

# EATING IN EAST HARLEM

## Web Appendix 5-1

### Healthy Eating & Nutrition Education Programs in East Harlem, 2002 to Present

Organization/ Agency	Program Name(s)	Program Description	Organization Type	City-wide or East Harlem Based	Education Strategy (Media, peer, written, classroom-based, etc.)	Target Audience	Category	Active Years	Funding Source & Amount (If willing to disclose)	Program Reach
to Benefit Children (A-B-C Association)	Afterschool Food Justice Program for Youth	Food Justice Classes for youth from the A-B-C program	Non-profit	East Harlem	After-school nutrition and gardening education	Children in A-B-C program	Nutrition Education	2015-Present	Undisclosed	14 youth
	Comamos! Let's Eat!	Nutrition and cooking education for parents of A-B-C youth. Parents are given Health Bucks to spend at local Food Box program in partnership with Uptown Grand Central.	Non-profit	East Harlem	Nutrition Education	Parents of youth in A-B-C program	Cooking & Nutrition Education	2015-Present	Undisclosed	10 adults
Bubble Foundation	Bubble EATS	Bubble EATS provides nutrition education and special programming to students, teachers, and families. Bubble recruits volunteer teachers with backgrounds in health, wellness, and nutrition, and trains them to deliver nutrition classes using our Bubble	Non-profit	City-wide East Harlem Schools:  DREAM Charter School (2011- 2013)  East Harlem Tutorial Program (2013- 2015)  Amber Charter	Classroom-based	School Community	Cooking & Nutrition Education	2010-Present	Individual, Foundation, Public and Corporate  Corporate Sponsors include:  Barclays, Cantor Fitzgerald, ICAP, Clif Bar Family Foundation, Mattel and	7,500 people

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		curriculum.		School, Harlem, Manhattan (2013- 2015)  The Bilingual Bicultural Mini School, East Harlem, Manhattan, Emily(2015-2017)					others Amount: Undisclosed	
Children's Aid Society	Go!Chefs	Hands-on cooking and nutrition education curricula. Go!Chefs introduces youth to the pleasures of preparing and enjoying a diet rich in fruits, vegetables, whole grains and low-fat dairy.	Non-profit	East and Central Harlem, Washington Heights, S. Bronx and Staten Island	After-school Cooking-based nutrition education	Elementary, Middle and High school students enrolled in CAS afterschool	Nutrition Education	2005-Present	Private Amount: Undisclosed	N/A
	Go!Kids	A food and fitness curriculum designed for 3-5 year olds. The program instills healthy food and fitness habits in toddlers through stories, songs, yoga, movement and hands-on cooking activities.	Non-profit	East and Central Harlem, Washington Heights, S. Bronx and Staten Island	Classroom-based	3-5 year olds enrolled in CAS Head Start and UPK programs	Nutrition Education	2003-present	Private Amount: Undisclosed	N/A
	Food Justice Programs	Empowers middle and high school youth to explore how food and	Non-profit	East and Central Harlem,	After-school gardening-based curriculum	Elementary, Middle and High school students	Nutrition Education	2009-Present	Private Amount: Undisclosed	N/A

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		social justice intersect in their communities. Through multi-media projects including photo, video and mapping, youth explore the issues of hunger, health disparities and what influences their food choices.		Washington Heights, S. Bronx and Staten Island		enrolled in CAS afterschool				
	Go!Healthy Eat Smart	Go!Healthy Eat Smart is a nutrition education and obesity prevention program that includes activities for both children and adults, including: 1) community group workshops and events that provide behaviorally focused, evidenced-based nutrition education, including cooking demonstrations; 2) implementation of policy and environmental strategies that facilitate the adoption of healthy nutrition and physical	Non-profit	East and Central Harlem, Washington Heights, S. Bronx and Staten Island	After school, Classroom-based	Upper elementary school students enrolled in CAS afterschool	Nutrition Education	2015 to present	USDA SNAP-Ed \$2.3 million over 5 years	N/A

