

A is for Apple:

The State of Nutrition Education Programs in New York City Schools

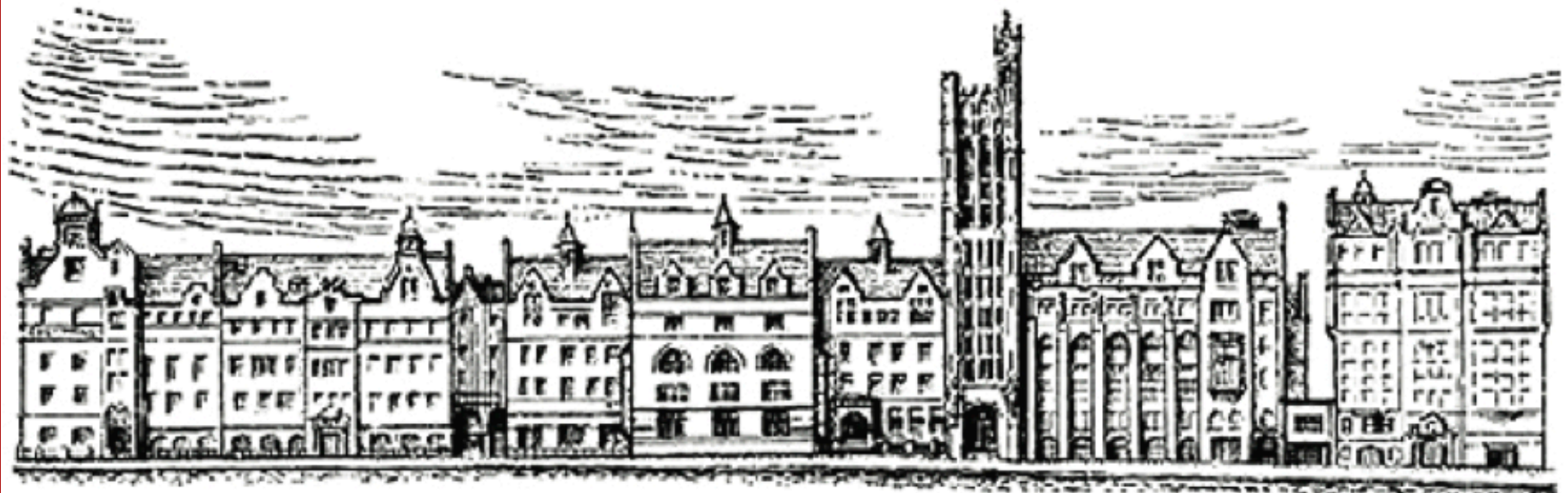
Support for this work was provided by:





Teaching food and nutrition might be viewed as the single most important educational activity of a society; if persons do not learn to obtain and consume food so as to sustain themselves and their dependents, all other learnings are irrelevant.

—Dr. Joan Dye Gussow





The **Tisch Food Center** cultivates research about connections between a just, sustainable food system and healthy eating, and translates it into recommendations and resources for educators, policy makers, and community advocates. The Center focuses on schools as critical levers for learning and social change.

Nutrition Education in Schools





What did we do?

- Landscape of nutrition education programs (NEPs) in New York City schools during the 2016–17 school year.
- Characteristics and distribution of organizations and the NEPs they operate.
- Searchable online database of NYC NEPs

Why did we do it?

