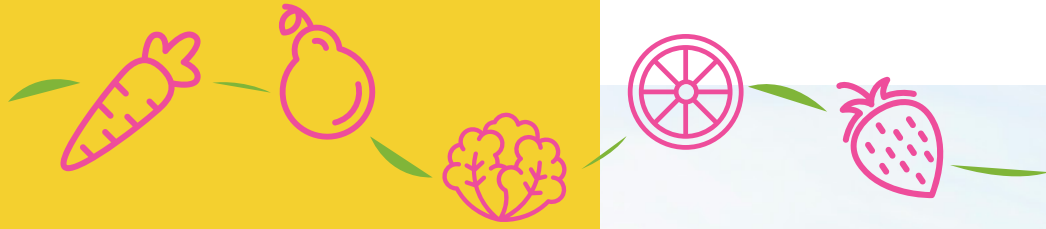




Family Resource Guide

for Staying Healthy
in New York City



Introduction

This guide contains information on services, programs and educational resources that promote healthy eating and active living in New York City (NYC). These resources can help families with children and young adults maintain a healthy weight and lifestyle. This list is not comprehensive, but highlights long-standing programs in NYC, as well as a few national resources.



NYC Food Assistance and Education

These organizations and resources can help families and individuals that struggle to have enough healthy foods.

Children's Aid offers after-school programs for children and their families on nutrition education, food access and food justice. Visit childrensaidnyc.org/programs/finder.

Food Bank for New York City organizes food distribution, provides information and support for communities in need. Their website provides an interactive map to help you find a soup kitchen, food pantry, senior center, SNAP enrollment site or free-tax assistance site in your neighborhood. Visit foodbanknyc.org/get-help.

FoodHelp NYC Map is an interactive online tool where visitors can find community kitchens, food pantries and SNAP enrollment sites throughout the five boroughs. Visit maps.nyc.gov/foodhelp.

GrowNYC operates NYC Greenmarkets and Youthmarkets, fresh food box pickups, food education programs, and community and school gardens. Visit grownyc.org.

Health Bucks is a seasonal program that allows SNAP recipients to earn \$2 coupons for every \$5 spent on their electronic benefit transfer (EBT) cards at farmers markets.

Visit nyc.gov/health and search for **Health Bucks**.

Tip



ACCESS NYC is an online tool that determines which city, state and federal benefits programs you may qualify for and helps you sign up. You and your family may be eligible for more than 30 benefits programs regardless of your immigration or employment status, and even if you already receive benefits. These programs include Supplemental Nutrition Assistance Program (SNAP), cash assistance and tax relief. Visit access.nyc.gov to learn more.

NeON Nutrition Kitchens provide food for people on probation and others in the community once a week. They also provide healthy recipes, nutrition information and cooking classes. Visit nyc.gov and search for **neighborhood opportunity network**.

New York Common Pantry distributes fresh foods to food pantries and provides hot meals, case management services and nutrition workshops for families. Visit nycommonpantry.org.

Nutrition Outreach and Education Program (NOEP), managed by Hunger Solutions, offers free and confidential services that connect hungry New Yorkers with nutrition assistance programs such as SNAP.

Visit hungersolutionsny.org/find-a-noep.

NYC Farmers Markets sell fresh, local food. There are more than 130 farmers markets in NYC, 20 of which are open year-round.

Visit nyc.gov/health and search for **farmers market** or text **SoGood** to **877877** to find a farmers market near you (Español: Envía **MuyRico** al **877877**).

Plentiful is a reservation system for food pantries that people can use on their phones to avoid long wait times in line.

Visit plentifulapp.com.

SchoolFood provides free breakfast and lunch to all NYC public school students.

Visit schoolfoodnyc.org.

Single Stop connects nonprofits that provide education, job and financial assistance with people who need these services.

Visit singlestopusa.org.

Tip



Ask your local child care center if they offer nutrition and cooking classes for parents! The New York State Eat Well Play Hard (EWPH) initiative provides healthy eating, physical activity and breastfeeding resources at many child care centers in NYC.

Tip



Ask your child's school about healthy cooking programs for students and families. Programs like CookShop, Wellness in the Schools (WITS), Family Cook Productions, Common Threads and Cornell Cooperative Extension take place during or after school. You can also see if your local YMCA or community health center offers healthy cooking programs.

The Women, Infants and Children (WIC) program provides eligible pregnant and nursing women and children up to age 5 with education and counseling on nutrition, physical activity and breastfeeding as well as vouchers to purchase nutritious foods. Visit healthsolutions.org/community-work/food-nutrition.

The Summer Meals Program provides free breakfast and lunch to children ages 18 and under during the summer. Children can get free breakfast and lunch at hundreds of public schools, parks, pools, libraries and New York City Housing Authority (NYCHA) locations.

Visit nyc.gov and search for **summer meals**.

Supplemental Nutrition Assistance Program (SNAP) provides food assistance for nearly 1.8 million low-income New Yorkers including families, people who are 60 and older and those living with a disability. SNAP helps families and individuals with limited income buy healthy foods.

