

# **HOW CAN YOU CREATE A HEALTHY ENVIRONMENT AT YOUR SCHOOL?**

A booklet of programs and services available to schools  
in the Bronx

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**Bronx School Health and Wellness Conference**

Thursday, May 3, 2012

2:00 to 6:00 PM

Bronx UFT Building



Ruben Diaz Jr.  
BOROUGH PRESIDENT



OFFICE OF THE BRONX BOROUGH PRESIDENT  
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On behalf of all 1.4 million Bronxites, and an estimated 400 schools in the borough, I would like to welcome each of you to the first School Health and Wellness Conference – a follow-up event to last fall’s Bronx Education Summit. Thank you all for taking the time to participate in the Bronx’s ongoing dialogue that we believe will lead to the development of a “well-rounded” education agenda for all of our Bronx students.

Education and health are two of the most important issues facing our borough. My office has made it very clear that we need to find new approaches to integrate health into our public schools. Today’s conference is a “public” symbol of that commitment. However, our work on these efforts does not conclude with the end of today’s conference. We will continue to work with all of you in this room to find new methods and strategies to create an educational system that prioritizes both academics and the health and well-being of students and staff.

Given the current political and fiscal climate, I understand that the work being done in the area of school health and wellness is not easy, but it is because of these efforts that we now have a blueprint for what is achievable and possible for Bronx students and schools. The schools and school based community programs highlighted here today will provide you with the tools to establish your school’s health and wellness agenda. With their efforts and my office’s commitment, we believe Bronx schools will have the foundation to create, support and sustain a healthy environment for all of its students.

I encourage you, parents, teachers, students and school administrators, to leave this conference with an action item. That is, think of one way that you can promote health and wellness in your school community--start an afterschool running program with your students, host health and nutrition workshops for your staff, grow an edible school garden, fundraise to install a water cooler in your cafeteria, or make healthier choices for yourself to act as a role model to others. Then do it! Make the change! There are dozens of organizations here to help you along the way. Big or small, these actions make a significant difference.

I look forward, eagerly, to all that we will accomplish in the health of our young people through the partnership and collaborations that will be formed at this summit.

Sincerely,

Ruben Diaz Jr.

## **ORGANIZATIONS**

- 1. Activity Works**
- 2. Alliance for a Healthier Generation**
- 3. Bike New York**
- 4. Bronx District Public Health Office: Move to Improve & Healthy Fundraisers**
- 5. Bronx Health REACH**
- 6. Bronx Lebanon Hospital Center**
- 7. CATCH**
- 8. Corbin Hill Rd Farm**
- 9. Cornell University Cooperative Extension**
- 10. FamilyCook Productions**
- 11. Food Bank For New York City – Cookshop**
- 12. FoodFight**
- 13. Friends of Van Cortlandt Park**
- 14. Girls on the Run**
- 15. Green Apple Kids**
- 16. Green Bronx Machine**
- 17. Grow to Learn NYC: Citywide School Garden Initiative**
- 18. IOBY**
- 19. Leave It Better**
- 20. Mary Mitchell Family & Youth Center: Family Health Challenge; La Canasta**
- 21. NY Coalition for Healthy School Food**
- 22. New York Road Runners**
- 23. NYC Department of Education Office of SchoolFood**
- 24. NYC Department of Education Office of School Wellness Programs**
- 25. NYC Department of Health - School Playstreets**
- 26. NYC Department of Parks & Recreation: Swim for Life**
- 27. NYC Parks Urban Park Rangers: The Natural Classroom**
- 28. Red Rabbit**
- 29. South Bronx Health Center for Children and Families at Montefiore**
- 30. Veggiecation**
- 31. Velo City**
- 32. Wellness in the Schools**

**Get your students exercising in 10-minute bursts throughout the school day!**

<b>Organization Name</b> Activity Works	<b>Location</b> 205 Rockingham Row Princeton, NJ
<b>Program Name</b> Activity Works	
<b>Mission</b> Activity Works collaborates with schools to foster academic improvement, reduce childhood obesity and close the physical education gap through physical activity breaks design specifically for elementary school classrooms.	
<b>Program Description</b> Activity Works integrates ten minute exercise bursts with core curriculum for elementary classrooms. Scientifically developed, this plug-and-play program is used to maximize academic performance, combat obesity and meet state mandates for physical education.	
<b>School Eligibility Criteria</b> Schools with dedication to increase physical activity amongst elementary age students.	
<b>Cost to school</b> Cost varies by location	
<b>Required school staff support (if any)</b> School program lead to lead classroom implementation	
<b>Space Required / Location (if outside of school premises)</b> Program takes place in the classroom	
<b>Time of day / week / year for program operation</b> Program used 3-5 times a week throughout the year	
<b>Contact Person(s)</b> Katherine Masuch; kmasuch@activityworks.com	
<b>Website</b> www.activityworks.com	
<b>Application Deadline (if applicable)</b>	

## Join a national movement to improve school wellness!

<b>Organization Name</b> Alliance for a Healthier Generation	<b>Location</b> National
<b>Program Name</b> Healthy Schools Program	
<b>Mission</b> The Alliance for a Healthier Generation's goals are to reduce the prevalence of childhood obesity by 2015 and to inspire young people and their families to develop lifelong, healthy habits.	
<b>Program Description</b> The Healthy Schools Program provide free tools, resources, and support to help schools improve access to healthier foods; increase physical activity opportunities before, during and after school; enhance nutrition education; and establish school employee wellness programs. Schools enrolled in the program have the opportunity to be nationally recognized for their achievements.	
<b>School Eligibility Criteria</b> All K-12 NYC public schools are eligible	
<b>Cost to school</b> None	
<b>Required school staff support (if any)</b> A school-level contact is required to attend 2-3 technical assistance sessions annually. Participating schools also commit to building and maintaining a School Wellness Council that meets at least every other month; completing the Healthy Schools Inventory; developing and implementing an annual Action Plan that is aligned with the Healthy Schools Program Framework; and communicating regularly with the Relationship Manager.	
<b>Space Required / Location (if outside of school premises)</b> None	
<b>Time of day / week / year for program operation</b> Schools participate for a 4-year period.	
<b>Contact Person(s)</b> Stephanie Myers, NY Relationship Manager (stephanie.myers@healthiergeneration.org, 206-818-3595)	
<b>Website</b> www.healthiergeneration.org	
<b>Application Deadline (if applicable)</b> May 15, 2012	

## Bike New York: Teach your students how to ride a bike!

<b>Organization Name</b> Bike New York	www.bikenewyork.org
<b>Program Name</b> <i>Bike New York After School, Camp Bike New York, Bike Driver's Ed Assembly</i>	
<b>Mission</b> Bike New York is a 501(c)(3) non-profit whose mission is to promote and encourage bicycling and bicycle safety through education, public events, and collaboration with community and government organizations. We organize regional rides outside NYC, offer free local group rides and classes to the public, and develop customized bicycle safety and education programs in and around New York City.	
<b>Program Description</b> <i>Bike Driver's Ed Assembly:</i> We can send a cycling instructor to your school, to provide a fun, interactive program for kids aged 3rd grade – 8th grade. Programs last approximately one class period, and are designed for classroom or auditorium sized audiences. <i>Bike New York After School and Camp Bike New York.</i> We provide bikes, helmets, instructors. Target age group is 10 and up, with group sizes of 10-15 kids. Program teaches bike safety and bike handling skills, and takes kids cycling on the Bronx greenway.	
<b>School Eligibility Criteria</b> <i>Bike Driver's Ed Assembly:</i> We can send an instructor to any school in the Bronx. <i>Bike New York After School and Camp Bike New York:</i> schools and organizations must transport kids to our Community Bike Ed Center in Van Cortlandt Park, or become a Community Bike Ed Center. To become a Community Bike Ed Center, a school must provide secure storage for 25-35 bicycles, have a flat paved play yard for practicing bike handling skills, and allow us to use the space for programs that are available to the public on weekends and to other organizations for summer programs and after school.	
<b>Cost to school</b> Programs are free. However, for after-school programs, DOE must provide transportation to our Community Bicycle Education Center in Van Cortlandt Park.	
<b>Required school staff support (if any)</b> We provide instructors, but we do need someone at the school to be a point of contact for any of our programs.	
<b>Space Required / Location (if outside of school premises)</b> <i>Bike Driver's Ed Assembly:</i> auditorium or classroom space (groups of 20 or more) <i>Bike New York After School and Camp Bike New York:</i> schools and organizations must transport kids to our Community Bike Ed Center in Van Cortlandt Park, or become a Community Bike Ed Center. To become a Community Bike Ed Center, a school must provide secure storage for 25-35 bicycles, have a flat paved play yard for practicing bike handling skills, and allow us to use the space for programs that are available to the public on weekends and to other organizations for summer programs and after school.	
<b>Time of day / week / year for program operation</b> <i>Bike Driver's Ed Assembly</i> is indoors, and does not involve bike riding, so it can happen any time during the school year. <i>Bike New York After School:</i> only happens during warmer months with more daylight (Sept.-Oct., and April – June). <i>Camp Bike New York:</i> summer program	
<b>Contact Person(s)</b> Richard Conroy <a href="mailto:rconroy@bikenewyork.org">rconroy@bikenewyork.org</a> 212-870-2091 Zoe Cheswick <a href="mailto:zcheswick@bikenewyork.org">zcheswick@bikenewyork.org</a> 212-870-2097	