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		activity behaviors, including forming nutrition and wellness committees at CAS community sites, offering a food box distribution program to families, and developing community gardens; and 3) utilization of social marketing and social media to promote wellness messaging to a larger audience that supports the nutrition goals of the program								
	Gardening	Hands-on gardening program designed to meet STEM requirements. Youth plant and maintain gardens while learning about plant science. The students taste their harvest by preparing simple recipes using the ingredients grown in their gardens.	Non-profit	East and Central Harlem, Washington Heights, S. Bronx and Staten Island	After-school Cooking-based nutrition education	Elementary, Middle and High school students enrolled in CAS afterschool	Nutrition Education	2005-Present	Private Amount: Undisclosed	N/A

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Cornell Cooperative Extension	Expanded Food and Nutrition Education Program (EFNEP)	<p>Nutrition education is delivered to eligible participants through a free workshop series hosted by community based organizations who want to partner in our efforts.</p> <p>Workshops are interactive, hands-on, and delivered by trained paraprofessionals.</p>	Non-profit	City-wide	Schools, senior centers, CBOs, libraries	Low-income families (at or below 185% FPL) with young children; low-income youth	Cooking & Nutrition Education	1970-Present	USDA Amount: Undisclosed	45,121 adults and 44,286 youth between 1999 and 2014
	Farmers' Market Nutrition Education Program (FMNP)	<p>Farmers' Market Nutrition Program (FMNP) provides checks to women, infants and children through the Women, Infants and Children Program (WIC) and to seniors in the Commodity Supplemental Food Program (CSFP) for the purchase of locally grown fresh fruits and vegetables.</p> <p>The fresh fruits and vegetables can be purchased</p>	Non-profit	City-wide	Farmers' Markets	WIC participants and seniors in the Commodity Supplemental Food Program	Healthy Eating and Nutrition Education	N/A	Undisclosed	N/A

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		with checks at farmers' markets during the summer and fall. The program runs from June - November 15.								
<b>Concrete Safaris</b>	Summer Outdoor Leadership Academy	<p>Concrete Safaris' Summer Outdoor Leadership Academy is an internship program for 14-15-year-olds divided into three cohorts – gardening, outdoor play, and entrepreneurship. Interns learn how to:</p> <p>Maintain gardens spread across 9-acres of open space in Washington and Jefferson Houses, lead garden tours and community events, and distribute free food to neighbors. Fix bicycles, design bike routes and obstacle courses, and host obstacle events for children. Start their own garden-based venture, creating</p>	Non-profit	East Harlem – PS 102 (113 <sup>th</sup> St and 1 <sup>st</sup> Ave) and Union Settlement's Rising Stars program (98 <sup>th</sup> St and 3 <sup>rd</sup> Ave)	Summer internship	14-15 year-olds	Healthy Eating	2008-present	Undisclosed	N/A

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		a business plan, selling produce grown from our gardens, generating press, developing customer e-newsletter and database, and recruiting volunteers and partners.								
	City Surfers	<p>City Surfers is a creative mix of activities that encourage city kids to get outside, explore their communities and discover new worlds of possibility. By choosing their own adventures incorporating our six core activities your child will build their leadership skills while learning how to live a healthy, active life.</p> <p>Activities may include: Bike riding lessons and tours; Hiking; Health Promotion; Gardening; Obstacle Race Design; Nature</p>	Non-profit	East Harlem - PS 83/182	After-school	7-12 year-old students	Healthy Eating	2015-Present	Undisclosed	N/A

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		Art; Public Speaking.								
<b>East Harlem Diabetes Center of Excellence</b>	Food 4 Life Festival	Festival designed to screen residents for diabetes, and demonstrate that eating healthy can be fun, tasty, and affordable in a community-centered, culturally consonant setting. Fifteen restaurants distributed free samples of healthy versions of their popular dishes	Healthcare Center	East Harlem	Community Festival	Community	Nutrition Education & Healthy Eating	July 2004	Undisclosed	N/A
<b>East Harlem Partnership for Diabetes Prevention</b>	Project HEED (Help Educate to Eliminate Diabetes)	Lifestyle intervention program to help prevent or delay the onset of diabetes, including workshops, a smartphone app, and videos.	Coalition	East Harlem	Community Centers	Community	Diabetes Prevention	2008-Present	National Institute of Health Amount: Undisclosed	550 community residents
<b>Edible Schoolyard NYC (ESYNYC)</b>	Edible Schoolyard NYC (ESYNYC)	ESYNYC works to give children in New York City public schools access to healthy food through hands-on, positive experiences, providing	Non-profit	City-wide East Harlem Demonstration School: PS/MS 7/Global Tech Prep	Schools	School Community	Nutrition Education & Healthy Eating	2013-Present	Individual, Corporate, and City Council Amount: Undisclosed	Approx. 525 students since 2013