Visit nyc.gov and search for **SNAP**.

Teens for Food Justice (TFFJ) is a youth-led program based in schools receiving Title 1 funding that trains youth to become urban farmers. TFFJ school farms also serve as youth-led centers for nutrition and health outreach to local low-income, food-desert communities.

Visit teensforfoodjustice.org.

NYC Physical Activity

Physical activity improves your body and mind. Children should get at least 60 minutes of physical activity each day. The resources below include free and low-cost options to get young people moving.

Boys and Girls Clubs of America provide sports and recreation programs that improve physical fitness, reduce stress, promote a positive use of leisure time and encourage an appreciation for the environment. Visit bgca.org/programs/sports-recreation.

Citi Bike offers New Yorkers an affordable, convenient and fun transportation option. All NYCHA residents can receive a discounted membership for only \$5 per month with an annual commitment. Visit citibikenyc.com/pricing/nycha.

Kids in Motion, managed by **NYC Parks**, gets kids off the couch and outside. An NYC Parks staff member leads free activities in NYC playgrounds. These free activities include sports, games, fitness demos, guided walks, board games, water games and more. Visit nycgovparks.org and search for **Kids in Motion**.

NYC Department of Education's CHAMPS Program helps middle schools set up sports and fitness programs for students before, during and after school hours. In fall 2017, CHAMPS offered more than 500 programs throughout NYC. Visit schools.nyc.gov and search for **CHAMPS**.

NYC Department of Transportation's Weekend Walks are multi-block, multi-day events that promote the use of streets as public space. Community-based organizations apply to close streets for the event and provide programming that highlights local businesses and New York City's unique neighborhoods. Visit nyc.gov/weekendwalks.

NYC Parks hosts events and activities at their locations and facilities for the whole family. Visit nycgovparks.org.

NYC Parks' after-school programs provide children ages 6 to 13 with free, structured activities, including sports and fitness activities. Healthy snacks are also provided.

Visit nycgovparks.org and search for **after school**.

NYC Parks' free outdoor pools are open to everyone during the summer season. Free swimming lessons are also offered at select locations.

Visit nycgovparks.org and search for **outdoor pools**.

NYC Parks' recreation centers offer indoor pools, weight rooms, basketball courts, dance and art studios, game rooms and libraries, as well as sports programs and instructional clinics. Memberships are free or low-cost.

Visit nycgovparks.org and click on **facilities**.

NYC Parks' teen programs offer sports instruction and tournaments, fitness and dance classes, swimming lessons and cooking workshops for teens. Teen programs are free for adolescents ages 17 or younger. Visit nycgovparks.org and search for **teen programs**.

Tip



Ask your child's school about physical activity programs outside of class time, such as the Comprehensive After School System of NYC (COMPASS NYC), Beacon Community Centers and School's Out New York City (SONYC).

Tip



Find free and low-cost fitness programs, courts, fields and sports leagues near you with BeFitNYC.org. You can search by age, location and skill level.

NYC Parks' youth sports programs and instructional clinics are available to children ages 8 and up. All programs are free, but participants must be registered members of a recreation center.

Visit nycgovparks.org and search for **sports programs**.

Play Streets are car-free streets that provide children and communities with outdoor space for physical activity. Community groups and public and private schools in all five boroughs can apply.

Visit nyc.gov and search for **Play Streets**.

The Police Athletic League (PAL) serves NYC youth ages 3 to 21 with age-specific recreational programming, including after school and summer camps.

Visit palnyc.org.

Summer Enrichment programs, offered in July and August, are designed to support children of working families. Participants can enjoy everything from dance, music and sports to public service opportunities and science, technology, engineering and mathematics (STEM) classes.

Visit nyc.gov and search for **Summer Enrichment programs**.

Shape Up NYC is a free, drop-in fitness program with locations across the five boroughs.

Visit nycgovparks.org and search for **Shape Up**.

Youth Connect is a resource and referral service for youth and families run by the NYC Department of Youth and Community Development (DYCD). If you are looking for fitness, nutrition or after-school programs in NYC, call to learn about appropriate resources in more than 180 languages.

Visit nyc.gov and search for **Youth Connect** or call 800-246-4646.



NYC Weight Management Programs

All bodies are good bodies, no matter the size or shape. However, weighing too much or too little can lead to health problems. The resources below can help young people manage their weight.

The Bronx Nutrition and Fitness Initiative for Teens (B'N Fit) is a 12-month program for young people ages 12 to 21 that provides weight loss services in a safe, supportive environment. The program is part of the Children's Hospital at Montefiore.

Visit cham.org and search for **Bronx Nutrition and Fitness Initiative for Teens**.

The BronxCare Third Avenue Medical and Dental Practice, which is part of the Dr. Martin Luther King, Jr. Health Center, provides treatment to children and teenagers who are concerned about their weight. Participants can also take exercise classes and nutritional workshops.

