



There are many resources available to help you improve the nutrition, health and wellness environment at your school.

- **DOE Office of School Wellness**
<http://schools.nyc.gov/Academics/FitnessandHealth/default.htm> (*Includes tips for creating a wellness council at your school)
 - **Wellness Weekly emails:** email wellness@schools.nyc.gov
 - **Move to Improve trainings:** MTI@schools.nyc.gov
- **Healthy Fundraisers:** <http://www.nyc.gov/html/doh/html/living/cdp-pan-healthy-hs.shtml>
- **Healthy Schools NY program:** <http://www.ocmboces.org/teacherpage.cfm?teacher=1527>
- **DOE Office of SchoolFood:** www.schoolfoodnyc.org
- **NY Coalition for Healthy School Food:** <http://healthyschoolfood.org/>
- **Brooklyn Food Coalition School Food Toolkit:**
<http://brooklynfoodcoalition.org/programs/school-food-network/>
- **NYC School Gardens:** <http://nycschoolgardens.wordpress.com/>
- **NYC Shop Healthy (Adopt a Shop):**
<http://www.nyc.gov/html/doh/html/living/shophealthy.shtml>
- **Partnership for a Healthier NYC:** <http://healthiernyc.org/>
- **NYC Department of Transportation We're Walking Here** – celebrate International Walk to School Day <http://www.nyc.gov/html/dot/html/pedestrians/walkingschools.shtml>

Programs to Bring to Your School

- Program descriptions in: Bronx School Health & Wellness Conference Booklet:
http://www.bronxhealthreach.org/wp-content/uploads/2011/06/Bronx_School_Health_Wellness_Conference1.pdf
- School Wellness Council Action Plan booklet available by emailing wellness@schools.nyc.gov

More NYC Programs

- Food, Nutrition and Cooking Resources in NYC www.nyc.gov/nycfood
- City Harvest www.cityharvest.org
- Just Food www.justfood.org
- GrowNYC www.grownyc.org
- Harvest Home Farmers Markets www.harvesthomefm.org

- Community Supported Agriculture / Farm Shares
 - www.BronxCSA.wordpress.com
 - www.southbronxcsa.org
 - www.corbinhillfarm.com
 - www.justfood.org/csa

More Resources

- Chemical Cuisine (Food Additives Database): <http://www.cspinet.org/reports/chemcuisine.htm>
- Tips for Eating Well: <http://www.nyc.gov/html/doh/html/living/eating-well.shtml>
- Good Food on a Tight Budget: <http://www.ewg.org/goodfood/>
- Meatless Mondays: <http://www.meatlessmonday.com/>
- The Kids Cook Monday Campaign <http://www.thekidscookmonday.org/>
- Just Say Yes to Fruits & Veggies <http://www.jsyfruitveggies.org/>
- Healthy Dining Finder & Kids Live Well Initiatives <http://www.healthydiningfinder.com/>
- Calorie King Nutrition Information Finder www.calorieking.com
- SNAP Ed Recipe Finder Database <http://recipefinder.nal.usda.gov/>
- Nutrition Advice from Registered Dietitians www.HealthCastle.com
- National Eating Disorders Association www.NationalEatingDisorders.org
- Facts about Food Advertisements & Marketing www.fastfoodmarketing.org

Excellence in School Wellness Award - All NYC elementary schools are eligible for this award, which includes wellness criteria over four areas: physical education, physical activity, nutrition and wellness coordination. Awarded schools get public recognition and a certificate from the NYC Department of Health and Mental Hygiene. For more information, please contact: ESWA@health.nyc.gov or call 646-672-2386.

Through the NY State Department of Health's Healthy Schools NY program and the Mayor's Obesity Task Force, Bronx Health REACH (www.bronxhealthreach.org) and the NYC District Public Health Offices provide technical support to NYC schools in assisting with the creation and implementation of wellness policies and programs.



For more information, contact:

- Kelly Moltzen, Bronx Health REACH, kmoltzen@institute2000.org or 212-633-0800 x 1328
- Audrey Castillo, Brooklyn District Public Health Office, acastill@health.nyc.gov or 646-253-5709
- Rebecca Lee, Harlem District Public Health Office, rlee1@health.nyc.gov or 646-672-2386
- Anita Reyes, Bronx District Public Health Office, areyes@health.nyc.gov or 718-466-8880