## Get kids moving in your school! Organize healthy fundraisers!

<b>Organization Name</b> NYC Department of Health & Mental Hygiene - Bronx District Public Health Office (DPHO)	<b>Location</b> 1826 Arthur Ave. Bronx NY 10457
<b>Program Name</b> Move To Improve (MTI) Healthy Fundraisers	
<b>Mission</b> The mission of the District Public Health Offices (DPHOs) is to reduce health inequalities across New York City by targeting resources, programs, and attention to high-need neighborhoods in the South Bronx, East and Central Harlem, and North and Central Brooklyn. The DPHOs work to ensure that conditions for good health - available, sustainable, high-quality services and efficient, effective systems - flourish in these neighborhoods.	
<b>Program Description</b> <b>Move To Improve (MTI):</b> mostly in-school physical activity that can be done in the class. <b>Healthy Fundraisers:</b> help to promote and provide school fundraising in a healthy way.	
<b>School Eligibility Criteria</b> Programs can be conducted in any NYC school, but more emphasis is placed on reaching schools in DPHO areas such as the South Bronx.	
<b>Cost to school</b> There is a minimal cost for Move to Improve trainings which can usually be covered by the DPHO.	
<b>Required school staff support (if any)</b> Very little	
<b>Space Required / Location (if outside of school premises)</b> <b>MTI</b> – Classroom <b>Healthy Fundraiser</b> – Same space needed for usual fundraising events	
<b>Time of day / week / year for program operation</b> <b>MTI</b> – Up to the Principal/teacher <b>Healthy Fundraiser</b> – Up to the Principal/teacher	
<b>Contact Person(s)</b> From the Bronx DPHO: Jose Quintana <a href="mailto:Jquintan@health.nyc.gov">Jquintan@health.nyc.gov</a> <b>or</b> Darrin Taylor <a href="mailto:DTaylor@health.nyc.gov">DTaylor@health.nyc.gov</a>	
<b>Website</b> <a href="http://www.nyc.gov/health/dpho">www.nyc.gov/health/dpho</a>	
<b>Application Deadline (if applicable)</b> N/A	

## Educate, empower, and advocate for a healthier school community!

<b>Organization Name</b> Institute for Family Health   Bronx Health REACH	<b>Location</b> 16 East 16 <sup>th</sup> Street
<b>Program Name</b> Bronx Health REACH Adopt-A-Bodega   Johnson & Johnson Obesity Prevention Program   HEA <sup>+</sup> LTHY Schools NY	
<b>Mission</b> Promoting opportunities for a healthy lifestyle is a major focus of Bronx Health REACH's work to eliminate racial and ethnic health disparities. Our approach to improving nutrition and fitness targets multiple levels in the school community. We provide direct education to students, staff and parents; work to implement wellness policies within schools; and create communities where healthy choices are available to all.	
<b>Program Description</b> <i>Johnson &amp; Johnson Obesity Prevention Program</i> This program offers staff wellness and nutrition curriculum training for 3 <sup>rd</sup> and 4 <sup>th</sup> grade teachers in elementary schools. Parent cooking/nutrition workshops are offered. Some schools may be eligible to participate in a healthy eating campaign that uses superhero characters to reinforce nutrition messages through posters, mission cards and taste tests in the cafeteria.  <i>Healthy Schools NY:</i> HSNY will help you create a school wellness council or work with your existing group to implement and maintain policies that promote healthy eating and physical activity in your school community. We'll help you apply for school wellness funding from the DOE and other groups. In addition, we'll connect you with other Bronx schools that have successful wellness programs benefiting students, parents, staff and the surrounding community.  <i>Adopt-A-Bodega:</i> Bronx Health REACH can provide schools with training and technical assistance on implementing the NYC Department of Health's Adopt a Bodega project with staff and/or parents who are invested in improving the food available in neighborhood bodegas.	
<b>School Eligibility Criteria</b> All Bronx schools are eligible.	
<b>Cost to school</b> All programs are free of cost to the school.	
<b>Required school staff support (if any)</b> Most programs require the participation of key school staff including: Principals/Assistant Principals, School Nurses, PE teachers, 3 <sup>rd</sup> /4 <sup>th</sup> grade teachers and Parent Coordinators	
<b>Space Required / Location (if outside of school premises)</b> Bronx Health REACH Adopt-A-Bodega: Requires visits to local bodegas for program activities	
<b>Time of day / week / year for program operation</b> Johnson & Johnson Obesity Prevention Program: September 2012 – March 2013 All others: school year	
<b>Contact Person(s)</b> -Obesity Prevention Program - Diana Johnson <a href="mailto:djohnson@institute2000.org">djohnson@institute2000.org</a> (212) 633-0800 x1296 -Healthy Schools NY: Sigrid Aarons <a href="mailto:saarons@institute2000.org">saarons@institute2000.org</a> (212) 633-0800 x1364 -Adopt-A-Bodega   General nutrition and school food inquiries - Kelly Moltzen <a href="mailto:kmoltzen@institute2000.org">kmoltzen@institute2000.org</a> (212) 633-0800 x1328	
<b>Website</b> <a href="http://www.bronxhealthreach.org">http://www.bronxhealthreach.org</a>	
<b>Application Deadline (if applicable)</b> Please contact Bronx Health REACH for more info.	



## Sponsor a health workshop for your community!

<b>Organization Name</b> Bronx-Lebanon Hospital Center	<b>Location</b>
<b>Program Name</b>	
<b>Mission</b> The Community Health Education Center (CHEC) at Bronx-Lebanon Hospital Center is dedicated to improving the quality of life for children and their families throughout the South and Central Bronx by bringing health education to the community. Based on four pillars of Pediatric health: “Development, “Nutrition,” “Immunization” and “Asthma” we provide workshops for agencies, organizations, and schools on site. We are happy to tailor presentations to the needs of the audience selected by the host agency. Audiences in the past include: Caretakers, Clergy, Teachers, Providers, Foster care parents, Adolescent psycho-educational groups. Our health presentations are a great way to learn about a specific health topic in a small group setting; as well as, to ask questions and to speak directly with members of our caring and knowledgeable staff.	
<b>Program Description</b> Start Strong Bronx Program “The Fourth R” our evidence based curriculum on Healthy Relationships Additional programming in schools	
<b>School Eligibility Criteria</b> We have the capacity to work in South and Central Bronx schools only.	
<b>Cost to school</b> Funds are required from the school for school-based programming.	
<b>Required school staff support (if any)</b> For CHEC workshops, basic preparation is required: scheduling the workshop on school calendar, sending out reminder to staff/parents about the event, coordinating meeting room, AV equipment. Start Strong Bronx program requires principal buy-in and is more extensive because of the actual curriculum.	
<b>Space Required / Location (if outside of school premises)</b> Classroom, Auditorium, or cafeteria	
<b>Time of day / week / year for program operation</b> Can operate during the school day or for after-school programs; Tuesdays and Thursdays are preferable for workshops.	
<b>Contact Person(s)</b> Diane Strom, LCSW (718) 960-1020 DStrom@bronxleb.org Jennifer Jacobs, LMSW (718) 960-1410 JJacob1@bronxleb.org	
<b>Website</b> <a href="http://www.bronx-leb.org/">http://www.bronx-leb.org/</a>	
<b>Application Deadline (if applicable)</b>	