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		<p>knowledge and skills to take with them throughout their lives. They integrate gardening, cooking, and real food into the school environment. At the demonstration schools, they teach gardening and cooking on a monthly basis to all students in the school, run community and family programs, and work to incorporate a healthier food environment into all aspects of the school, from the cafeteria to the classroom. Through citywide teacher training programs, they give educators the knowledge, tools, and curriculum to incorporate edible education into their own classrooms.</p>								
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Food Bank for New York City	CookShop	CookShop provides hands-on workshops to low-income children, adults, and teens to help them adopt and enjoy a healthy diet and active lifestyle on a limited budget.	Non-profit	City-wide	Schools, Food Pantries, Soup Kitchens	Children, Teens, Parents	Nutrition Education	N/A	Undisclosed	N/A
	BackPack Program	Children from low-income families receive bags that they fill themselves with fresh produce and healthy foods. Children are taught to shop for healthy foods while learning what goes into a healthy meal.	Non-profit	City-wide	Classroom Education	Children	Healthy Eating, Nutrition Education	N/A	Undisclosed	N/A
	Just Say Yes to Fruits and Vegetables (JSY)	JSY is a SNAP-Ed project in which nutritionists collaborate with food pantries and soup kitchens to provide healthy eating workshops to clients at those sites.	Non-profit	City-wide	Emergency Food Relief Organizations	Food Assistance Program Clients	Nutrition Education	N/A	USDA, NY State Dept. of Health Amount: Undisclosed	N/A
FoodFight	FoodFight Program	Provides food literacy curriculum and teacher and parent wellness programming to underserved schools. Using schools as a platform, we arm	Non-profit	City-wide East Harlem Schools - Harlem Children's Academy (2011-2012),	Classroom Education and Professional Development for Teachers	Teachers, Parents, Students	Nutrition Education	2009-Present	Foundations, public charities and private donors Amount: Undisclosed	Harlem Children's Academy - 75 Teachers and 1,000+ students

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		teachers, staff, parents and students with the tools they need to make healthier eating and buying decisions, along with tools to serve as agents of change in their communities.		DREAM Charter School (2013-2014)						DREAM Charter School; - 50 Teachers and Parents
<b>Fund for Public Health New York</b>  NYC Department of Health and Mental Hygiene	Communities Putting Prevention to Work (CPPW): Obesity	Seeks to address obesity by increasing physical activity in the community and access to healthy food while decreasing the prevalence of unhealthy foods.	City Agency	City-wide	Community	Community	Obesity Prevention	2010-2012	Federal American Recovery and Reinvestment Act of 2009 (ARRA) grant  Amount: \$15.5 million grant*  *37,874 of the grant funds invested in East Harlem	N/A
	NYC Community Transformation Grant	Seeks to increase access to healthy foods and decrease consumption of unhealthy foods by supporting: - bodegas and supermarkets in stocking healthier options - public and private organizations in the adoption of	City Agency	City-wide	Community	Community	Healthy Eating, Nutrition Education	2011-2014	CDC  Amount: \$8.4 million	N/A

