Applications can be saved and worked on at any time. Additional documents, such as the Budget Expenditure Form and the Additional Sites Form can be uploaded directly into the portal for your convenience.

Useful Links

To begin a new **2020 HEPA Implementation & Expansion Grant Application**, click the following link or copy and paste it into your preferred browser. *Note: This link will always begin a new blank application. To resume a previously saved application, continue below.*

https://www.GrantRequest.com/SID 6167?SA=SNA&FID=35007

To login to you My Account page (resume saved applications, access previous submissions) click the link below or copy and paste it into your preferred browser.

https://www.GrantRequest.com/SID 6167?SA=AM

Creating an Account

All applicants are considered new accounts. Click on New Applicant link below the email address box to create your account. All applications are linked to the email address entered when logging in. If your organization has many users that need to access the same application, it is recommended you use a generic email address and share the details.

ase Sign In		
	it, please log in using your E-mail Address a	
	please use the "New Applicant" link found b system uses the following email domain: ma	
	to be sure you receive all communications.	integrantappiication.com. Please add it to
,		
•	Dangword	
E-mail	Password	
•	Password New Applicant?	Forgot Password?

Saving your Application

The online application is set to timeout after 60 minutes of inactivity. Moving to a new page within the application will reset your timer. If, for any reason, you will be inactive for longer than 60 minutes, you can save your application using the Save and Finish Later button at the bottom of every page.

Save & Finish Later Next

To resume this application, use the My Account link on the previous page to return to your account and the application will be listed under "In Progress Applications".

Submitting your Application

After completing all the pages of the application, you can click on Review & Submit. The button is only viewable on the final page of the application, so continue to click Next until you reach the correct page.

Save & Finish Later Review & Submit

Clicking the Review & Submit button will first give you a complete view of your entire application for review. Please use this opportunity to address any error messages,



Before clicking on the Submit button

Save & Finish Later Submit

NEW FOR 2020 – BUDGET EXPENDITURE FORM

The New York State Office of Children and Family Services requires each YMCA Association to complete a Budget Expenditure Form. This document is an Excel document and will not be accepted in another format.

Rather than submitting one Budget Expenditure Form per youth programming site, YMCAs are only required to submit ONE Budget Expenditure Form for ALL proposed youth programming sites COMBINED.

It is critically important to read the following directions before completing your Budget Expenditure Form. YMCA Associations that do not correctly complete this form will be asked to revise their Budget Expenditure Form, ultimately delaying their grant award decision.

<u>Sub-Budget Expenditure Summary Sheet</u>

The Sub-Budget Expenditure Summary sheet is a high-level overview of your grant expenses under your contract with the New York State YMCA Foundation. The amounts entered on the Sub-Budget Expenditure Summary sheet will automatically be filled by the amounts claimed on each Category sheet.

3 4 (5 (6 7 (8	Organization Name: Project Name: Contract Number: Contract Period Begins: Category of Expense Personnel Services	HEPA Imple	ementation & Expansion 117GG-3400000 Contract Period Ends:	n -		
3 4 (5 (6 7 (8	Organization Name: Project Name: Contract Number: Contract Period Begins: Category of Expense Personnel Services	HEPA Imple CFS01-C00 1/1/2020	ementation & Expansion 117GG-3400000 Contract Period Ends:	n -		
3 4 (5 (6 7 (8	Project Name: Contract Number: Contract Period Begins: Category of Expense Personnel Services	CFS01-C00 1/1/2020	117GG-3400000 Contract Period Ends:			
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5 6 7 8	Contract Period Begins: Category of Expense Personnel Services	1/1/2020	Contract Period Ends:	6/30/2021		
6 7 8	Category of Expense Personnel Services			0/30/2021		
7 (Personnel Services	Total Cost				
8	Personnel Services	Total Cost	Other Frede Head	Amount Characable to Contract		
			Other Funds Used	Amount Chargeable to Contract		
9						
	a)Salary	\$ -	\$ -	-		
	b)Fringe	\$ -	\$ -	\$ -		
	Subtotal	\$ -	\$ -	\$ -		
	Non-Personnel Services					
_	a)Contractual Services	\$ -	\$ -	\$ -		
	b)Travel	\$ -	\$ -	\$ -		
	c)Equipment	\$ -	\$ -	\$ -		
	d)Space/Property Rent	\$ -	\$ -	\$ -		
17	e)Space/Property Own	\$ -	\$ -	\$ -		
18	f)Utility	\$ -	\$ -	\$ -		
19	g)Operating Expenses	\$ -	\$ -	\$ -		
20	h)Other	\$ -	\$ -	\$ -		
21	Subtotal	\$ -	\$ -	\$ -		
22						
23	TOTAL	\$ -	\$ -	\$ -		
24						
25						
26						
27						
	✓ ► Sub-Budg	jet Expendi	ture Summary P	ersonnel Services Detail Fring	ge Detail Contractual Ser	vices

First, this sheet is locked. **You will not be able to edit any of the information on this page, except your Organization Name.** In the green "Organization Name" at the top of the sheet, type in your <u>YMCA Association's Name.</u>

