

Local and National Resources

Local Organizations

NUTRITION, FOOD AND PHYSICAL ACTIVITY

City Harvest: Exists to end hunger in NYC through food rescue and distribution education. They offer nutrition education programs to children. www.cityharvest.org

Cornell Cooperative Extension: Outreach system of Cornell University. They offer Nutrition, Urban Farming & Health programs to Children, Youth & Families. nyc.cce.cornell.edu

Family Cook Productions: Their mission is to bring families together around delicious, fresh food while positively impacting their health and well-being. www.familycookproductions.com

Farmer's Market Federation of New York: Information on farmer's markets and urban farm stands. www.nyfarmersmarket.com

Food Bank For New York City: Largest Food Bank in NYC. They offer feeding, backpack and nutrition education programs. www.foodbanknyc.org

Green Guerillas: Uses education, advocacy and organizing to build community gardens. www.greenguerillas.org

Green Thumb NYC: Promotes urban farming and community gardens. www.greenthumbnyc.org

GrowNYC: Farmer's Markets list with locations and times. www.grownyc.org

Just Food: To connect to local farms to get fresh food deliveries. Offers City Farms program. www.justfood.org

Just Say Yes to Fruits and Vegetables: Provides nutrition education programs to low-income families. www.jsyfruitveggies.org

NYC Deptment of Parks & Recreation: Responsible for parks and recreational opportunities. www.nycgovparks.org

NYC Department of Health and Mental Hygiene: Information and resources on health and wellness throughout NYC. www.nyc.gov/health

To get \$2 Health Buck Coupons for families and children to redeem at select farmer's markets, visit: www.nyc.gov/health/farmersmarkets

NYC Green Carts: The Green Cart Program aims to increase availability of fresh fruit and vegetables in New York City neighborhoods so that more New Yorkers can buy fresh fruit and vegetables close to home. www.nyv.gov/greencarts

New York Road Runners: Offering running, yoga, healthwalking, deep water running, and stretching clinics and training. www.nyrr.org

YMCA of Greater New York: Offers physical activity and wellness programs for children and adults. www.ymcanyc.org

COALITIONS AND NETWORKS

Citizens Committee for New York City: A micro-grant making organization that stimulates and supports self-help and civic action to improve the quality of life in New York City and its neighborhoods. www.citizensnyc.org

NYC Food and Fitness Partnership: This is an alliance whose mission is to engage communities in creating equitable access to healthy, quality, affordable foods and opportunities for active living, starting in neighborhoods of highest need. www.nycfoodandfitness.org

New York State Healthy Eating and Physical Activity Alliance (NYSHEPA): NYSHEPA is a statewide alliance dedicated to improving policy and practices that promote healthy eating and physical activity. www.nyshepa.org

COALITIONS AND NETWORKS (continued)

Hunger Action Network of New York State: A statewide anti-hunger coalition that combines grassroots organizing at the local level with state level research, education and advocacy to address the root causes of hunger, including poverty. www.hungeractionnys.org

New York City Coalition Against Hunger (NYCCHA): NYCCAH represents and is the voice for the more than 1,100 nonprofits soup kitchens and food pantries in NYC and the 1.4 million low-income New Yorkers who live in households that can't afford enough food. www.nyccah.org

New York City Community Garden Coalition: Unite with our allies to plant the seeds for legislation and policies that will make all our community gardens permanent, and lead the way for the creation of many more. www.nyccgc.org

New York Coalition for Healthy School Food: A statewide nonprofit that works to improve the health and well-being of New York's students by advocating for healthy plant-based foods, including local and organic where possible, farm to school programs, school gardens, the elimination of unhealthy competitive foods in all areas of the school (not just the cafeteria), comprehensive nutrition policy, and education to create food- and health-literate students. www.healthylunches.org

Green Edge Collaborative NYC: A social network that connects people with businesses, organizations and the resources they need to build a sustainable future. www.greenedgenyc.org

New York City Nutrition Education Network: Dedicated to educating and supporting a network of members who seek to improve the food and nutrition environment for a healthier NYC. www.nycen.org

National Organizations

Action for Healthy Kids: Aims to address childhood undernourishment, obesity and prevention by working with schools to help kids learn to eat right and be active every day. www.actionforhealthykids.org

Alliance for a Healthier Generation: The mission is to reduce the nationwide prevalence of childhood obesity by 2015 and to empower kids nationwide to make healthy lifestyle choices. www.healthiergeneration.org

American Academy of Pediatrics: Dedicated to the health and well-being of infants, children, adolescents and young adults. www.aap.org

American Alliance for Health, Physical Education, Rcreation and Dance: Serves healtheducators and others who strive to promote the health of all people through education and other systematic strategies. www.aahperd.org

American Diabetes Association: Funds research to prevent, cure and manage diabetes and deliver services to hundreds of communities. www.diabetes.org

American Heart Association: Advocating for healthier communities by improving the quality of care for heart and stroke patients. Funds research to prevent, cure and manage reaching at-risk populations. www.heart.org

Children's Defense Fund: Promotes policies and programs that lift children out of poverty; protect them from abuse and neglect; and ensure their access to health care, quality education and a moral and spiritual foundation. www.childrensdefense.org

Earth Day Network: A recognized leader in creating civically-oriented innovative programs to create an environmental movement. www.earthday.org

National Organizations (continued)

Feeding America: The nation's leading domestic hunger-relief charity. www.feedingamerica.org

Fitness Forward: An innovative program that educates and motivates elementary school students, parents and staff to lead healthier lives by incorporating five healthy habits into their daily lives. www.fitnessforward.org

Leadership for Healthy Communities: Advancing policies to support healthy eating & active living. www.leadershipforhealthycommunities.org

Let's Move: A comprehensive initiative, launched by the First Lady Michelle Obama, dedicated to solving the problem of obesity within a generation, so that children born today will grow up healthier and able to pursue their dreams. www.letsmove.gov

National Alliance for Breastfeeding Advocacy: Dedicated to the protection, promotion and support of breastfeeding. www.naba-breastfeeding.org

National WIC Association: Unites with allies to plant the seeds for legislation and policies that will make our community gardens permanent, and lead the way for the creation of many more. www.nwica.org

Produce for Better Health Foundation: A nonprofit organization designed to increase consumption of fruits and vegetables to 5 or more servings a day to improve health of Americans. www.fruitsandveggiesmorematters.org

Save the Children: Leading independent organization creating lasting change in the lives of children in need in the United States and around the world. www.savethechildren.org

Shape up America: Educates the public on the importance of the

achievement and maintenance of a healthy body weight through the adoption of increased physical activity and healthy eating. www.shapeup.org

Share our Strength: One of the nation's leading not-for-profit organizations, mobilizing individuals and industries to fight hunger. www.nokidhungry.org

United Way Worldwide: To improve lives by mobilizing the caring power of communities around the world to advance the common good. www.nokidhungry.org

Walkable and Livable Communities Institute: A non-profit consulting firm which provides advice on how communities can become more pedestrian-friendly. www.walklive.org

We Can! (Ways to Enhance Children's Activity & Nutrition): This is a national movement designed to give parents, caregivers, and entire communities a way to help children 8 to 13 years old stay at a healthy weight. wecan.nhlbi.nih.gov

HEALTH WEBSITES FOR CHILDREN, ADULTS & EDUCATORS

Dole5aday.com: Creative ways to get children to eat fruits and vegetables.

Familydoctor.org: Mainstream health information for the entire family

pKidshealth.org: Great resource for kids, teens and parents.

Lalecheleague.org: Breastfeeding resources.