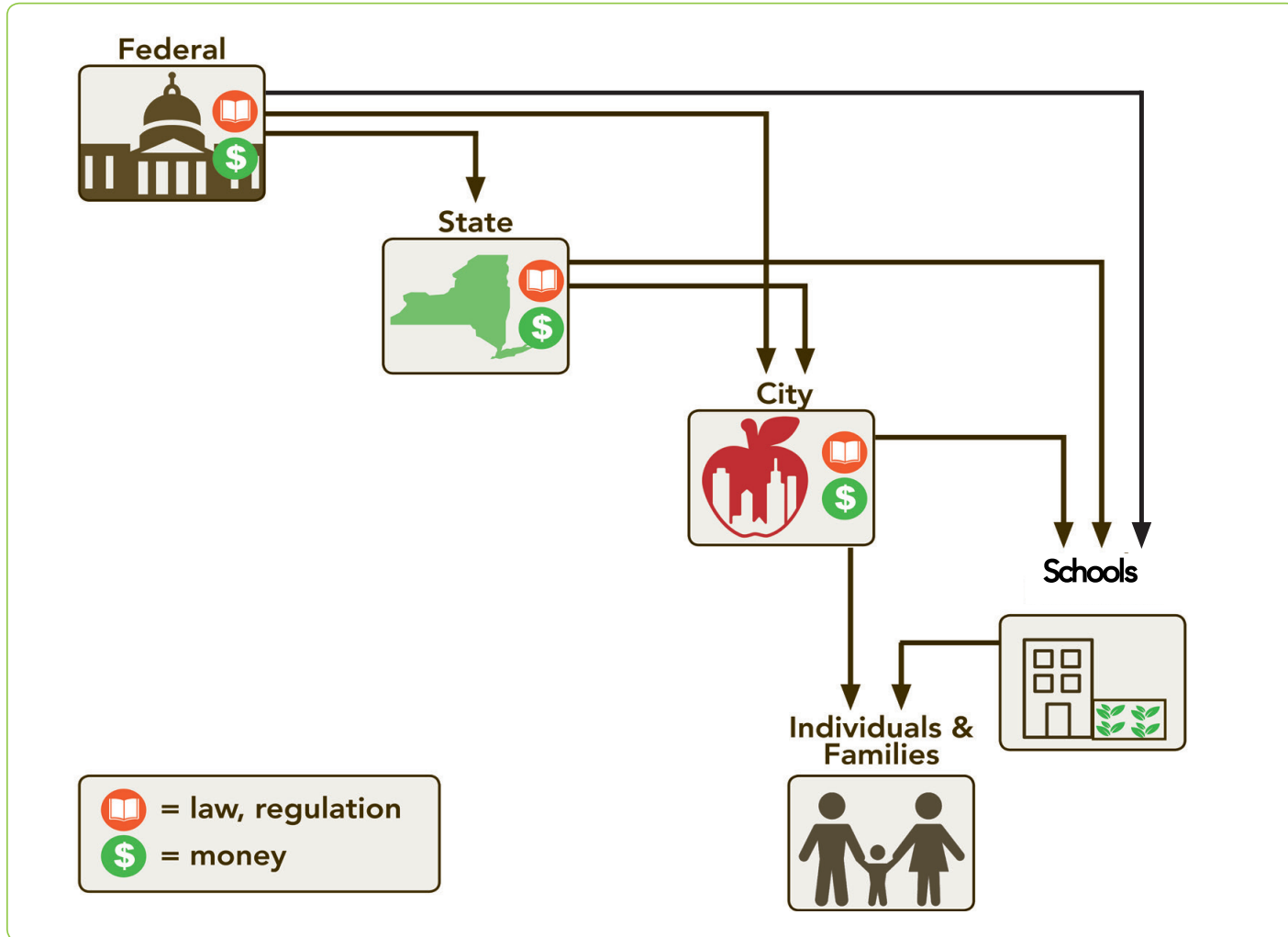
Give schools, NEPs, funders, and policy makers data and recommendations to ensure **ALL NYC** students have access to great nutrition education