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		healthier food procurement policies - hospitals' transition to becoming more breastfeeding-friendly - the National Salt Reduction Initiative's goal to reduce the amount of salt in packaged and restaurant foods								
<b>Fund for Public Health New York</b>  New York Academy of Medicine, Mt Sinai, New York city Department of City Planning, Harlem District Public Health Office	NYSHF Healthy Neighborhoods Initiative	Through a process that will engage all community stakeholders including residents, leaders, and City agencies the partners will work to increase access to healthy foods and decrease the availability and promotion of sugar-sweetened beverages; and to improve the safety of and access to open spaces.	Coalition	East Harlem	Community	Community	Healthy Eating	2015-Present	NYS Health Foundation - Healthy Neighborhood Fund - State  Amount: \$600,000	N/A
<b>Fund for Public Health New York</b>  NYC Strategic Alliance for	Community Action Plan	Developed a Community Action Plan (CAP) comprised of several school and community-based	Non-profit	East Harlem	School-based, Community	Community	Healthy Eating	2008-2012	CDC Federal - 5 year grant  Amount: Undisclosed	N/A

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Health		interventions that promote physical activity and healthy eating, and/or reduce access to unhealthy food choices.								
	Excellence in School Wellness Award (ESWA) 2007-2012	Created ESWA as a mechanism for all elementary schools to make public their schools' adherence to nutrition, physical education and wellness policies	Non-profit	East Harlem	Elementary Schools	Schools	Healthy Eating; Nutrition Education	2007-2012	N/A	N/A
Green Beetz	Green Beetz - East Harlem Pilot (2014)	Green Beetz piloted its signature program including original media and activities, in May and June 2014 in East Harlem. Over the course of eight classroom exposures, Green Beetz presented three modules: (1) Food Basics and the Environment, (2) Food and the Body, and (3) Cooking and the Culture of Food.	Non-profit	City-wide	Schools	School Community	Nutrition Education	2013-Present	Private - Chapman Perelman Foundation & Laurie M Tisch Illumination Fund  Amount: Undisclosed	160 5th and 6th graders from P.S. 007 and The East Harlem School at Exodus House.
Harlem Children's Zone	Healthy Harlem	Through nutrition education, fun fitness activities, and parent	Non-profit	Harlem	Community	Students and Families	Nutrition Education	2012-present	Undisclosed	N/A

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		engagement, Healthy Harlem is helping thousands of children and families learn how to better take care of themselves, make thoughtful choices, and establish life-long healthy habits.								
Harvest Home Farmer's Market	Eating for Good Health	Offered in select Harvest Home neighborhoods, Eating for Good Health workshops teaches participants how to prepare appetizing and healthy meals on a limited budget, followed by hands-on cooking exercises and family-style meals. At the end of each session, the participants get to enjoy what they have cooked.	Non-profit	City-wide	Farmer's Markets	Community	Cooking & Nutrition Education	N/A	Individuals, Corporations, Local, State, and Federal  Amount: Undisclosed	N/A
	The YouthBucks Project	The YouthBucks project offers coupons to children and teens so they can purchase farm-fresh fruits and vegetables at our farmer's markets. These young	Non-profit	City-wide	Schools and Youth Programs	Children and Teens	Nutrition Education; Healthy Eating	N/A	Individuals, Corporations, Local, State, and Federal  Amount: Undisclosed	N/A

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		participants come to the market on field trips arranged by Harvest Home in coordination with local schools, Day Camp organizations, and other youth programs located in high-need New York City neighborhoods.								
Harlem District Public Health Office	We All Want Healthy Children Campaign	Campaign aimed to raise awareness and knowledge around the marketing of unhealthy foods and beverages to DPHO neighborhoods	City Agency	City-wide and East Harlem	Community	Community	School Wellness	2003-Present	Federal, State and City Amount: Undisclosed	N/A
	Excellence in School Wellness Award (ESWA) 2012- Present	Created ESWA as a mechanism for all elementary schools to make public their schools' adherence to nutrition, physical education and wellness policies	City Agency	City-wide	Elementary Schools	Schools	Healthy Eating; Nutrition Education	2012-present	CDC Amount: Undisclosed	N/A
	Partnerships to Improve Community Health (PICH)	Project goals include increasing the number of apartments covered by smoke-free building policies; increasing the distribution and	City Agency	City-wide	Community	Community	Healthy eating, active living, tobacco	2014-2016	CDC Amount: Undisclosed	N/A