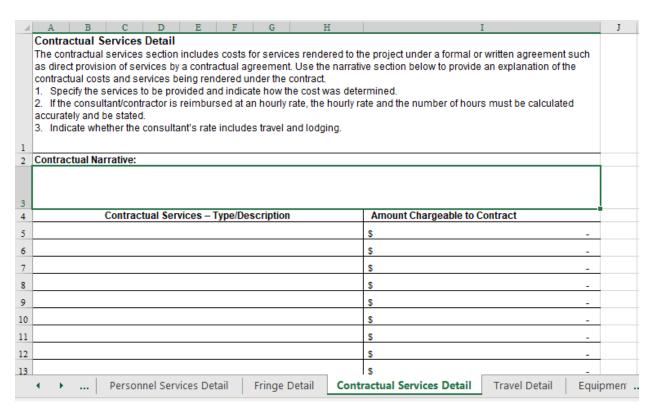
Review the Category of Expense Table. Note the following:

- Total Cost: Total cost of expenses your YMCA plans to incur
- Other Funds Used: You will not use this column. Please disregard.
- Amount Chargeable to Contract: The amount being charged to the contract.
 This will match your Total Cost column

The three green highlighted Categories – Contractual Services, Equipment, and Operating Expenses – are the three categories your YMCA is permitted to apply grant funds towards. **Ignore the other Category sheets. You will not use these.**

Contractual Services Detail Sheet

The Contractual Services Detail sheet includes costs for services rendered to the project under a formal or written agreement such as direct provision of services by a contractual agreement. If you are contracting with a company for a larger project, such as a playground installation, pool resurfacing, or kitchen remodel, describe those services in the box underneath "Contractual Narrative."



Use the narrative section to provide an explanation of the contractual costs and services being rendered with your grant funds. Be sure to:

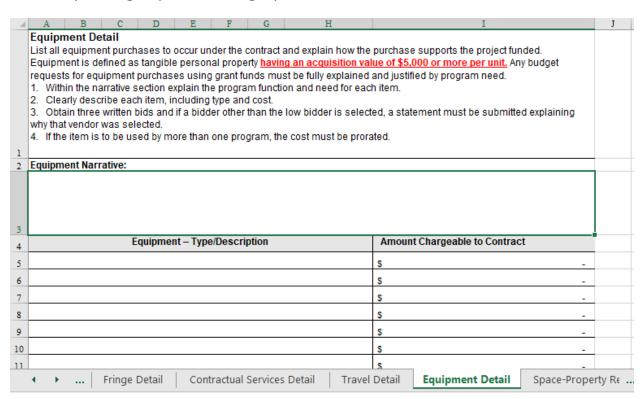
- Specify the services to be provided and indicate how the cost was determined.
- If the consultant/contractor is reimbursed at an hourly rate, the hourly rate and the number of hours must be calculated accurately and be stated.

• Indicate whether the consultant's rate includes travel and lodging.

If you need additional space, please contact Paige Hughes at phughes@ymcanys.org. Your items will automatically total on the bottom of each sheet for your convenience.

Equipment Detail Sheet

The Equipment Detail sheet lists all equipment purchases to occur with the grant funds and explains how the purchase supports the project funded. Equipment is defined as tangible personal property having an acquisition value of \$5,000 or more per unit. If you are purchasing items that are less than \$5,000, DO NOT INCLUDE THOSE ITEMS ON THIS SHEET. Items under \$5,000 are to be included on the Operating Expenses Category sheet.



Any equipment purchases using grant funds must be fully explained and justified by the program need in the box underneath "Equipment Narrative." Remember:

- Within the narrative section explain the program function and need for each item
- Clearly describe each item, including type and cost

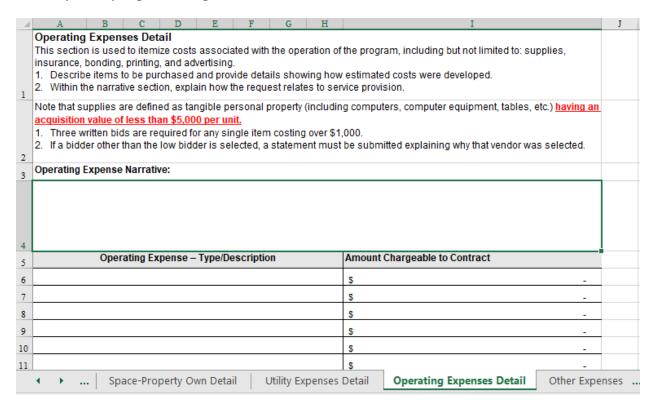
If you need additional space, please contact Paige Hughes at phughes@ymcanys.org. Your items will automatically total on the bottom of each sheet for your convenience.

Operating Expenses Detail Sheet

The Operating Expenses Detail sheet itemizes the costs associated with the implementation or expansion of the HEPA Standards at your youth programming sites. Operating Expenses includes items that are <u>defined as tangible personal property having an acquisition value of less than \$5,000 per unit.</u> If you are purchasing items that are more than \$5,000, DO NOT INCLUDE THOSE ITEMS ON THIS SHEET.

Remember:

- Describe items to be purchased and provide details showing how estimated costs were developed
- In the box underneath "Operating Expenses Narrative," explain how the items listed below support HEPA implementation and/or expansion at your youth programming sites



If you need additional space, please contact Paige Hughes at phughes@ymcanys.org. Your items will automatically total on the bottom of each sheet for your convenience.

QUESTIONS?

Contact Paige Hughes at phughes@ymcanys.org or (518) 462-8241 ext. 9501.