## Invite CATCH to host physical activity and nutrition workshops at your school!

<b>Organization Name</b> CATCH – Coordinated Approach to Child Health	<b>Location</b> N/A
<b>Program Name</b> CATCH – Coordinated Approach to Child Health	
<b>Mission</b> CATCH stands for a Coordinated Approach To Child Health and is an evidence-based, coordinated school health program designed to promote physical activity, healthy food choices and the prevention of tobacco use in children. The CATCH Programs cover kids from preschool through 8th grade and has been implemented in thousands of schools and after-school organizations across America and Canada.  By teaching children that eating healthy and being physically active every day can be FUN, the CATCH Program has proven that establishing healthy habits in childhood can promote behavior changes that can last a lifetime.	
<b>Program Description</b> CATCH is a National Institute for Health funded, evidence based coordinated school health program focusing on physical activity and nutrition behaviors. CATCH is proven to reduce obesity rates, and improve health related behaviors in participants.	
<b>School Eligibility Criteria</b> NYC Department of Education Public School	
<b>Cost to school</b> N/A	
<b>Required school staff support (if any)</b> No	
<b>Space Required / Location (if outside of school premises)</b> Classroom, cafeteria and/or gym space	
<b>Time of day / week / year for program operation</b> School day and After-school program	
<b>Contact Person(s)</b> Kathy Chichester 201-329-7518 <a href="mailto:Kathy.chichester@flaghouse.com">Kathy.chichester@flaghouse.com</a>	
<b>Website</b> <a href="http://www.catchinfo.org">www.catchinfo.org</a>	
<b>Application Deadline (if applicable)</b>	

**Encourage your school community members to sign up for a weekly delivery of fresh fruits and veggies (a CSA share) during the growing season!**

<b>Organization Name</b> Corbin Hill Road Farm	<b>Location</b> Harlem, Bronx, and Schoharie County
<b>Program Name</b> Corbin Hill Farm Share	
<b>Mission</b> We work with farmers from upstate New York and community groups in New York City to deliver fresh, local produce to Harlem and the Bronx. Our goal is to develop a sustainable approach that will not just feed and sustain these communities—both upstate and downstate—but also to help them develop into healthy, economic citizens who will, one day, become owners of the company.	
<b>Program Description</b> The Farm Share gives communities direct access to high quality, fresh produce grown by local farmers. Each season, local fruits and vegetables are delivered on a regular basis to sites in Harlem and the Bronx. Shareholders (our term for members) pay in advance to receive a share (or selection) of freshly harvested produce. The Farm Share is open to everyone. It is designed to meet the needs of low-income communities by offering flexible membership terms, affordable prices, and items that reflect the diverse cultures we serve.	
<b>School Eligibility Criteria</b> Several ways to participate: <ul style="list-style-type: none"> <li>• Host a distribution</li> <li>• Help spread the word about the Farm Share and/or refer families to sites in their neighborhood</li> </ul>	
<b>Cost to school</b> None	
<b>Required school staff support (if any)</b> Each distribution site is required to provide at least one volunteer Ambassador(s). The Ambassador is CHRF’s primary point person with the organization.	
<b>Space Required / Location (if outside of school premises)</b> Room or courtyard with easy street access (at least 8’x10’) and place to store produce bins before distribution period	
<b>Time of day / week / year for program operation</b> Summer Season (weekly deliveries, mid-June through mid-November); Winter Season (monthly deliveries, December-April)	
<b>Contact Person(s)</b> <a href="mailto:info@corbinhillfarm.com">info@corbinhillfarm.com</a> or 718-578-3610	
<b>Website</b> <a href="http://www.corbinhillfarm.com">www.corbinhillfarm.com</a>	
<b>Application Deadline (if applicable)</b> ongoing enrollment	

## Host nutrition and health workshops for your parents and students!

<b>Organization Name</b> Cornell University Cooperative Extension- NYC	<b>Location</b> Bronx, Manhattan, Brooklyn, Queens and Staten Island
<b>Program Name</b> Nutrition and Health Program	
<b>Mission</b> The Nutrition and Health Program helps New York City residents of all ages make informed decisions about food, nutrition and health, managing resources, parenting and health care. We work closely with our partners to provide education to targeted adults, children and families. We reach into communities at many levels to make it happen, and support professional development opportunities that complement our efforts.	
<b>Program Description</b> Our Nutrition and Health program is delivered to eligible participants through free workshop series hosted by community based organizations who want to partner in our efforts. Adult groups meet for 1.5 to 2 hours, once a week for 8-10 weeks. Youth groups meet for 1 hour, once a week for 6-8 weeks. Learning is hands on! Each session, participants engage in learner-centered, dialogue based education. Participants prepare, cook and taste foods. Participants completing the series receive a Certificate of participation.	
<b>School Eligibility Criteria</b> Parents and students in schools that meet at least 50% eligibility for free or reduced meals	
<b>Cost to school</b> Free	
<b>Required school staff support (if any)</b> Parent coordinator or volunteer.	
<b>Space Required / Location (if outside of school premises)</b> Space for 10-12 participants and access to running water (ie, parent room, classroom or lunchroom)	
<b>Time of day / week / year for program operation</b> Most classes are held on weekdays, during daytime or early-evening hours.	
<b>Contact Person(s)</b> <b>Sandra Gucciardi, Bronx/Manhattan Coordinator 718-993-5360</b> <b>Marcia Black-Peters, Brooklyn/Staten Island Coordinator 718-363-1016</b> <b>Andrea Blair-Dawson, Queens Coordinator 718 657-9520</b>	
<b>Website</b> <a href="http://nyc.cce.cornell.edu">http://nyc.cce.cornell.edu</a>	
<b>Application Deadline (if applicable)</b>	

## Get nutrition and healthy cooking training for your teachers, parents and staff!

<b>Organization Name</b> FamilyCook Productions	<b>Location</b>
<b>Program Name</b> 1, 2, 3 Nibble with Willow (preschool) Look Who's Cooking (elementary school) Teen Battle Chef (middle/high school) Cooking Time is Family Time (afterschool)	
<b>Mission</b> To bring people of all ages together around delicious, affordable fresh food while positively impacting their health and well-being. Since the late '90s, FamilyCook programs and curricula have reached over 75,000 families across the US.	
<b>Program Description</b> FamilyCook provides evidence-based programs/ curricula and the training to embed nutrition education through hands-on cooking in schools, community organizations, s and other settings around the country. This is possible through our unique professional development offerings. These training sessions provide educators, para-professionals, and parents with the necessary skills to conduct our programs and make them available and sustainable. Educators enjoy using cooking to make math science, social studies and more come alive in the classroom! Our seasonal recipes burst with the vibrant flavors of farm-fresh ingredients.	
<b>School Eligibility Criteria</b> Through a train the trainer model, we can support hundreds of schools to use our nutrition education programs.	
<b>Cost to school</b> The program has some training costs, supply costs and food costs necessary for implementation. Does not matter what the funding entity is, but funding is necessary for each school/classroom.	
<b>Required school staff support (if any)</b> During school time could be a parent but teachers should be involved for best efficacy. After school can be partner staff from another community-based organization.	
<b>Space Required / Location (if outside of school premises)</b> Classroom or any room with a sink	
<b>Time of day / week / year for program operation</b> Weekly; Can be run during the school day as a standard-based program or as an after school program. Can also be run over the summer on a daily basis for 2 weeks, with summer recipes and lessons to go with school gardens.	
<b>Contact Person(s)</b> Lynn Fredericks 212-867-3929 lynn@familycookproductions.com Chris Cook 646-363-1452 chriscooknyc@gmail.com	
<b>Website</b> www.familycookproductions.com	
<b>Application Deadline (if applicable)</b> Next training dates are June 1st & 2nd	