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		reach of Health Bucks to incentivize the purchase of fruits and vegetables; improving physical activity levels in early childcare settings and schools; and providing more opportunities for tobacco cessation by employees, hospital inpatients and outpatients.								
	Be Active, Eat Healthy, Act on Health Risks and Take Prescribed Medication (BEAT)	Initiative focuses on strategies to build support for lifestyle change, particularly for those at high risk, to support diabetes and heart disease and stroke prevention efforts.	City Agency	City-wide	National Diabetes Prevention Education	Community	Nutrition education, food retail, and active transportation	2014-2018	Undisclosed	N/A
	Doris Duke	Increase healthy eating behaviors in families with children in pre-kindergarten, kindergarten and first grade within 5 local schools	City Agency	East Harlem	Schools	Schools	Healthy food access and nutrition education	2015-present	Doris Duke Charitable Foundation Amount: Undisclosed	N/A
	NYS Healthy Schools Healthy Communities	Schools: work with schools to establish healthy nutrition environments, reduce food	City Agency	School District 4 schools (East Harlem)	Schools	Schools, community	School wellness, healthy food access, built environment, active	2015-2020	NYS DOH Amount: Undisclosed	N/A



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		marketing to children, increase comprehensive physical activity programs, and increase the strength and comprehensiveness of school wellness policies Communities: increase access to healthy foods, increase the adoption and use of food standards and procurement policies, establish Complete Streets policies or plans					transportation			
	Shop Healthy NYC	Shop Healthy NYC works with communities – including residents, food retailers, and food suppliers and distributors – to increase access to healthy foods. Shop Healthy NYC's main focus is on those neighborhoods with high rates of obesity and limited access to nutritious foods.	City Agency	City-Wide	Food Retailers	Community	Healthy Eating	2005-present	Undisclosed	N/A
<b>Institute for Family Health</b>	National Diabetes Prevention Program	NDPP is a lifestyle change program that consists of a series of sessions	Health Center	Locations Across NYC and Upstate NY	Group Education	Patients	Healthy Eating	N/A	N/A	N/A

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		to help you make better food choices and increase your physical activity.		Family Health Center of Harlem located in East Harlem						
<b>Manhattan Borough President Office – Scott Stringer</b>	Go Green Initiative	Efforts to reduce environmental and health disparities (Washington Heights/Inwood, East Harlem and Lower East Side) Youth Bucks Program - Borough President's Office; purchased Health Bucks for children with sticker called Youth Bucks. Kate worked with schools in the 3 neighborhoods. Children would visit farmer's markets and spend the YouthBucks. Worked with Children's Aid Society and Harvest Home Farmers' Market.	Elected Official	Priority Neighborhoods (Washington Heights and Inwood, East Harlem and Lower East Side)	Healthy Eating Incentive	Community	Healthy Eating	2010-2013	Private/Public Partnerships JP Morgan Chase Foundation  Amount: \$5000	N/A
	Go Green East Harlem Cookbook	Local chefs and residents featured in Cookbook	Elected Official	Priority Neighborhoods (Washington Heights and Inwood, East Harlem and	Cookbook	Community	Healthy Eating	2008	Private/Public Partnership  Amount: Undisclosed	N/A

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				Lower East Side)						
	Veggie Van	Mobile greenmarket that will deliver fresh and locally grown produce directly to New Yorkers in underserved communities. The Veggie Van is the culmination of over seven years of hard work to expand access to fresh food for Manhattan residents. Residents can sign-up through participating community-based organizations to receive a large bag of fresh fruit and vegetables once a week for only ten dollars.	Elected Official	City-wide Priority Neighborhoods (Washington Heights and Inwood, East Harlem and Lower East Side)	Mobile Market	Community	Healthy Eating	2013-Present	City Capital Funding and Grow NYC  Amount: \$85,000	N/A
	Thanksgiving Food Bags	On Thanksgiving, food bags were given to residents for a low-cost to increase access to produce	Elected Official	East Harlem	Food Distribution	Community	Healthy Eating	2012	Grow NYC  Amount: Undisclosed	N/A