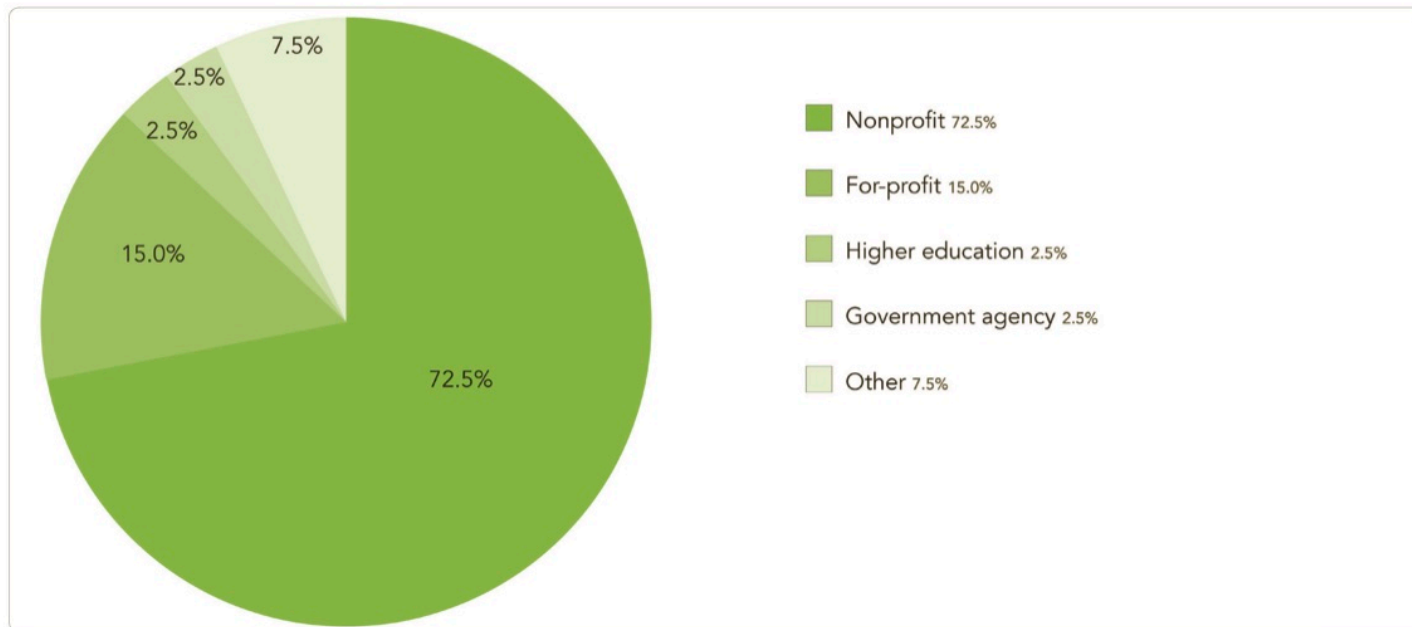
The Nutrition Education Programs in New York City Schools Landscape: Key Findings