## Bring nutrition education and cooking into your elementary school classrooms!

<b>Organization Name</b> Food Bank For New York City	<b>Location</b> 39 Broadway, 10 <sup>th</sup> Floor, NY, NY 10006
<b>Program Name</b> CookShop program	
<b>Mission</b> CookShop provides low-income children, teens and adults the knowledge and tools to adopt and enjoy a healthy diet on a limited budget. Through hands-on workshops, CookShop fosters participant’s enthusiasm for fresh, affordable fruits, vegetables, whole grains, legumes, and low-fat dairy products.	
<b>Program Description</b> In the CookShop Classroom for Elementary School component, students in grades K-5 participate in hands-on explorations, discussions, and cooking activities focused on making healthful, affordable food choices. Parents and guardians of participating students may take part in complementary adult component CookShop for Families, a monthly, hands-on program designed to engage the whole family in making healthy food choices every day.	
<b>School Eligibility Criteria</b> At least 50% of the school’s student population must receive free or reduced-price school lunch. A minimum of 5 classes in grades K-5 must participate in CookShop Classroom for Elementary School. CookShop for Families is only available to schools participating in CookShop Classroom for Elementary School.	
<b>Cost to school</b> None—all materials, equipment, and groceries come at no cost to the school.	
<b>Required school staff support (if any)</b> School staff will be trained by the Food Bank as the CookShop Coordinator, CookShop Facilitators, and Families Workshop Leaders.	
<b>Space Required / Location (if outside of school premises)</b> None.	
<b>Time of day / week / year for program operation</b> Program training occurs in October and curriculum implementation runs December- June; lesson/workshop times are flexible.	
<b>Contact Person(s)</b> Ashley Kantor, CookShop Recruitment Associate: akantor@foodbanknyc.org	
<b>Website</b> <a href="http://www.foodbanknyc.org/go/cookshop">www.foodbanknyc.org/go/cookshop</a>	
<b>Application Deadline (if applicable)</b> August 3 <sup>rd</sup> ; A Principal or Assistant Principal must attend orientation to apply	

**We work to give your teachers everything they need to be health and wellness champions in your school!**

<b>Organization Name</b> FoodFight	<b>Location</b> 285 Riverside Drive Suite 15C
<b>Program Name</b> FoodFight	
<b>Mission</b> FoodFight's mission is to revolutionize the way teenagers think about food and its role in their lives. Using schools as a platform, FoodFight arms students with tools, knowledge and resources necessary to take responsibility for their eating and buying habits and ownership over their health and life chances. FoodFight achieves its mission by providing cutting edge teacher training programs, curriculum and support to our teachers from a team of doctors, nutritionists and chefs.	
<b>Program Description</b> The FoodFight curriculum is designed to engage students in the larger national conversation about food, food politics and critical consumership. We believe that traditional nutrition education curriculum has not been successful in achieving lasting behavioral change because it has not addressed the nested relationship between the social, political, economic and emotional issues that impact the food system and food environment. It has also failed to address the realities of our students' lives and experiences. FoodFight has also designed a health and wellness workshop program for teachers to address the unique health needs and constraints of NYC teachers. FoodFight is also producing a resource book for teachers who want to implement individual FF lessons without a full semester-long commitment.	
<b>School Eligibility Criteria</b> NYC Department of Education Public Schools. The FoodFight curriculum is designed for high schools, whereas the health and wellness workshop program can be brought to any school.	
<b>Cost to school</b> \$1500 for FoodFight nutrition education curriculum. Health and wellness workshop program is free. The resource book will be available to schools at a low cost.	
<b>Required school staff support (if any)</b> Program requires required a minimum of 75% staff attendance for schools who are participating in the teacher health and wellness program. Faculty, staff and administrators are considered eligible.	
<b>Space Required / Location (if outside of school premises)</b> We can work within any space that can accommodate the appropriate number of attendees.	
<b>Time of day / week / year for program operation</b> During the School Day; Semester-long curriculum or individual lessons	
<b>Contact Person(s)</b> Deborah Lewison-Grant Deb@Foodfight.org Phone: 917.628.8277	
<b>Website</b> <a href="http://www.foodfight.org/">http://www.foodfight.org/</a>	
<b>Application Deadline (if applicable)</b>	

## Take your students outside to get active, give back and learn in Van Cortlandt Park!

<b>Organization Name</b> Friends of Van Cortlandt Park (FVCP)	<b>Location</b> 80 Van Cortlandt Park South Suite E1 Bronx, NY 10463
<b>Program Name</b> Friends of Van Cortlandt Park- Various programs	
<b>Mission</b> The Friends of Van Cortlandt Park, working in partnership with the Parks Department, is committed to supporting the conservation and improvement of Van Cortlandt Park. FVCP provides essential services such as offering ongoing high-quality education and stewardship programs, working to identify community needs and empowering residents by giving them a means to improve park conditions.	
<b>Program Description</b> Friends of Van Cortlandt Park programs include: <ul style="list-style-type: none"> <li>- Environmental Internships for High School Students (Summer and School Year)</li> <li>- Junior Naturalists Program- After School program for Middle School Students</li> <li>- Van Cortlandt Adventures: Free environmental education programs for school groups of all grades</li> <li>- Stewardship Programs: Volunteer programs for Trail and Forest Restoration Projects (6<sup>th</sup> grade and up) or at Garden/ Compost Site (all grades).</li> <li>- Community Programs</li> <li>- Teacher Workshop Series (mostly for teachers of K-8)</li> </ul>	
<b>School Eligibility Criteria</b> FVCP will work with all NYC Department of Education Public Schools. However, for us to do inclass programs school have to be in close proximity to Van Cortlandt Park- (in one of the neighborhoods that immediately surround the Park)	
<b>Cost to school</b> N/A	
<b>Required school staff support (if any)</b> Yes teachers or school support staff	
<b>Space Required / Location (if outside of school premises)</b> Classroom space and gym space would make more activities possible. Most programs are held at Van Cortlandt Park.	
<b>Time of day / week / year for program operation</b> School day and After-school program	
<b>Contact Person(s)</b> Sarak Kempton <a href="mailto:sara@vancortlandt.org">sara@vancortlandt.org</a> Phone: 718-601-1553	
<b>Website</b> <a href="http://www.vancortlandt.org">www.vancortlandt.org</a>	
<b>Application Deadline (if applicable)</b>	



## Start a running program for your school's female students!

<b>Organization Name</b> Girls on the Run NYC	<b>Location</b> Throughout NYC
<b>Program Name</b> Girls on the Run	
<b>Mission</b> Girls on the Run's mission is to empower girls to be joyful, healthy and confident.	
<b>Program Description</b> Girls on the Run is a transformational, patented program for girls 8-13 that uses the power of running to teach girls life skills like team building, self-esteem and healthy eating habits. Fall Program is 10 wks long, with practice held 2 days per week for 1 ½ hours. Season ends with a celebratory 5K event in early Dec.	
<b>School Eligibility Criteria</b> Title 1 school. Available/dedicated space for girls to practice and an inclement weather alternative, as needed.	
<b>Cost to school</b> = \$0. Please note that we require \$20 per girl for each season, which is our scholarship rate. (Value = \$225)	
<b>Required school staff support (if any)</b> 1 Site liaison is required to help facilitate registration and implementation of the program, access to the school, etc. PLS NOTE: If practice will be held prior to 4pm on weekdays, the site will be required to also provide 2 Coach Volunteers (who we will train)	
<b>Space Required / Location (if outside of school premises)</b> This can vary. Ideally, need small area outside to practice (size of a basketball court or large courtyard). However, an adequate inclement weather spot (i.e. classroom, cafeteria, etc) is required.	
<b>Time of day / week / year for program operation</b> 2 days per week for 1 ½ hours per practice Exact days/times can vary depending on the schedule of the school	
<b>Contact Person(s) : Christy Policy, Executive Director</b> <a href="mailto:cjpolicy@gotrm.org">cjpolicy@gotrm.org</a>	
<b>Website</b> : <a href="http://www.gotrm.org">www.gotrm.org</a>	
<b>Application Deadline (if applicable)</b> June 22 <sup>nd</sup> , 2012	

**Green Apple Kids provides out-of-school time programming and family workshops that focuses on health, wellness, and environmental education and practices.**