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	Super Sproutz	Partnered with Super Sproutz to do nutrition education with children at Farmer's Market	Elected Official	East Harlem Manhattan Center for Science	Farmer's Market	Youth	Healthy Eating	2011	Private/Public Partnership Amount: Undisclosed	N/A
Mount Sinai Hospital	Adolescent Health Center	Weight management services for children, teens and young adults. Each young person receives service designed specifically for their own individual needs that includes a complete physical exam and health evaluation; meeting with a registered dietician; goal setting; ongoing health care, nutritional education and supportive counseling.	Health Center	East Harlem	Hospital	Youth	Healthy Eating	N/A	N/A	N/A
	Partnership for a Healthier NYC	Coalition members and neighborhood level contractors to work on developing and implementing evidence-based/evidence-informed, environmentally	Coalition	East Harlem	Hospital	Community	Nutrition Education & Healthy Eating	2011-Present	CDC Federal - Partnerships to Improve Community Health (PICH) - Formerly funded through Community Transformati	N/A

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		<p>impactful and scalable projects that will result in the availability of healthier food options and reductions in unhealthy foods/beverages and/or portion sizes to a significant portion of the borough's residents. Worked with retailers, such as supermarkets and restaurants to explore implementation of organizational standards to increase promotion of healthier food items and reduce promotion of unhealthy items.</p>							<p>on Grant (CTG)</p> <p>Amount: \$3.6 million city-wide</p>	
	<p>Communities (Inspired and Motivated to Prevent And ConTrol) Diabetes Center</p>	<p>A Center of Excellence for the Elimination of Disparities, established to use community-partnered methods to reduce disparities caused by high rates of diabetes-related conditions among the Black</p>	<p>Community-Academic Coalition</p>	<p>City-wide</p>	<p>Community-based</p>	<p>Community</p>	<p>Healthy Eating</p>	<p>2007-2012</p>	<p>CDC Federal REACH Grant</p> <p>Amount: Undisclosed</p>	<p>N/A</p>

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		and Latino communities, initially in East Harlem and ultimately throughout New York and neighboring states.								
<b>New East Harlem Merchants Association (NHEMA)</b>	Farm Fresh @ Uptown Grand Central	Farm Fresh @ Uptown Grand Central is a food-justice initiative that allows East Harlem residents and friends to purchase a curated selection of fresh, healthy, regionally-grown produce – the best vegetables and fruit that are seasonally available! Farm Fresh participants take advantage of the cost benefits of buying in a group, and enjoy the quality and variety of a Community Supported Agriculture (C.S.A.) share, with the flexibility of week-to-week purchasing. Cooking demos also available.	Community Organization	East Harlem	CSA	Community	Healthy Eating; Cooking & Nutrition Education	2015-present	Undisclosed	N/A

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New York Academy of Medicine (NYAM)	Pre-K Matters	The Academy's Pre-K Matters project brings teachers, children, parents, and caregivers together in an educational process to create a culture of health at school and at home to increase school readiness, academic performance, educate children about healthy nutrition and physical activity; and ensure they have access to recreational facilities and healthy foods.	Academic Institution	East Harlem	School-based	Parents and Students in East Harlem public schools	Nutrition Education	N/A	Undisclosed	N/A
	Designing a Strong and Healthy New York (DASH - NY)	DASH activities engage multiple state and community sectors in the fight to end the epidemic of obesity. DASH offers community leaders training materials and technical assistance on how to make policy, systems, and environmental changes that will lead to	Academic Institution	City-wide	Community	Community	Healthy Eating	N/A	Undisclosed	N/A