Federal, State, and City Policies



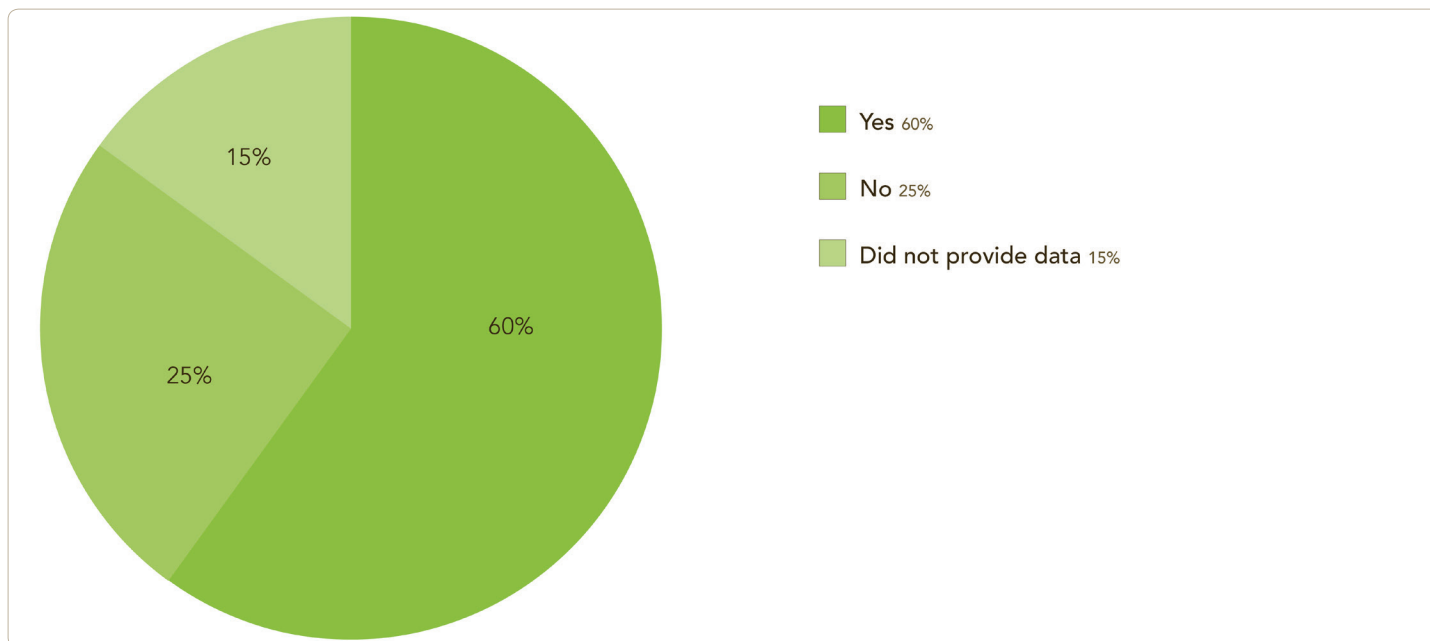
Organization Type

Figure 5.1: Organization Type



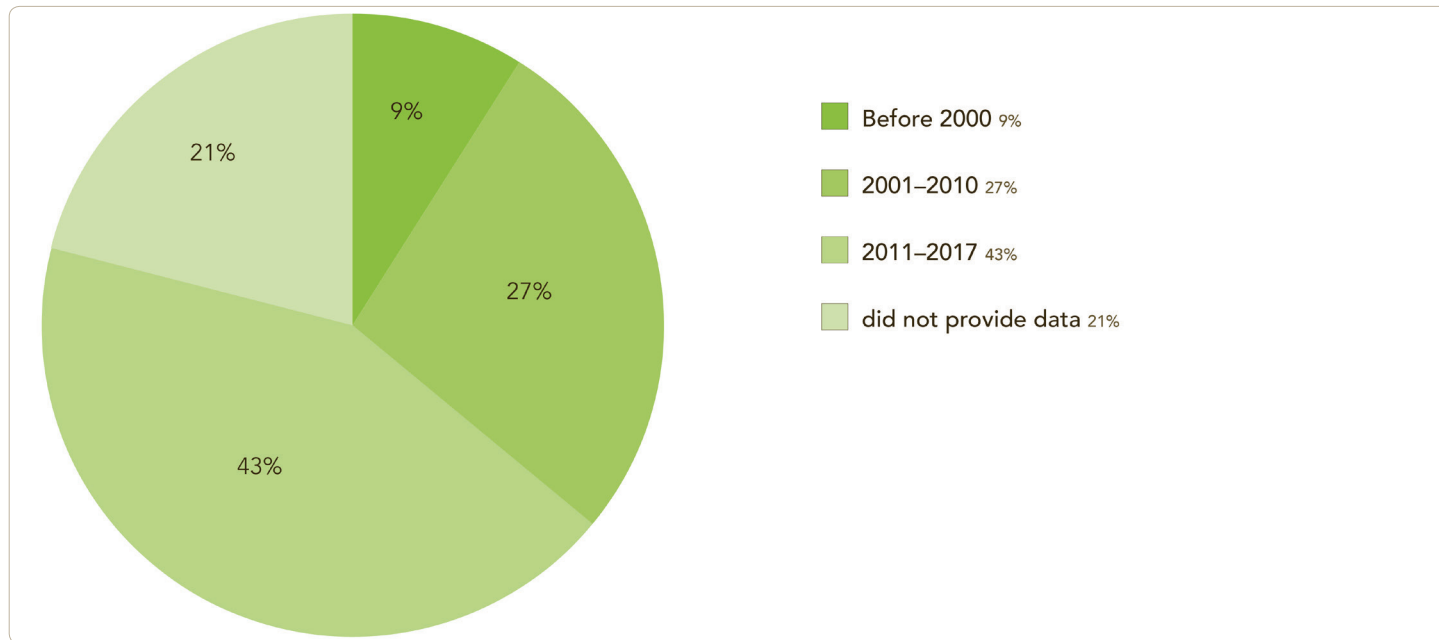