<b>Organization Name</b> Open Space Institute	
<b>Program Name</b> Green Apple Kids	
<b>Mission</b> To educate through youth and family guided programs that focus on health, wellness, and environmental practices.	
<b>Program Description</b> Green Apple Kids is an educational youth and family guided program that focuses on health, wellness, and environmental practices. We generally service grades pre K-8 <sup>th</sup> .	
<b>School Eligibility Criteria</b> Any NYC school is eligible.	
<b>Cost to school</b> Programming is offered at low or no cost to participants. Budgets are dependent on school's individual funds and grants.	
<b>Required school staff support (if any)</b> We currently provide our own staff but we can also train DOE teachers our after school and workshop themes.	
<b>Space Required / Location (if outside of school premises)</b> Classroom and gym space if available.	
<b>Time of day / week / year for program operation</b> After-school program	
<b>Contact Person(s)</b> Beatrice Tinio 917.569.7147 <a href="mailto:greenapplekidsny@gmail.com">greenapplekidsny@gmail.com</a> Liza Mendel 347.497.0732 <a href="mailto:lizamendel@gmail.com">lizamendel@gmail.com</a>	
<b>Website</b> <a href="http://www.greenapplekids.org">www.greenapplekids.org</a>	
<b>Application Deadline (if applicable)</b>	

## Build a vertical farm, green roof or green wall at your school!

<b>Organization Name</b> Green Bronx Machine	<b>Location</b> NYC, NY
<b>Program Name</b> Greening Your School and Community; Growing Our Way Into A New Economy	
<b>Mission</b> Green Bronx Machine was born out of the belief that we are all Amer-I-CANS! Together we can grow, re-use, resource and recycle our way into new and healthy ways of living. We are dedicated to the concept of wholly inclusive locally grown initiatives that foster and create sustainable living wage careers; transforming mindsets and landscapes while cultivating and harvesting opportunity.	
<b>Program Description</b> We offer free standing economic engines and fully sustainable educational/vocational programming for schools K-12, Senior Centers, CBO's, NGO's and for workforce development. In addition, we specialize in the installation and maintenance of both indoor and outdoor high yield vertical farms, green roofs and green walls. We also partner with nutrition, cooking, wellness and literacy programming as well as design profitable entrepreneurial programs for sites.	
<b>School Eligibility Criteria</b> We work with all interested parties with no constraints.	
<b>Cost to school</b> Costs are contingent upon goods and services offered; OUR CAVEAT IS THAT WE OFFER DEMONSTRABLE RETURN ON INVESTMENT and GENERATE FREE STANDING PROFITABLE ENTITIES! We are a NYS non-for-profit and charge only for the exact costs we incur.	
<b>Required school staff support (if any)</b> Our programming is designed to be seamless for all hosts. Thus, the only support staff needed are licensed site staff to supervise our programming. We do all the work, planning, installation and create a participatory learning experience for all. Our staff are NYSED Licensed and Certified. Our installers are trained and certified. Our contractors are licensed and bonded. All locally sourced!	
<b>Space Required / Location (if outside of school premises)</b> TBA and totally flexible – we grow enough food in one classroom to feed 450 students. We do indoor and out of doors programming, installations.	
<b>Time of day / week / year for program operation</b> TBA – we are a 365 day a year program provider willing to work around your schedule.	
<b>Contact Person(s)</b> Lizette Ritz – <a href="mailto:Lizette.Ritz@gmail.com">Lizette.Ritz@gmail.com</a> / <a href="mailto:info@greenbronxmachine.com">info@greenbronxmachine.com</a> 917.331.1594	
<b>Website</b> Coming soon ( <a href="http://greenbronxmachine.com/">http://greenbronxmachine.com/</a> )- see our TED TALK: <a href="http://www.youtube.com/watch?v=lcSL2yN39JM">http://www.youtube.com/watch?v=lcSL2yN39JM</a> Bronx Classroom: <a href="http://www.youtube.com/watch?v=Cww_dUh5FUI">http://www.youtube.com/watch?v=Cww_dUh5FUI</a>	

# Grow a school garden!

<b>Organization Name</b> GrowNYC	<b>Location</b> 51 Chambers Street, Room 228 New York, NY 10007
<b>Program Name</b> Grow to Learn NYC, Citywide School Gardens Initiative	
<b>Mission</b> Grow to Learn's mission is to inspire, promote, and facilitate the creation of sustainable school garden programs in NYC public and charter schools.	
<b>Program Description</b> The organization works to connect elementary, middle, and high schools to the resources that they need to build, sustain, or grow school gardens. Resources include: <ol style="list-style-type: none"> <li>1. \$500 to \$2,000 mini-grant opportunities.</li> <li>2. Free technical assistance and material resources (lumber, soil, seeds, etc.) through GreenThumb, a division of the Department of Parks and Recreation.</li> <li>3. Programming support through DOE Garden to School Cafe.</li> <li>4. Information and best practice sharing through the Grow to Learn website (<a href="http://www.growtolearn.org">www.growtolearn.org</a>) and monthly e-newsletter.</li> </ol> <p>In addition, Grow to Learn provides hands-on assistance to school garden program in NYC's DPHO regions: the South Bronx, Central Brooklyn, and East and Central Harlem. The organization's community liaison works with approximately 30 gardens a year to develop a garden plan, register the garden and secure program resources.</p>	
<b>School Eligibility Criteria</b> NYC Department of Education Public School	
<b>Cost to school</b> N/A	
<b>Required school staff support (if any)</b> A school garden is a lot of work. It requires that staff or volunteers be available to water, weed, and/or harvest once a day during growing season. In addition, staff or volunteers need to be available to order materials and organize work days.	
<b>Space Required / Location (if outside of school premises)</b> A space for the garden. This can be a space outside of the school on school grounds, it can be a plot in a neighboring community garden, or it can be a space inside of the school for an indoor garden project.	
<b>Time of day / week / year for program operation</b> School day and After-school program	
<b>Contact Person(s)</b> Madeleine Andersen, <a href="mailto:mandersen@grownyc.org">mandersen@grownyc.org</a> , phone: 212-788-2916	
<b>Website</b> <a href="http://www.growtolearn.org">www.growtolearn.org</a>	
<b>Application Deadline (if applicable)</b> Mini-grant deadlines are May 1 and November 1	

## Raise money for your school!

<b>Organization Name</b> In Our Backyards (IOBY)	
<b>Program Name</b> IOBY	
<b>Mission</b> Ioby is a crowd-resourcing platform designed to help NYC environmental projects implement fundraising at a grassroots level. We're always looking for ways to help people in their parks, kayaks, community gardens, bikes, compost piles, chicken coops and more in the interest of making a more environmentally friendly urban environment block by block.	
<b>Program Description</b> Web platform that offers fundraising trainings, support, technical assistance and incentivizing match days	
<b>School Eligibility Criteria</b> Any NYC school is eligible.	
<b>Cost to school</b> Free. This program will help your school raise money!	
<b>Required school staff support (if any)</b> Since the project ideas are generated by staff, we expect that they will see their project to fruition. If they are a novice fundraiser, we have workshops and offer technical assistance and support to the staff that is dedicated to their green project.	
<b>Space Required / Location (if outside of school premises)</b> None	
<b>Time of day / week / year for program operation</b> Can help fundraise for programs operating during the school day or after-school programs	
<b>Contact Person(s)</b> Erin Barnes 917-464-4515 <a href="mailto:erin@ioby.org">erin@ioby.org</a>	
<b>Website</b> Ioby.org	
<b>Application Deadline (if applicable)</b>	