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		communities where healthy eating, active living, and access to preventive healthcare services are a reality for all New Yorkers.								
<p><b>New York City Department of Health and Mental Hygiene</b></p> <p>Center for Health Equity</p>	Community Health Workers (CHW) Initiative	Pilot program to train CHW's to work with community members that have asthma, diabetes and hypertension to teach them self-management techniques including medical adherence and nutrition counseling in New York City Housing Authority (NYCHA) Developments	City Agency	East Harlem	Five NYCHA Development s: Johnson, Taft, Clinton, Lehman, King Towers	NYCHA Residents	Chronic Disease Prevention and Management	2014-Present	City Council	N/A
<p><b>New York City Food Policy Center at Hunter College</b></p>	Campaign for Healthy Food in East Harlem	The goal of the campaign is to mobilize human and other resources inside and outside East Harlem in order to make measurable progress in reducing food insecurity and diet-related diseases and creating a food	Non-profit	East Harlem	Academic	Community	Nutrition Education & Healthy Eating	2014-Present	Laurie M. Tisch Illumination Fund  Amount: \$200,000	Over 40 CBO's/Organizations engaged through campaign work



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		system that promotes sustainable economic growth within East Harlem.								
	East Harlem Youth Food Educators (YOFE)	YOFE program trains young people to develop and deliver messages about food marketing to peers, families and neighbors in their community. Youth learn to decipher messages on unhealthy food and learn how to analyze and counter them.	Non-profit	East Harlem	Academic	Community	Nutrition Education & Healthy Eating	2015-Present	Levitt Foundation: \$30,000 Mount Sinai: \$12,000 NYC DOHMH: \$15,000	18 youth
	Healthy Food for Upper Manhattan (HFUM)	Workgroup and collaborative space focused specifically on food-related work in Upper Manhattan. Workgroup led with the Partnership for a Healthier Manhattan at Icahn School of Medicine at Mt. Sinai and SCAN-NY.	Non-profit	East Harlem	Academic	Community	Nutrition Education & Healthy Eating	2015-Present	Mount Sinai Amount: \$5,000	Approx. 40 CBO's/Organizations represented in meeting
<b>New York Common Pantry</b>	Live Healthy!	Live Healthy! provides lessons on healthful eating, nutrition,	Non-profit	City-wide	Community	SNAP participants	Nutrition Education & Healthy Eating	N/A	New York Office of Temporary and Disability	N/A

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		and active living, including eating on a budget, smart shopping for vegetables and fruit, and basic cooking and food safety skills. Classes are held both at our main site and at community organizations around New York City. Eat Smart New York nutrition education is free to all individuals who receive resources through the Supplemental Nutrition Assistance Program (SNAP).							Assistance Amount:	
<b>New York State Department of Health</b>	Eat Well Play Hard in Child Care Settings	Eat Well Play Hard was developed to help prevent childhood obesity and reduce long-term risks for chronic disease through the promotion of targeted dietary practices and increased physical activity.  At eligible child care centers, registered dietitians from the	State Government	City-wide	Child Care Settings	3-4 year-old children, parents, and child care staff	Nutrition Education	N/A	Undisclosed	N/A

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		Health Department provide hands-on workshops on nutrition and physical activity.								
	Stellar Farmers' Markets	The Stellar Farmers' Markets program provides free, bilingual nutrition education and cooking demonstrations at select farmers' markets (PDF) throughout NYC from July - November. Using the New York State Health Department's, "Just Say Yes to Fruits and Vegetables" curriculum, Stellar Farmers' Markets aims to increase fruit and vegetable consumption by teaching participants how and why to prepare healthy meals using fresh, seasonal produce. Participants over 18 years of age receive a \$2 Health Bucks coupon for	Farmers' Markets	City-wide	Farmers' Market	Community Members	Healthy Eating; Cooking & Nutrition Education	N/A	Undisclosed	N/A

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		attending the workshop.								
<b>Red Rabbit</b>	Food Labs and Meal Programs	Healthy Cooking Labs, Gardening Labs, and Bite Size Labs	For-Profit	City-wide East Harlem Sites: NYCCD, Association to Benefit Children, MACHO, Children's Storefront, HEAF, SCAN NY, Echo Park, KCSC	Schools	School Community	Cooking & Nutrition Education	2012-Present	Undisclosed	N/A
<b>SCAN-NY</b>	UNH Creating Healthy NYCHA Communities Through Food Project	Working with NYCHA Residents to document barriers and facilitators to food access in East Harlem. Provides nutrition education and healthy eating programming through partnership with Red Rabbit, NY Junior League,	Non-profit	East Harlem	Community Center	NYCHA Residents	Nutrition Education & Healthy Eating	2014-Present	Laurie M Tisch Illumination Fund: \$75,000	Approx. 250 NYCHA residents