Evaluation

Figure 5.10: Conduct Evaluation



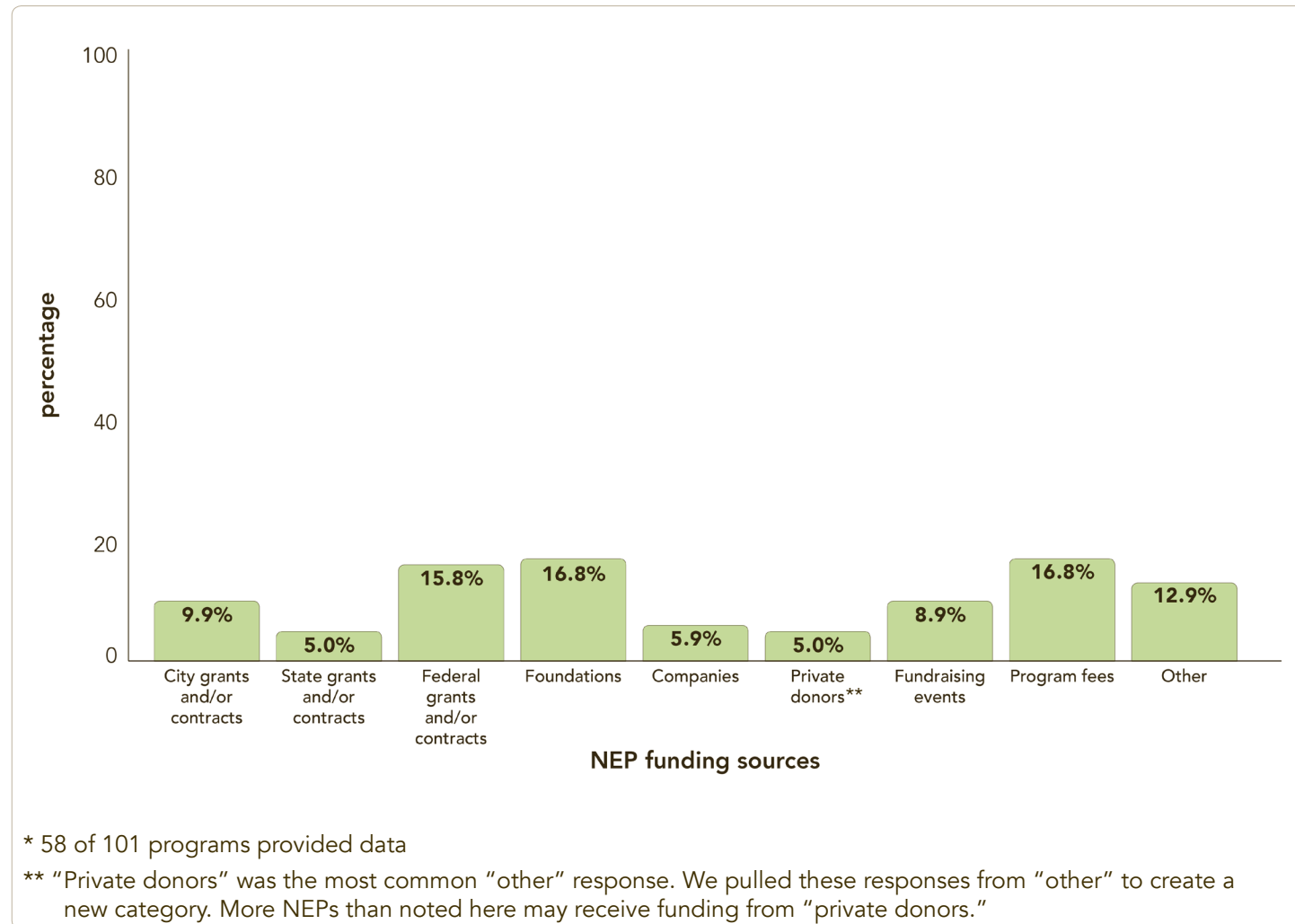
NEP Start Year

Figure 6.1: NEP Start Year