## Build a garden with Leave It Better!

<p><b>Organization Name</b> Leave it Better</p>
<p><b>Mission</b> Leave It Better's mission is to empower youth to heal our environment. As the climate shifts, we face many challenges. Kids hold the key to positive environmental change. Our organization teaches students how to grow food, and empowers them with technology to share their knowledge through video storytelling.</p>
<p><b>Program Description</b> In the fall, students learn how to compost with worms! In the early spring, the compost is used to plant lettuce seeds in the spring. Weeks later students harvest the seeds they planted, and mix the fresh lettuce they've grown into a salad. From Day One, students are given small HS cameras and professional instruction in digital storytelling, so they can document and share their experience in the program. The footage recorded by students is then edited into a mini-documentary of the school's experience over the school year. Our program builds healthy strong youth with digital storytelling acumen to boot!</p>
<p><b>School Eligibility Criteria</b> NYC Department of Education Public Schools, and NYC Charter Schools</p>
<p><b>Cost to school</b> Yes funding is needed</p>
<p><b>Required school staff support (if any)</b> Yes teachers are asked to assist</p>
<p><b>Space Required / Location (if outside of school premises)</b> Classroom and garden space</p>
<p><b>Time of day / week / year for program operation</b> School day</p>
<p><b>Contact Person(s)</b> Dominique Bouillon 646 -764 – 2949 Dominique.b@leaveitbetter.com</p>
<p><b>Website</b> <a href="http://www.leaveitbetter.com">http://www.leaveitbetter.com</a></p>
<p><b>Application Deadline (if applicable)</b></p>

## Get your students and parents to participate in 6- to 8-weeks of healthy activities!

<b>Organization Name</b> Mary Mitchell Family and Youth Center, Inc.	
<b>Program Name</b> Family Health Challenge; La Canasta	
<b>Mission</b> The Mission of the Center is to improve the lives of families and youth in the Crotona section of the Bronx through programs that expand opportunities, develop leadership and build community.	
<b>Program Description</b> The Family Health Challenge is a six to eight week set of activities for children to do with their families. The challenges are introduced at school but it can be included as homework. Families that participate in the Family Health Challenge have the opportunity to be recognized and receive a certificate from the Bronx Borough President through the borough-wide Bronx CAN (Changing Attitudes Now) Health Initiative. La Canasta food buying club for the Bronx.	
<b>School Eligibility Criteria</b> Any school in the Bronx can use the Family Health Challenge workbooks and run the challenge, or become a host site for the La Canasta food buying club. (La Canasta is Bronx-wide.)	
<b>Cost to school</b> The Family Health Challenge is not funded but only requires printing costs of the workbooks. A limited number of pre-printed books may be available. La Canasta is self sustaining.	
<b>Required school staff support (if any)</b> Family Health Challenge: Teachers need to introduce the challenge each week and send home the activity sheet as homework. They can do more than that but that is the minimum. La Canasta: We need someone to distribute flyers, as well as a point person for members to coordinate logistics to pick up their bag once a week or every other week.	
<b>Space Required / Location (if outside of school premises)</b> Family Health Challenge: classroom to explain the challenges La Canasta: a room or hallway to keep the bags for distribution	
<b>Time of day / week / year for program operation</b> The Family Health Challenge can be run either during the school day or after school. It runs in 6-8 week sessions and can be done more than once per year. La Canasta pick-up happens at the end of the day once per week or every other week.	
<b>Contact Person(s)</b> Heidi Hynes 718 583-1765 <a href="mailto:mshynes@themarkymitchellfyc.org">mshynes@themarkymitchellfyc.org</a>	
<b>Website</b> <a href="http://themarkymitchellfyc.org">themarkymitchellfyc.org</a>	
<b>Application Deadline (if applicable)</b>	

## Add healthy, plant-based food options to your school menu!

<p><b>Organization Name</b> NY Coalition for Healthy School Food</p>						
<p><b>Mission</b> NYCHSF introduces plant-based foods and nutrition education in schools to educate the whole school community.</p>						
<p><b>Program Description</b> Implementation of plant-based entrees in the cafeteria; improvement of lunch menu; nutrition education; cooking demos</p>						
<p><b>School Eligibility Criteria</b> Office of SchoolFood staff must have a presence in the schools. Schools receiving food from satellite kitchens are not eligible.</p>						
<p><b>Cost to school</b></p>						
<p><b>Required school staff support (if any)</b> The Office of SchoolFood can provide training to kitchen staff to bring new menu options to the cafeteria.</p>						
<p><b>Space Required / Location (if outside of school premises)</b> Staff are trained in the school kitchen.</p>						
<p><b>Time of day / week / year for program operation</b> Weekdays, during the school year</p>						
<p><b>Contact Person(s)</b></p> <table> <tr> <td>Kelley Wind</td> <td>Amie Hamlin</td> </tr> <tr> <td>917-232-8323</td> <td>631-525-3650</td> </tr> <tr> <td><a href="mailto:Kelley@healthyschoolfood.org">Kelley@healthyschoolfood.org</a></td> <td><a href="mailto:amie@healthyschoolfood.org">amie@healthyschoolfood.org</a></td> </tr> </table>	Kelley Wind	Amie Hamlin	917-232-8323	631-525-3650	<a href="mailto:Kelley@healthyschoolfood.org">Kelley@healthyschoolfood.org</a>	<a href="mailto:amie@healthyschoolfood.org">amie@healthyschoolfood.org</a>
Kelley Wind	Amie Hamlin					
917-232-8323	631-525-3650					
<a href="mailto:Kelley@healthyschoolfood.org">Kelley@healthyschoolfood.org</a>	<a href="mailto:amie@healthyschoolfood.org">amie@healthyschoolfood.org</a>					
<p><b>Website</b> <a href="http://www.healthyschoolfood.org">www.healthyschoolfood.org</a></p>						
<p><b>Application Deadline (if applicable)</b></p>						



# Get your students running and walking with NY Road Runners!

<b>Organization Name</b> New York Road Runners	<b>Location</b> 156 W 56th Street, 3rd Floor New York, NY 10019
<b>Program Name</b> Mighty Milers and Young Runners	
<b>Mission</b> We aim to bring our free running programs to as many NYC public schools as possible. We also aim to educate all schools on the nutrition plans/activities that we have created as well.	
<b>Program Description</b> Mighty Milers is a progressive marathon program where children run or walk regularly and learn how to integrate healthy habits into their lifestyle. Environmental Internships for High School Students (Summer and School Year)  Young Runners motivates elementary-school through high-school students to set and achieve personal fitness goals. This program is easy to add to an existing before- or after-school program at a community center, church, club, or school.	
<b>School Eligibility Criteria</b> NYC Department of Education Public School	
<b>Cost to school</b> N/A	
<b>Required school staff support (if any)</b> No	
<b>Space Required / Location (if outside of school premises)</b> Mighty milers needs to be led in a gym, cafeteria, classroom, hallway, or play ground  Young Runners needs to be performed outside in a park or on a track	
<b>Time of day / week / year for program operation</b> School day and After-school program	
<b>Contact Person(s)</b> Samantha Walsh <a href="mailto:swalsh@nyrr.org">swalsh@nyrr.org</a> Phone: 646-758-9670	
<b>Website</b> <a href="http://www.nyrr.org">www.nyrr.org</a>	
<b>Application Deadline (if applicable)</b>	

## Work with SchoolFood to bring healthy choices to students!

<b>Organization Name</b> NYC Department of Education Office of SchoolFood	<b>Location</b> 44-36 Vernon Boulevard Long Island City, NY 11101
<b>Program Name</b> SchoolFood	
<b>Mission</b> SchoolFood is committed to promoting healthy food choices among our students and maintaining high nutritional standards while offering delicious, healthy, and satisfying menu choices.	
<b>Program Description</b> In an effort to combat the spread of childhood obesity and the serious diseases associated with it such as diabetes, SchoolFood reinforces nutritional standards and policies.  SchoolFood offers the following programs: -Breakfast -Lunch -Snack -Supper -Breakfast in the Classroom -Fresh Fruit and Vegetable Program -Garden to Cafe	
<b>School Eligibility Criteria</b> NYC Department of Education Public Schools	
<b>Cost to school</b> N/A	
<b>Required school staff support (if any)</b> SchoolFood staff	
<b>Space Required / Location (if outside of school premises)</b> Cafeteria	
<b>Time of day / week / year for program operation</b> School year	
<b>Contact Person(s)</b> Manhattan Community School Districts 1-6: (917) 339-1742; ccondon@schools.nyc.gov Bronx School Community Districts 7-12: (718)741-5486; lmizrahi@schools.nyc.gov Brooklyn I School Community Districts 13,14,16, 19, 23, 32: (718) 935-3391; DMitche4@schools.nyc.gov Brooklyn II School Community District 15, 17, 18, 20, 21, 22, 31: (718) 714-0387; vtammaro@schools.nyc.gov Queens School Community Districts 24-30: (718) 391-6881; jmagsin@schools.nyc.gov	
<b>Website</b> <a href="http://www.opt-osfns.org/osfns/">http://www.opt-osfns.org/osfns/</a>	
<b>Application Deadline (if applicable)</b> N/A	

