



# HEALTHY SCHOOLS, HEALTHY KIDS

*a local solution to a national problem*



## Our Mission

Together with communities, FoodCorps serves to connect kids to healthy food in school.

## Our Vision

We are creating a future in which all our nation's children—regardless of class, race, or geography—know what healthy food is, care where it comes from, and eat it every day. Through our work, future generations will grow up to lead healthier, longer, and more productive lives.



## How We Partner With Schools

Our AmeriCorps leaders deliver our program in high-need schools in Connecticut, focusing on:



### Hands-On Learning

In the classroom, in the garden, before, during, and/or after school, students grow, cook, and taste new foods, which builds their skills and changes food preferences.

- › Ongoing cooking, tasting & garden-based lessons
- › Field trips and farmer & chef visits
- › School garden development & maintenance



### Healthy School Meals

The cafeteria experience steers students towards the healthiest options and gets them excited to try new healthy foods.

- › Salad bar & lunch line design
- › Taste tests
- › Cafeteria role modeling
- › Local sourcing & recipe development
- › Breakfast promotion



### Schoolwide Culture of Health

As a whole, the school community and environment—from hallways to classrooms to cafeteria to grounds—celebrates healthy food.

- › Celebrations, events, rewards & snacks
- › Schoolwide healthy food promotion
- › Fundraisers
- › Family, staff & community engagement



## Our Impact

During the 2015–16 school year, data from FoodCorps-served schools found that:

- Nearly **2 in 3 students** show improved or sustained positive attitudes toward eating vegetables
- During FoodCorps activities, **43% of students** tried new or unfamiliar vegetables
- **3 out of 4 schools** demonstrated measurable improvements to the health of their food environments



# connecting kids to healthy food in school

FoodCorps connects kids to healthy food in school. In underserved communities across the country, our AmeriCorps leaders teach students about healthy food through hands-on lessons, partner with farmers and food service workers to create nutritious and delicious school meals, and collaborate with communities to inspire a long-term culture of health.

Building on this foundation of direct impact, FoodCorps pursues systemic strategies that will benefit all of our nation's 100,000 schools.

## Our Program in Connecticut

Connecticut is home to FoodCorps' first field office and our largest group of corps members. For our first four years in Connecticut we partnered with the University of Connecticut (UConn) Extension, led by White House "Champion for Change" Jiff Martin. We worked together to select local site partners, oversee corps member activities, and build a strong network and visible FoodCorps presence throughout the state.

Now led by our Connecticut Program Director and our state fellow, our 20 service members collaborate frequently in-person, and create powerful relationships with a wide variety of organizations and individuals that make up the tight-knit networks addressing food systems change across the state and region.

*"Ms. Sarah, do you remember the parfait you taught us how to make at the beginning of class? Ever since you taught us how to make those I've been making it at home as a snack. My mom used to give me a bag of chips but now I know a healthy snack so I make the parfait instead."*

—Student in Meriden, CT



## Why Connecticut?

The racial and geographical disparity in health outcomes is stark in Connecticut. Despite having one of the highest per capita incomes in the country, the state is home to more than 108,000 children living in poverty, with marked racial and geographic disparities: just one in 20 is white, while one in four is black and one in three is Latino. Half of these children live in just eight cities—all served by FoodCorps—with among the highest rates of eligibility for free or reduced-cost school meals.

connecticut



### our state impact

Our service members accomplished the following last year:

13,260

students reached

42 gardens built

12 new foods introduced

385 volunteers engaged

### Where We Serve

1. Norwalk Grows, Norwalk
2. Green Village Initiative, Bridgeport
3. Massaro Community Farm, Woodbridge (serving Ansonia Public Schools)
4. New Haven Public Schools Food Services Department, New Haven
5. Naugatuck Valley Community College & GEAR Up, Woodbury
6. Urban Oaks Community ROOTS, New Britain
7. Community Health Center, Inc., Middletown
8. Meriden Public Schools Food Services Department, Meriden
9. Hartford Public Schools Food & Child Nutrition Services, Hartford
10. East Hartford Public Schools, East Hartford
11. Connecticut River Academy and Riverside Magnet School at Goodwin College, East Hartford
12. Windham Regional Community Council/ GROW Windham, Willimantic
13. Norwich Public Schools, Norwich
14. New London Public Schools Food Services Department, New London
15. Groton Public Schools, Groton

### Our Service Partner

FoodCorps Connecticut is proud to receive support from the Connecticut Commission on Community Service and to be a member of its networks.



New London High School celebrates its first Local Lunch Day in June 2016, featuring local beef burgers, local lettuce, local corn, and local milk.

get involved

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