



2021 - 2026 GRANT

COMMUNITY INITIATIVES

Participating municipalities include:

Bethel, Fallsburg, Liberty, Monticello,
Mamakating, Thompson and
Sullivan County Government

Work previously known as Complete Streets is now "Physical Activity Access"

- Policies and Plans
- Connect Activity Friendly Routes to everyday destinations with emphasis on walkability

Working with municipalities to increase safe and accessible places for physical activity through community planning and transportation. In collaboration with partners we will assist in making connections related to sidewalks, paths, bike routes, and public transportation systems.

Worksites and community settings on wellness are expected to:

- Adopting Policies related to Food Service Guidelines (FSG)
- Food Service Guidelines in worksites and communities
- Physical activity in the worksite (optional)
- Communication and Sustainability

FSGs for standards and sustainability on food service operations that provides healthier choices for staff and customers while providing physical activity access as an option.

Worksites include hospitals, universities/colleges, private workplaces, municipal, county and state, government facilities. Community settings include parks and building areas such as cafeterias, cafes, grills, snack bars, concession stands and vending machine.

"Working with partners in creating something that could be
good into something that is great for our communities."

Physical Activity Access

- Develop or enhance policies that include comprehensive/master plans, ordinances, Shared Use Agreements, Bicycle/Pedestrian Plans, Vision Zero etc. while establishing new or improved pedestrian, bike, or transportation systems that combines new or improved land use or environmental design such as connecting everyday destinations while building environmental approaches that increase physical activity.
- Connections include but are not limited to residential homes, early care, schools and other educational sites, worksites, parks/recreational centers.
- Connect at least two activity friendly routes to everyday destinations with an emphasis on walkability and Safe Routes to Schools, Safe Routes to Parks, or Safe Routes for All, including public transit systems or pedestrian/bicycle networks.
- Focus on places which conditions are dangerous, high percentage of low-income residents, and/or historic disinvestment.
- Routes to be made safe and accessible to individuals of all abilities for walkability, running, biking, skating, or wheelchair use. Mixed land use are important so that something is accomplished during their trip (including leisure or relaxation).

Program material or equipment implementation must always support the PAA policy, systems, environmental change and approach for CHSC strategies.

- Allowable expenses may change throughout the grant.
- Allowable costs must be for non-capital improvements
- Can support with limitations the purchase of concrete to repair sections of an existing sidewalk or create curb cut-outs for accessibility.
- Mulch to replace or resurfacing of trails
- Traffic calming/speed reduction equipment
- Street scape items
- Miscellaneous signage
- Bike/Pedestrian Infrastructure
- Multi-Use path materials
- Complete Streets Pop-Up events
- Bus shelters that are bolted in place

Food Service Guidelines (FSG) for worksites and community settings

- Adopt policy on FSGs while addressing procurement and a worksite wellness program
- Include/improve availability of healthy foods and beverages
- Implement FSGs and behavioral design strategies that include pricing incentives, food placement and promotion
- Increase awareness for healthy food and beverages

Physical Activity in worksites (optional)

- Adopt policy by combining FSGs and Physical Activity
- Best practice to support physical activity
- Encourage walking and/or taking stairs
- Create a walking program with focus on overall physical activity

Program material or equipment must be applicable towards behavioral design for FSGs on how food/beverage are prepared, placed, presented, promoted, and priced.

- Equipment/materials that display food and beverages
- Variety of small kitchen equipment
- Marketing materials
- Signage/labeling of healthy foods
- Add or replace vending machines for healthy/cold products

Food pantries

- Support implementation of MOU/policy (survey of program is highly encouraged)
- Refrigerator, freezer, shelving, healthy food signage/labeling
- Garden materials, soil, seeds and seedlings, compost, garden tools, non-capital fencing, etc.

Installation or labor costs associated with installation and signs are not provided. All allowable expenses are subject to change.

Residential density supports proximity making all forms of transportation successful. Home is the only daily destination shared by all residents. If possible, include worksite as a physical activity access: Connecting Routes to Destinations as an everyday destination that supports active transportation to and from work.