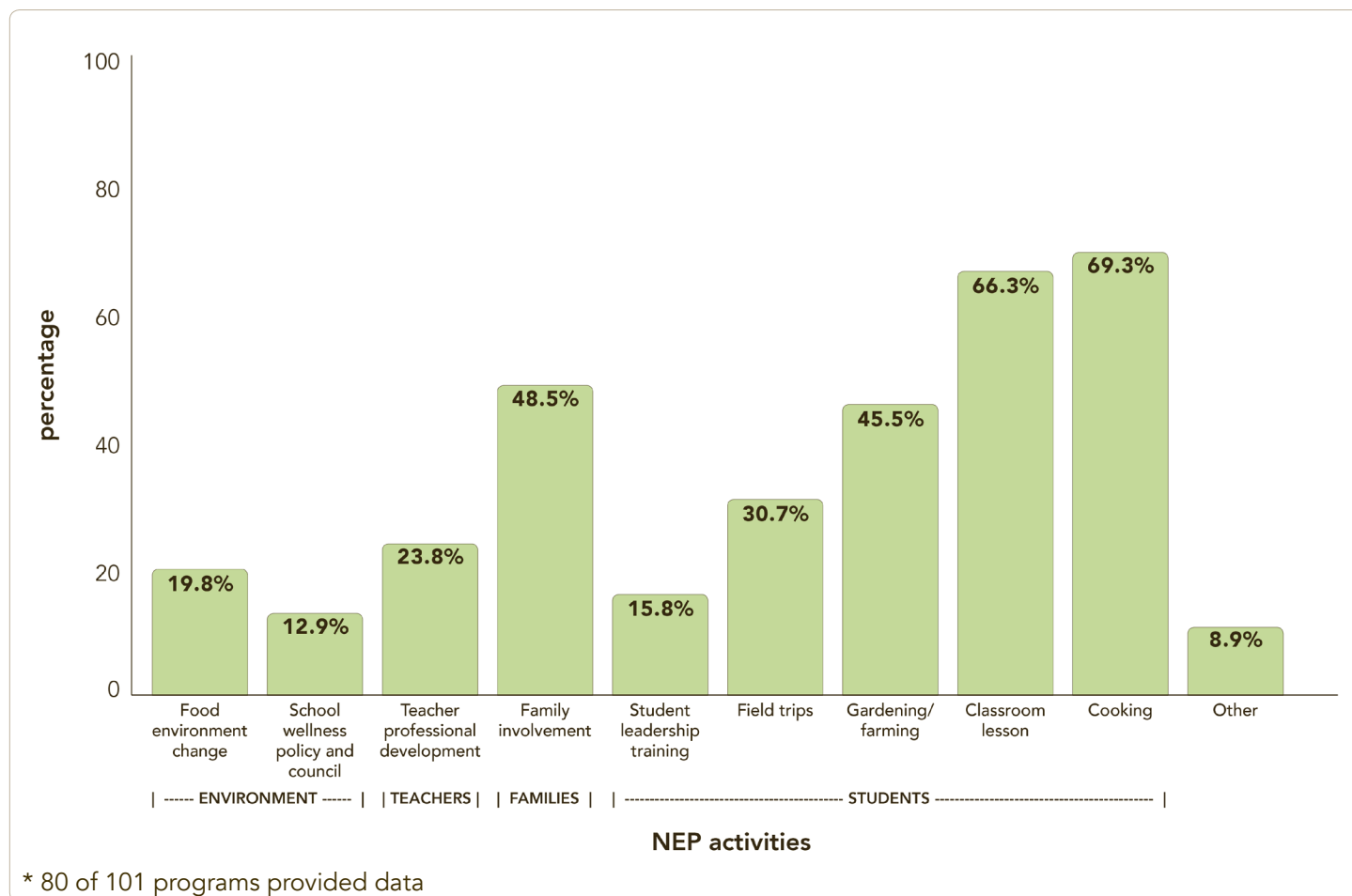
NEP Funding Sources

Figure 6.4: NEP Funding Sources



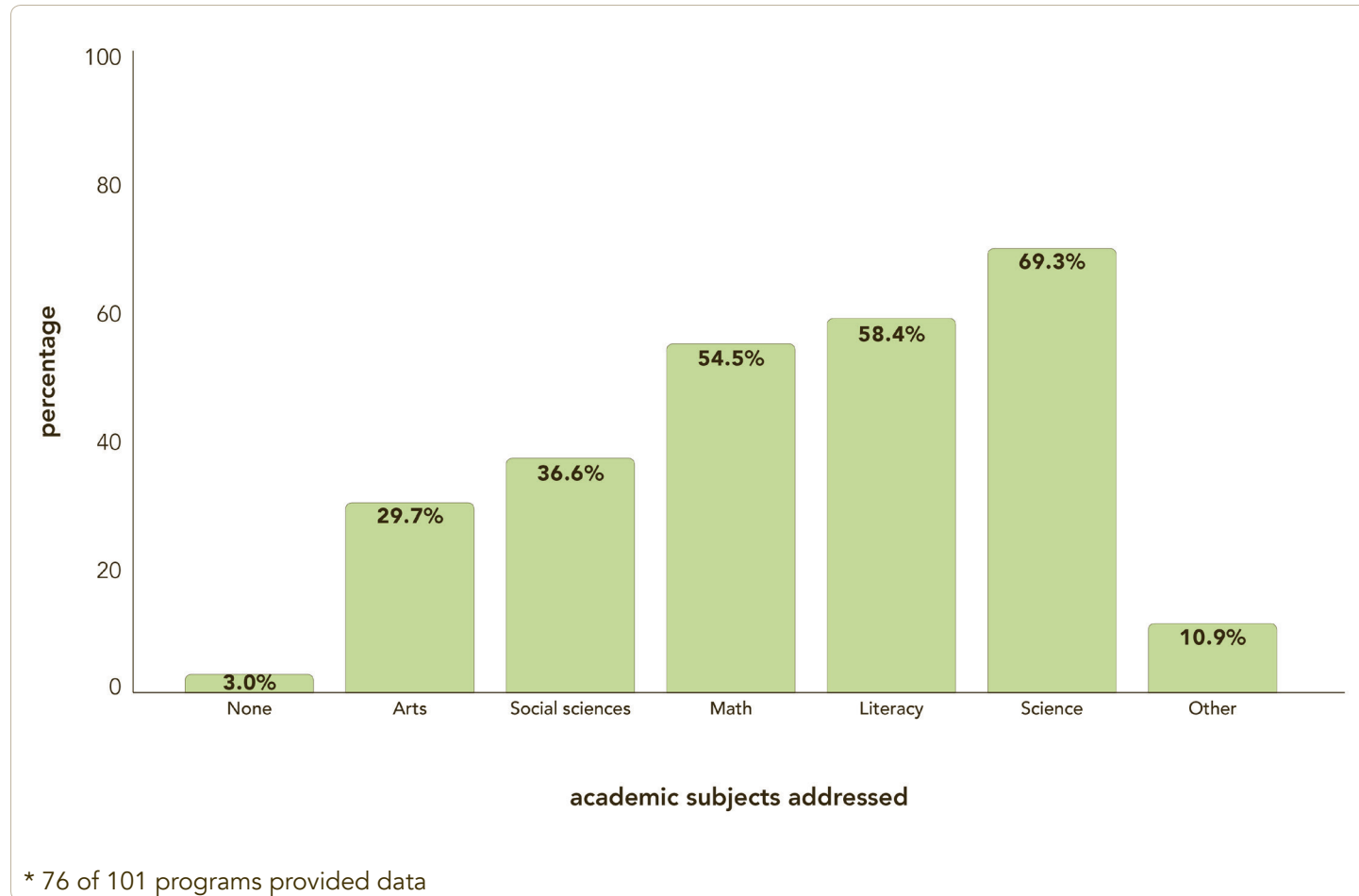
NEP Activities

