

# Canada Prenatal Nutrition Program - First Nations and Inuit Component -

Program Guidelines and Funding Process

March 2006



## What is the Canada Prenatal Nutrition Program?

The Canada Prenatal Nutrition Program - First Nations and Inuit Component (CPNP-FN&I) is a federal wellness program for First Nations and Inuit people. It provides healthy food, prenatal nutrition and health information/counseling, and breastfeeding support to high-risk First Nations and Inuit

- Pregnant women,
- Mothers of infants, and
- Infants up to one year of age.

In the Northwest Territories, the Department of Health and Social Services administers CPNP (FN&I) on behalf of Health Canada.

## Who can apply for funding?

Band Councils and Community Corporations are eligible for funding. Friendship centres and other nonprofit organizations may also apply for funding on behalf of the Band Council/Community Corporation in their community.



## What activities can be funded?

At least 75% of CPNP funding should be spent on the following three program elements:

1. **Maternal Nourishment**, such as
  - Cooking sessions
  - Healthy snacks
  - Nutritious food coupons or vouchers
  - Food baskets
  - Baby food making
2. **Nutrition Screening, Education and Counseling**, such as
  - Educational sessions on prenatal nutrition, healthy eating, and menu planning
  - Grocery store tours and reading food labels
  - Presentations by nutritionists, dietitians, and other specialists
  - Nutrition screening (e.g., by CPNP Coordinators or Community Health Representatives)
  - One-on-one nutrition counseling by CPNP Nutritionists
  - Books and other resource materials on pregnancy and prenatal nutrition
3. **Breastfeeding Promotion, Education and Support**, such as
  - Breastfeeding support groups
  - Breastfeeding videos and other resource material
  - Sewing of nursing pillows

A maximum of 25% of CPNP funding can be used for activities that support program delivery in the three core program elements or are clearly linked to healthy birth outcomes. Examples are:

- Child care
- Transportation
- Prenatal exercise classes
- Parenting classes
- Information sessions on topics such as tobacco use during pregnancy and FASD
- Incentives and program promotion



## What cannot be funded?

CPNP does not fund:

- The purchase of car seats, baby toys, and equipment (such as cribs and strollers)
- The purchase of clothing, diapers, formula, etc.
- Substance abuse counseling
- General community cooking programs
- Capital equipment
- Breast pumps, prenatal vitamins and other items that are already covered by Non-Insured Health Benefits, or other medical plans and health services

## How much money can I get?

The funding your Band Council or Community Corporation can get depends on the number of Aboriginal women in childbearing age living in your community, and the cost of living index. For more information about your community's CPNP budget, contact the Wellness Planner at (867) 920-6337.

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## What happens next?

The Regional CPNP Nutritionist will review your workplan and budget and forward them to the Wellness Planner at the Department of Health and Social Services. If the documents are complete and all activities are eligible for funding, a Contribution Agreement is prepared and sent to the Band Council or Community Corporation for signature. Once the Band Council/Community Corporation and the Department have signed the Contribution Agreement, the Department advances half of the funding amount.

## Where can I get more information?

For more information about CPNP (FN&I) and the application process, contact your Regional CPNP Nutritionist or the:

Wellness Planner  
Department of Health and Social Services  
Government of the NWT  
Box 1320  
Yellowknife NT X1A 2L9  
Tel: (867) 920-6337  
Fax: (867) 873-7706

## What obligations do I have?

If you receive CPNP (FN&I) funding, you must submit three financial and activity reports each year ending March 31. The Regional CPNP Nutritionist will send you reporting templates and reminders for each report. The reporting periods and due dates are also listed in Schedule C of the Contribution Agreement.

## What if I would like to have a CPNP project but cannot find a program coordinator?

## What if there are only very few prenatal women in my community?

## What if my community's CPNP budget is too small to implement a program?

If you cannot find a program coordinator, have only few prenatal women, or do not have enough funding to run a successful program, contact your Regional CPNP Nutritionist. She might be able to distribute food hampers or healthy food vouchers among the pre- and postnatal women in your community.

## How do I apply for funding?

- ▶ If you live in the Deh Cho, Dogrib or Treaty 11 settlement area, contact the Regional CPNP Nutritionist at the Yellowknife Health and Social Services Authority.
- ▶ If you live in the Sahtu, Gwich'in or Inuvialuit settlement area, contact the Regional CPNP Nutritionist at the Inuvik Health and Social Services Authority.

The Regional CPNP Nutritionist will give you the workplan and budget templates. She can assist you with the application, and can also help you plan, budget and start a CPNP project in your community.