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<b>SMART, a partner project of the Fund for the City of NY</b>	SMART Body	Provides nutrition education & hands-on cooking classes to clients (women & youth)	Non-profit	East Harlem	Classroom-based; Community Centers; peer; social media (Facebook & twitter)	Women, seniors, youth	Cooking & Nutrition Education	SMART Body since 2004	Public/Private Foundations/ Churches, City Council discretionary funding, Corporate, Individual Donors  Amount: Undisclosed	On average 18-20 women participate weekly
	SMART Food for Life (SFFL)	a) Provides nutrition education & hands-on cooking classes in community venues, mainly East Harlem b) infused into all of SMART program /activities	Non-profit	East Harlem	Classroom-based; Community Centers; peer; social media (Facebook & twitter)	Women, seniors, youth	Cooking & Nutrition Education	SFFL 2015	Public/Private Foundations/ Churches, City Council discretionary funding, Corporate, Individual Donors  Amount: Undisclosed	On average 8-10 women participate weekly

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	Mobile Cooking Class	The SMART Mobile Cooking Classroom Project is a commercial “kitchen-on-wheels” custom-built vehicle that will transport the SMART Body nutrition curriculum and hands-on cooking classes in community venues such as senior centers, women’s shelters and day care centers.	Non-profit	East Harlem	Mobile Classroom in the Community	Women, seniors, youth	Cooking & Nutrition Education	2015-Present	Newman’s Own Foundation: \$25,000 Participatory Budgeting (2013) funds Amount: Undisclosed	N/A
Union Settlement	Middle School Youth	Middle schoolers work with the city-wide “Lunch 4 Learning” Campaign to advocate for universal free lunch	Non-profit	East Harlem	Community Center	Youth	Nutrition Education	N/A	N/A	N/A
	Building Healthy Senior Communities Through Food	Working with seniors to document barriers and facilitators to food access in East Harlem	Non-profit	East Harlem	Community Center	Seniors	Nutrition Education & Healthy Eating	N/A	United Neighborhood Houses Amount: Undisclosed	N/A
Wellness in the Schools (WITS)	Cook for Kids Green for Kids	Cook for Kids programs in public school cafeterias and classrooms to promote healthy eating and	Non-profit	City-wide East Harlem Sites: PS 50 PS 7/Global	Schools	School Community	Nutrition Education & Healthy Eating	2008-Present	Corporate Sponsors including: Newman’s Own Foundation,	N/A

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		<p>combat childhood obesity.</p> <p>WITS trains culinary school graduates, who partner with cafeteria staff to prepare daily scratch-cooked meals and educate families about the importance of eating healthy food. Through WITS Labs and WITS BITS, a series of seasonal cooking and nutrition classes, WITS Chefs also teach children and their families how to prepare healthy, delicious, and affordable recipes using whole, unprocessed foods.</p>		Tech Mosaic Prep PS 112					Whole Foods Market, Chop't	Amount: Undisclosed
<b>Weil-Cornell Medical College</b>	Motivating Action Through Community Health Outreach (MACHO)	MACHO focuses on empowering youth with practical tools to take control of their health and their lives through proper nutrition,	Non-profit	City-wide	After-school; Community-based	Students age 8+, Families, Community	Healthy Eating; Nutrition Education	2009-Present	Undisclosed	N/A

# EATING IN EAST HARLEM

		fitness, and personal development. It is done through yearlong after-school programming, a mentoring program using a multi-generational group mentoring model, and community engagement through health and community fairs.								
	Youth Leadership Project	Youth-led leadership program for teens using anti-oppressive model. Most youth recruited from East Harlem schools.	Non-profit	East Harlem	After-school	High School and College students	Healthy Eating; Nutrition Education	2012-2015	Weil-Cornell Medical College  Amount: \$2,000/year	60 high school students and 25 college aged students