



LET'S MAKE HEALTHY CHANGE HAPPEN

It starts with your community.

Ontario's Healthy Kids Community Challenge supports your community in creating and growing programs that teach your kids healthier eating habits, the importance of physical activity, and good sleeping habits. Making positive changes for kids improves the health of your community as a whole. Apply today and you're not just improving the lives of the kids in your community now, but teaching them values they will carry with them for the rest of their lives.

The Challenge will focus on:

- Teaching the kids in your community lifelong healthy habits
- Promoting positive health messages that encourage increased self-esteem in our children.
- Bringing your entire community together, including families, schools, businesses and community programs to play an important role in helping children prosper and grow.
- Supporting activities that benefit your whole community, as well as focusing on the people who need it most.





Details about The Healthy Kids Community Challenge.

- All sectors in each community are challenged to come together to help kids, assisted by financial support of up to \$1.5 million over a 4-year period, based on your community needs.
- You are not alone! Your community will receive tools, resources, healthy living themes and other assets so you have what you need to succeed.
- Flexibility is built into The Challenge: as the applicant, you define your community in a way that reflects the specific needs of those you want to help.
- Targets the risk and protective factors associated with healthy weights for kids: healthy eating, physical activity and adequate sleep.

Who can apply? Your Community!

- Communities apply through their municipalities.
- Aboriginal communities apply through their Aboriginal Health Access Centres or Aboriginal Community Health Centres.
- Communities of up to 200,000 residents can apply to take part in The Challenge.
 - Separate applications can be submitted for many different communities within one large municipality.
 - Smaller municipalities can join together to submit one application.

To learn more, visit ontario.ca/healthykids
or email HealthyKidsCommunityChallenge@ontario.ca