Visit mlkhealthcenter.com.

Columbia University NewYork-Presbyterian Morgan Stanley Children's Hospital FIT Program is a medical program for young people who are considered obese.

Visit fit.cumc.columbia.edu.

Community Healthcare Network offers free or low-cost nutrition counseling and fitness plans for patients with a diverse set of needs.

Visit chnnyc.org/services/nutrition.

Fit Kids Queens is a hospital-based lifestyle program in Queens that addresses childhood obesity and overweight through fitness, nutrition, medical evaluations and screenings. Fit Kids Queens is offered through New York-Presbyterian Queens.

Visit nyp.org/queens and search for **Fit Kids**.

Live Light Live Right is a program for children experiencing obesity. Live Light Live Right services the Brownsville, East New York and Flatbush sections of Brooklyn.

Visit livelight.org.

Mount Sinai Hospital Adolescent Health Center provides nutrition and wellness services for patients. Services include weight management, teen fitness classes and treatment for eating disorders.

Visit mountsinai.org and search for **adolescent nutrition**.

NYC Health + Hospitals/ Metropolitan offers nutrition counseling services to address overweight and obesity in children.

Visit nychealthandhospitals.org/metropolitan and search for **pediatrics**.

NYC Breastfeeding

Children who have been breastfed have lower rates of obesity later in life compared to children who were not. Breast milk contains the vitamins and nutrients that babies need to strengthen their immune system and help brain development. The resources below support new and expecting parents. Choose breastfeeding when possible.



Tip



Many hospitals provide local resources and sometimes free breastfeeding support for new and expecting parents. Check if yours offers these services or referrals!

La Leche League offers support, encouragement, information and education to parents who want to breastfeed.

Visit llny.org.

Mobile Milk is a text-messaging program that encourages and supports breastfeeding. The program sends text messages to mothers who are between 28 weeks of pregnancy and four months after birth. You can receive messages in English and Spanish.

Visit nyc.gov and search for **Mobile Milk** or text "MILK" to **877877**.

The New York City Health Department offers a list of breastfeeding resources and links to breastfeeding support centers.

Visit nyc.gov/health and search for **breastfeeding**.

Special Supplemental Nutrition Program for WIC Neighborhood Centers provides multicultural and multilingual peer breastfeeding counselors. Having breastfed their own children, these counselors help WIC parents understand the benefits of breastfeeding, and provide one-on-one breastfeeding support.

Visit healthsolutions.org and search for **neighborhood WIC**.

National and Online Resources



Tip



Visit video-sharing sites like YouTube to find free workouts and healthy recipe ideas!

Alliance for a Healthier Generation collaborates with schools, nonprofits, businesses and medical providers to transform children's environments outside of the home into healthier ones.

Visit healthiergeneration.org.

ChopChopKids is a nonprofit that encourages and teaches children and families to cook whole foods together. Their website offers free, WIC-approved recipes for families. Families can also join their online cooking club.

Visit chopchopmag.org.

Eat Healthy, Be Active NYC is an NYC Health Department Facebook page that provides tips and resources for healthy eating and active living.

Visit facebook.com/pg/eatinghealthynyc.

GoNoodle offers hundreds of free videos that activate kids' bodies and brains.

Visit gonoodle.com.

KidsHealth from Nemours Children's Health System provides children's health and parenting information tailored specifically for kids, teens and parents. Pediatricians and other medical experts review all KidsHealth materials.

Visit kidshealth.org.

Salud America! is a national Latino-focused organization that creates educational and motivational materials, including videos and news stories. These materials inspire people to make equitable changes to policies, systems and environments where Latino children and families live, learn, work and play.

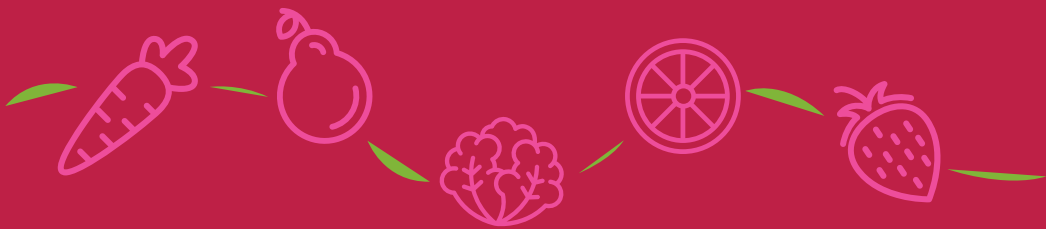
Visit salud-america.org.

Choose MyPlate is a website created by the U.S. Department of Agriculture that provides resources, education and interactive activities about healthy eating and nutrition for families.

Visit choosemyplate.gov.

WNET's New York Parenting Minutes are short videos that focus on key topics related to early childhood learning and parenting in NYC, including information on nutrition and limiting sugary drinks. Each video contains shareable tips and facts, as well as links to more free resources and information.

Visit wnet.org and search for **parenting minutes**.



NYC
Health