Figure 6.7: NEP Activities



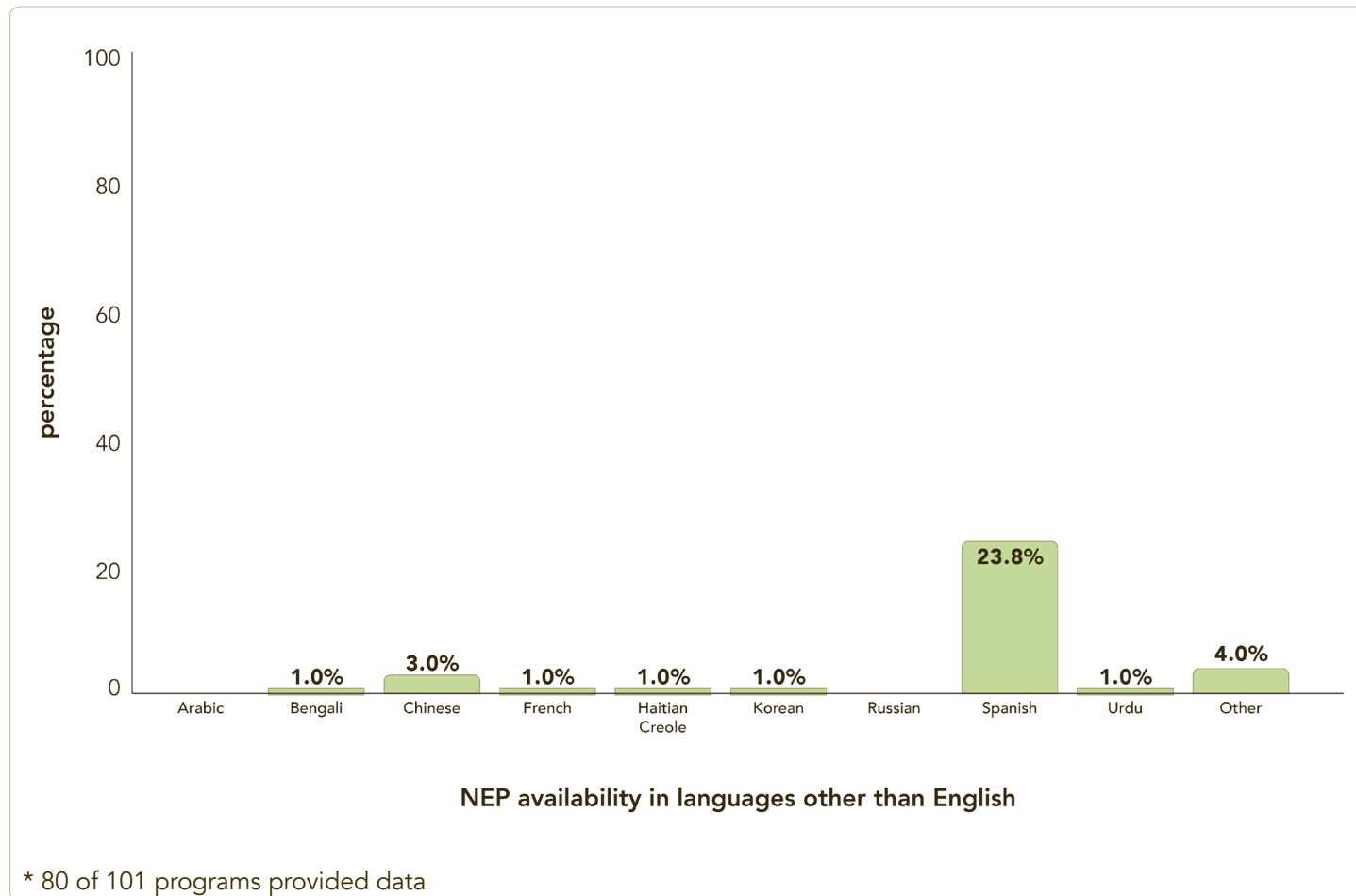
Academic Subjects NEPS Address

Figure 6.8: Academic Subjects that NEPs Address



