

# 2019 WORKPLACE WELLNESS MICRO GRANT RETURNING APPLICANT FORM

Complete the Workplace Wellness Micro Grant application and send it to Yao Yang at [wellness@saintpaulchamber.com](mailto:wellness@saintpaulchamber.com). Please don't hesitate to contact us with any questions you may have – we are here to help you on your journey to healthy living!

**Applications are due March 1, 2019. Grants will be awarded by April 29, 2019.**

**Yao Yang | [wellness@saintpaulchamber.com](mailto:wellness@saintpaulchamber.com) | 651.265.2780**

**Company Name:** \_\_\_\_\_ **Business Type** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Contact Name:** \_\_\_\_\_ **Title:** \_\_\_\_\_

**Phone:** \_\_\_\_\_ **Email:** \_\_\_\_\_

**Number of Employees at this location:** \_\_\_\_\_

**Workforce Representation Information: (Please check all that apply to your workforce or clients\customers)**

- |  |  |
|--|--|
| <input type="checkbox"/> People of Color & Indigenous POCI | <input type="checkbox"/> Child-bearing age |
| <input type="checkbox"/> Diverse generational groups       | <input type="checkbox"/> LGBTQ             |
| <input type="checkbox"/> Disable workers                   | <input type="checkbox"/> Other: _____      |
| <input type="checkbox"/> Veterans                          |  |

## 1. What is new with your wellness committee? How have things been going since receiving the grant?

Last year you started a wellness committee at your workplace – how have things been going? Don't be afraid to be honest about things that might have fallen off the plate, this will help us help you guide your work. Tell us how often your group has been meeting, how many members are in the group and any projects you have been working on since receiving your grant in 2018 or earlier.

**Tell us about your Wellness Committee:**

## 2. What barriers still exist since you received the grant?

Many groups that I met with had chosen one project but saw a need in other areas of their workplace. What would you like to change to make your workplace healthier? There are no wrong answers!

**Tell us what your challenges are:**

### 3. What is new with management engagement?

Is the boss still involved in the wellness committee? Now is the time to check back in with them and see what they think of the projects and get them involved for 2019. Make sure to ask your supervisor what barriers for healthy living they see in the workplace – they could have a different perspective and provide valuable insight.

**Give us an update on management engagement:**

### 4. Is your committee's mission & vision the same as it was in 2018? Did you change anything during or after your project was complete?

Last year we asked you to provide us with a mission and vision statement from your wellness committee. Is the statement the same? If so, provide it below. If you have any changes to your mission and vision statement tell us what they are and why you made the change.

**Tell us your vision & mission statement:**

### 5. What is your plan for 2019?

What do you want to work on for this next grant round? What is your plan to continue to make your workplace a healthier place to be? Tell us what you envision for your wellness committee and workplace.

**Tell us your plan:**

### 6. How has your workplace wellness committee been sustainable?

Have you continued to meet as a committee since receiving the grant? Mention challenges you've encountered in making your group sustainable and what changes you are going to make in 2019. What are ways you can improve employee engagement or receive more management support? Tell us what your plan is to make sure that your wellness committee will continue for years to come.

**Tell us about your plans to maintain your committee:**

**PLEASE USE THESE NEXT TWO PAGES TO SELECT YOUR PROJECT PREFERENCES.**

**Healthy Eating**

<b>Rank Your Options</b>	<b>Name of the Project</b>	<b>What does the project achieve?</b>	<b>What do I get?</b>	<b>What are you going to do?</b>
	Break Room Change-Up!	If you create space and provide appliances that enable employees to bring their own food, they will make healthier choices.	<b>\$500</b> Make your break room a friendly, healthy lunch room. Do you need a fridge, microwave or toaster? We can help!	
	Create a Giving Garden	Increase your employer's and co-worker's access to healthy food! Imagine a plate of home-grown cucumbers for your staff to put in their salads at lunch time – yum!	<b>\$500</b> Got the perfect place for a garden on your company's property? Preferably able to fit a 10x10 gardening plot. We will help outfit you with supplies such as gardening tools and seeds to get you started.	

**Tobacco-Free Living**

<b>Rank Your Options</b>	<b>Name of the Project</b>	<b>What does the project achieve?</b>	<b>What do I get?</b>	<b>What are you going to do?</b>
	No Smoking Signage	Did you know that your business can prohibit smoking within a certain perimeter? We can help with tobacco cessation through signage.	<b>\$250</b> A consultation to see what rules and regulations apply to your business in terms of tobacco use. We will help order signage to discourage smoking and give you resources for employees wishing to quit tobacco use.	

## Breastfeeding Support

Rank Your Options	Name of the Project	What does the project achieve?	What do I get?	What are you going to do?
	Support Nursing Mothers	Does your office lack a space for nursing moms? According to state law your business must provide a room (not a restroom) that nursing mothers can use to pump breast milk. We will help you figure out what you need based on your space.	<p style="text-align: center;"><b>\$700</b></p> <p>We can provide you with the supplies to make an existing space at work more comfortable for working mothers. This might include: a door lock, window blinds, lighting options, a small fridge and other options.</p>	
	Wellness Room Supplement	If you choose the nursing mothers support room you could qualify for additional funds to create a wellness space within the mother's room. This will help decrease stress among staff.	<p style="text-align: center;"><b>\$200</b></p> <p>Must be used in conjunction with the Supporting Nursing Mothers Project. We will give you suggestions on how you can modify your Mother's Room to incorporate wellbeing for all employees to utilize.</p>	

## Physical Activity

Rank Your Options	Name of the Project	What does the project achieve?	What do I get?	What are you going to do?
	Commuting Help	Encouraging employees to ride their bikes to work helps add daily fitness time to their schedules.	<p style="text-align: center;"><b>\$800</b></p> <p>We will provide you with bike racks or bike fix-it stations, depending on your needs. The bike racks park at least 5 bikes.</p>	
	Physical Activity Station	Add easy access to exercise at work! Your employees might not be able to belong to a health club due to proximity or funds and this can help them incorporate fitness into their lives.	<p style="text-align: center;"><b>\$400</b></p> <p>We will help you create a physical activity station at your workplace complete with small exercise equipment. Do you have a staff member that teaches yoga on the weekends? Maybe a set of yoga mats are your option so you can offer a lunch-hour class!</p>	