## Apply for a grant to fund school wellness activities!

<b>Organization Name</b> New York City Department of Education, Office of School Wellness Programs	<b>Location</b> New York, New York
<b>Program Name</b> School Wellness Council (SWC) Grant Program	
<b>Mission</b> Started in 2010, the annual School Wellness Council (SWC) Grant Program awards \$2,500 to 50 schools to support wellness councils that further develop practical and innovative ways to address various components of wellness in the school community -- mainly health, physical activity, PE and nutrition.	
<b>Program Description</b> The NYC Department of Education's Wellness Policies encourage all schools to create an SWC that is open to parents, students, teachers, and the community in order to support and improve school nutrition and physical activity practices. The SWC Grant Program awards 50 schools each year with resources, tools, and incentives to create a SWC, or further develop an existing council. Grantee schools receive a \$2,500 grant and technical assistance through mentoring and networking events. A representative from the school may apply by completing an online application available in Fall 2012. If awarded, grant schools are required to convene a council to complete a needs assessment and create an action plan, and share programs and initiatives with other grant schools as the end of the year. Grant funding supports components of the action plan.	
<b>School Eligibility Criteria</b> All NYC district public schools are encouraged to apply. School staff and community members can also sign up for the School Wellness Weekly newsletter by emailing <a href="mailto:Wellness@schools.nyc.gov">Wellness@schools.nyc.gov</a> .	
<b>Cost to school</b> Free. The \$2,500 grant further allows SWCs to expand their action plans by funding goods (e.g., fitness equipment, instructional materials), services (nutrition education services, fitness classes), and/or per session payments to school staff for extended programming (afterschool wellness activities) or capacity building (grant writing).	
<b>Required school staff support (if any)</b> A wellness council functions best when there is representation from a range of stakeholders in the school community. These stakeholders include, but are not limited to, the school nurse, health and physical education staff, school administrators, students, parents, school food staff, custodians, and mental health providers. Principals must approve SWC action plans and budgets.	
<b>Space Required / Location (if outside of school premises)</b> Wellness council meeting space	
<b>Time of day / week / year for program operation</b> Wellness councils should meet on a monthly basis at minimum	
<b>Contact Person(s)</b> <a href="mailto:Wellness@schools.nyc.gov">Wellness@schools.nyc.gov</a>	
<b>Website</b> <a href="http://schools.nyc.gov/wellness">http://schools.nyc.gov/wellness</a>	
<b>Application Deadline (if applicable)</b> Fall 2012- TBD	

## Create a Playstreet outside of your school!

<b>Organization Name</b> NYC DOHMH – Built Environment	<b>Location</b> Citywide
<b>Program Name</b> School Playstreets	
<b>Mission</b> Create outdoor active play and exercise space for NYC students by closing a single block of street to cars and through traffic, on a recurrent basis. A quick and low-cost way to increase the amount of physical activity students engage in on a daily basis through space for daily active recess/lunch and physical education.	
<b>Program Description</b> Playstreets are single, quieter blocks of street closed to thru traffic on a daily to weekly basis. Playstreets create active outdoor space that can be used for physical education classes and/or daily active recess/lunch.	
<b>School Eligibility Criteria</b> Playstreet location must meet NYC Department of Transportation criteria. See appendix – Playstreet Characteristics.	
<b>Cost to school</b> \$0	
<b>Required school staff support (if any)</b> Support from the school principal or assistant principal is required to obtain a Playstreet permit. School staff implements and operates the Playstreet by supervising the children during Playstreet hours. Simple inexpensive equipment such as athletic balls, hula hoops and jump ropes can be provided for children’s active play.	
<b>Space Required / Location (if outside of school premises)</b> Program does not require space but acts as a resource to create space next to schools.	
<b>Time of day / week / year for program operation</b> Year-round	
<b>Contact Person(s)</b> Johnny Adamic and Emma Miller. Email: <a href="mailto:playstreet@health.nyc.gov">playstreet@health.nyc.gov</a>	
<b>Website</b> <a href="http://www.nyc.gov/playstreets">www.nyc.gov/playstreets</a>	
<b>Application Deadline (if applicable)</b>	

## Give second graders the opportunity to learn to swim!

<b>Organization Name</b> NYC Parks & Recreation	<b>Location</b> Various locations
<b>Program Name</b> Swim for Life	
<b>Mission</b> - <i>Swim for Life</i> , an innovative water safety program, is offered to New York City public school children to help ensure that they know the basics of water safety before leaving the second grade. This program dramatically changes the way public agencies and private organizations work together to access swim facilities and deliver swim instruction. Additionally, it teaches an essential recreational activity, one that provides holistic and fitness benefits for life.	
<b>Program Description</b> - Currently in New York City, the top three providers of swim instruction (NYC Parks, the YMCA of Greater New York and Asphalt Green) collaborate with the Department of Education to connect students to nearby pools. Students attend as a class, one hour per week for ten sessions. In its first year, <i>Swim for Life</i> reached more than 10,000 second graders from 87 public schools. The long-term goal of <i>Swim for Life</i> is to ensure that every one of NYC's children knows basic water safety before leaving the second grade.	
<b>School Eligibility Criteria</b> – Open to all second graders in any NYC school.	
<b>Cost to school</b> – No cost to schools	
<b>Required school staff support (if any)</b> - A male and female chaperone.	
<b>Space Required / Location (if outside of school premises)</b> – Any NYC Parks Recreation Center (with an indoor pool), the YMCA of Greater New York or Asphalt Green location with available space.	
<b>Time of day / week / year for program operation</b> – Classes are held 5 days per weeks during the hours of 10am – 1pm. The program runs from October – June.	
<b>Contact Person(s)</b> – Peter Kohnstamm, Director of Swim for Life. (212) 360-3311	
<b>Website</b> - <a href="http://www.nycgovparks.org/opportunities/support/swim-for-life">http://www.nycgovparks.org/opportunities/support/swim-for-life</a>	
<b>Application Deadline (if applicable)</b>	

## Expose your students to the natural environment!

<b>Organization Name</b> NYC Parks Urban Park Rangers	<b>Location</b> City-wide
<b>Program Name</b> The Natural Classroom	
<b>Mission</b> <i>The mission of the Urban Park Rangers is to connect New Yorkers to the natural world through environmental education, outdoor recreation, wildlife management and active conservation.</i>	
<b>Program Description</b> <i>The Natural Classroom is an award winning, interactive, park-based environmental education series with topics in Entomology, Ecology, Ichthyology, Botany, Trees, Native American Pathways, Conservation, Raptors, Ornithology, Explorers (Map and Compass) and Geology. Programs can be adapted to fit specific classroom topics.</i>	
<b>School Eligibility Criteria</b> Any public or private organization that has an interest in a topic above.	
<b>Cost to school</b> \$100 – Park program. \$125 – Park program with in-classroom school program. Title 1 schools are half price	
<b>Required school staff support (if any)</b> Teacher and chaperones required.	
<b>Space Required / Location (if outside of school premises)</b> Program can take place at a Nature Center or in a Park. Rangers will work with Teacher to coordinate a location.	
<b>Time of day / week / year for program operation</b> Programs are offered September - June, Monday – Friday.	
<b>Contact Person(s)</b> Call 311 and ask for Urban Park Rangers	
<b>Website</b> <a href="http://www.nyc.gov/parks/rangers">www.nyc.gov/parks/rangers</a>	
<b>Application Deadline (if applicable)</b> N/A	

## Red Rabbit: Teaching Healthy Eating Habits that Last a Lifetime

<b>Organization Name</b> Red Rabbit	<b>Location</b> 1751 Park Avenue, New York, NY 10035
<b>Program Name</b> Red Rabbit Educational Programs	
<b>Mission</b> Red Rabbit’s mission is to provide children with nutritious, well-balanced meals in school, while encouraging them to explore, learn and grow healthy relationships with food that will last a lifetime.	
<b>Program Description</b> Red Rabbit is committed to helping all educators, parents and kids understand the importance of nutrition, healthy eating and where food comes from. That’s why we offer an array of educational programs that are engaging, interactive, thought-provoking and practical—while also supporting school wellness policies! We offer professional development labs for educators, parent learning labs, garden set-up, and cooking and gardening labs for K-12 students.	
<b>School Eligibility Criteria</b> Red Rabbit Educational Programs are customizable. We can create a program for educators, parents, and/or kids. All NYC charter schools, public schools, private schools, Head-start programs and childcare centers are eligible.	
<b>Cost to school</b> The programs are fee for service. Red Rabbit can provide assistance to schools to cultivate funding for programs. Depending on amount acquired, NYCDOE funding may be needed to cover a base fee.	
<b>Required school staff support (if any)</b> No. All Red Rabbit programs are facilitated by Red Rabbit specialists who are highly educated and experienced in bringing food education to kids and adults in many settings, for all ages and stages of knowledge.	
<b>Space Required / Location (if outside of school premises)</b> Depending on the type of program the school is interested in, Red Rabbit can customize a program to meet schools’ needs. Program can be held in a cafeteria, classroom, gym, outdoor spaces etc.	
<b>Time of day / week / year for program operation</b> The program can be held during the school day and during after-school programs. We can also supplement an existing summer school program.	
<b>Contact Person(s)</b> Alison Croney Education Director 718-687-8618 <a href="mailto:alisoncroney@myredrabbit.com">alisoncroney@myredrabbit.com</a>	
<b>Website</b> <a href="http://www.myredrabbit.com">www.myredrabbit.com</a>	
<b>Application Deadline (if applicable)</b>	

## Connect your students with an opportunity to attend health and fitness groups!

<b>Organization Name</b> South Bronx Health Center & Center For Child Health And Resiliency	<b>Location</b> 871 Prospect Avenue Bronx, NY 10459
<b>Program Name</b> Starting Right - Health & Fitness Group. Voted Best Nutrition Education Program by the Academy of Nutrition and Dietetics.	
<b>Mission</b> The South Bronx Health Center for Children & Families (SBHCCF) provides high quality, comprehensive primary healthcare to infants, children, adolescents, adults and seniors—regardless of ability to pay or immigration status.	
<b>Program Description</b> In 2 hours per week (1 hour-nutrition education and 1 hour-fitness) for 12 weeks the Health and Fitness Group aims to prevent or treat childhood obesity. It teaches children through hands-on activities to make healthier food choices and the importance of physical activity. HFG is for children 6 -12 years of age.	
<b>School Eligibility Criteria</b> NYC Department of Education Public School, After School Program	
<b>Cost to school</b> N/A	
<b>Required school staff support (if any)</b> The program provides an option for schools who are interested in having their teachers trained to facilitate the nutrition and fitness programs. The program requires from school to facilitate or co-facilitate the physical education portion of the program	
<b>Space Required / Location (if outside of school premises)</b> Classroom and/or gym space	
<b>Time of day / week / year for program operation</b> Flexible	
<b>Contact Person(s)</b> Sandra Arévalo sarevalo@montefiore.org Phone 718.991.0605 Ext 226	
<b>Websites</b> <a href="http://www.montekids.org/programs/sbhccf/">http://www.montekids.org/programs/sbhccf/</a> <a href="http://www.childrenshealthfund.org/child-health-care/special-initiatives/starting-right-initiative">http://www.childrenshealthfund.org/child-health-care/special-initiatives/starting-right-initiative</a>	
<b>Application Deadline (if applicable)</b> Program registration is open for the Spring, Summer and Fall sessions. Call for details.	



## Teach your students about healthy eating and cooking!

<b>Organization Name</b> Veggiecation Program	
<b>Program Name</b> Veggiecation	
<b>Mission</b> The Veggiecation© Program is a nutrition education program that introduces young children to the wonderfully delicious and nutritious world of vegetables. This is done by incorporating unique and kid-friendly vegetable preparations into fun activities and exciting experiences. By replacing food fears and resistance with ownership and positive peer pressure, your children are empowered to expand their horizons while simultaneously improving their nutritional status and knowledge.	
<b>Program Description</b> Veggiecation provides schools with materials to integrate nutrition education into their established curriculum, conduct cooking lessons & veggie tasting into their program and market fresh produce to students & their families in a fun, engaging way (posters, stickers, games, recipes, activities, music)	
<b>School Eligibility Criteria</b> All NYC schools are eligible.	
<b>Cost to school</b> School package: \$59.99; Afterschool Package: \$39.99; additional prices listed on website	
<b>Required school staff support (if any)</b> No – if only using the posters and marketing materials  Yes – if teachers want to engage in lessons and cooking activities	
<b>Space Required / Location (if outside of school premises)</b> Cafeteria or classroom	
<b>Time of day / week / year for program operation</b> School day and after-school programs available	
<b>Contact Person(s)</b> Lisa Suriano 201 638 0337 <a href="mailto:lisasuriano@veggiecation.com">lisasuriano@veggiecation.com</a>	
<b>Website</b> <a href="http://www.veggiecation.com">www.veggiecation.com</a>	
<b>Application Deadline (if applicable)</b>	

## Connect your high school students with an opportunity to ride bikes and learn about their built environment!

<b>Organization Name</b> Velo City
<b>Program Name</b> Bikesplorations 2012
<b>Mission</b> Velo City’s mission is to use bicycling to introduce youth from under-served communities to urban planning and design concepts and community-involvement projects. The objective is to provide an opportunity for these youth to consider careers in fields such as urban planning and design, landscape architecture, and architecture.
<b>Program Description</b> Bikesplorations 2012 is a 7 week leadership and career exploratory program for high school students that will offer teens opportunities to ride bicycles while learning about issues affecting them and their built environment.  Bikesplorers will also learn how the built environment is planned and designed to impact health outcomes.  The program takes place in the Soundview section of the Bronx.
<b>School Eligibility Criteria</b> NYC Department of Education Public School
<b>Cost to school</b> No
<b>Required school staff support (if any)</b> Yes teachers are asked to assist
<b>Space Required / Location (if outside of school premises)</b> Classroom
<b>Time of day / week / year for program operation</b> School day
<b>Contact Person(s)</b> Karyn Williams 917-526-0251 <a href="mailto:Karyn@velocity-rides.org">Karyn@velocity-rides.org</a>
<b>Website</b> <a href="http://www.velocity-rides.org">www.velocity-rides.org</a>
<b>Application Deadline (if applicable)</b>

## Inspire healthy eating, environmental awareness, and fitness as a way of life for kids in New York City's public schools!

<b>Organization Name</b> Wellness in the Schools	<b>Location</b> PO Box 250832 New York, NY 10025
<b>Program Name</b> Wellness in the Schools	
<b>Mission</b> Wellness in the Schools (wellnessintheschools.org) inspires healthy eating, environmental awareness and fitness as a way of life for kids in New York City's public schools. Through meaningful public/private partnerships with school leadership, teachers, chefs, coaches, parents and kids.	
<b>Program Description</b> Wellness in the Schools creates hands-on programs such as Cook for Kids, Green for Kids and Coach for Kids. These programs provide healthy foods, healthy environments and opportunities for regular play to help kids learn and grow.	
<b>School Eligibility Criteria</b> NYC Department of Education Public School	
<b>Cost to school</b> N/A	
<b>Required school staff support (if any)</b> Wellness in the Schools works in partnership with NYC teachers and principals via the Residence Cook program and the program works with the existing school cafeteria staff	
<b>Space Required / Location (if outside of school premises)</b> Our Cooks work in the cafeterias and host seasonal labs, for which the cafeteria or a separate room is required, our coaches work on the recess yards	
<b>Time of day / week / year for program operation</b> School day	
<b>Contact Person(s)</b> Reana Kovalcik reana@wellnessintheschools.org Phone: 212.724.2130	
<b>Website</b> <a href="http://www.wellnessintheschools.org">www.wellnessintheschools.org</a>	
<b>Application Deadline (if applicable)</b>	