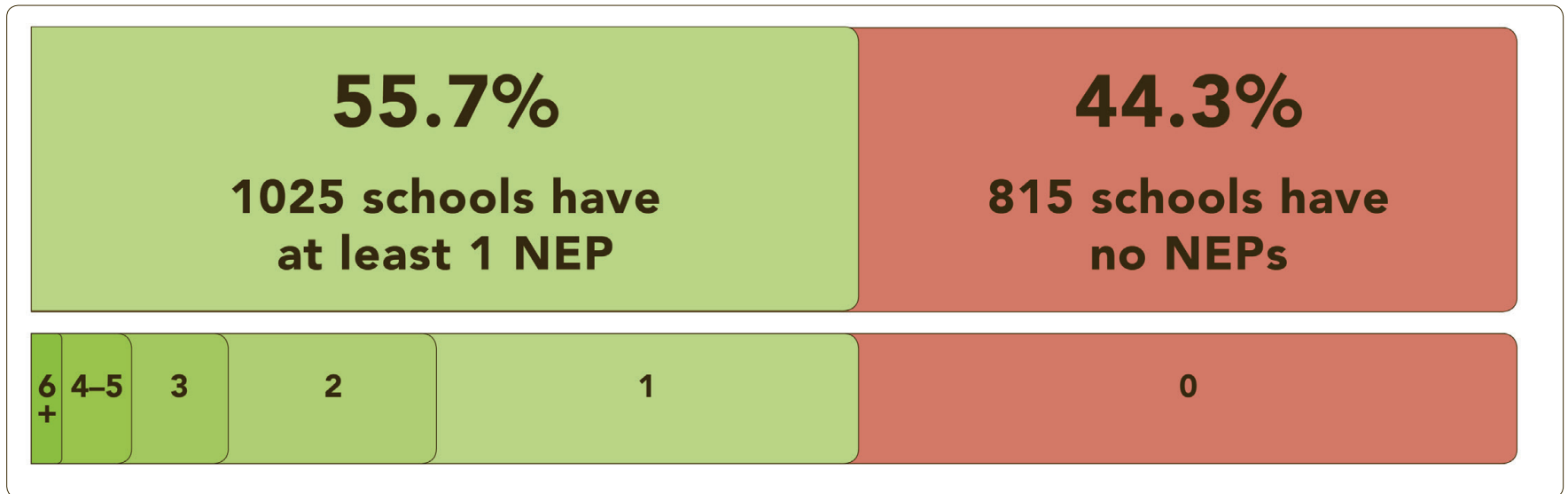
NEP Languages Other than English

Figure 6.10: NEP Availability in Languages Other than English



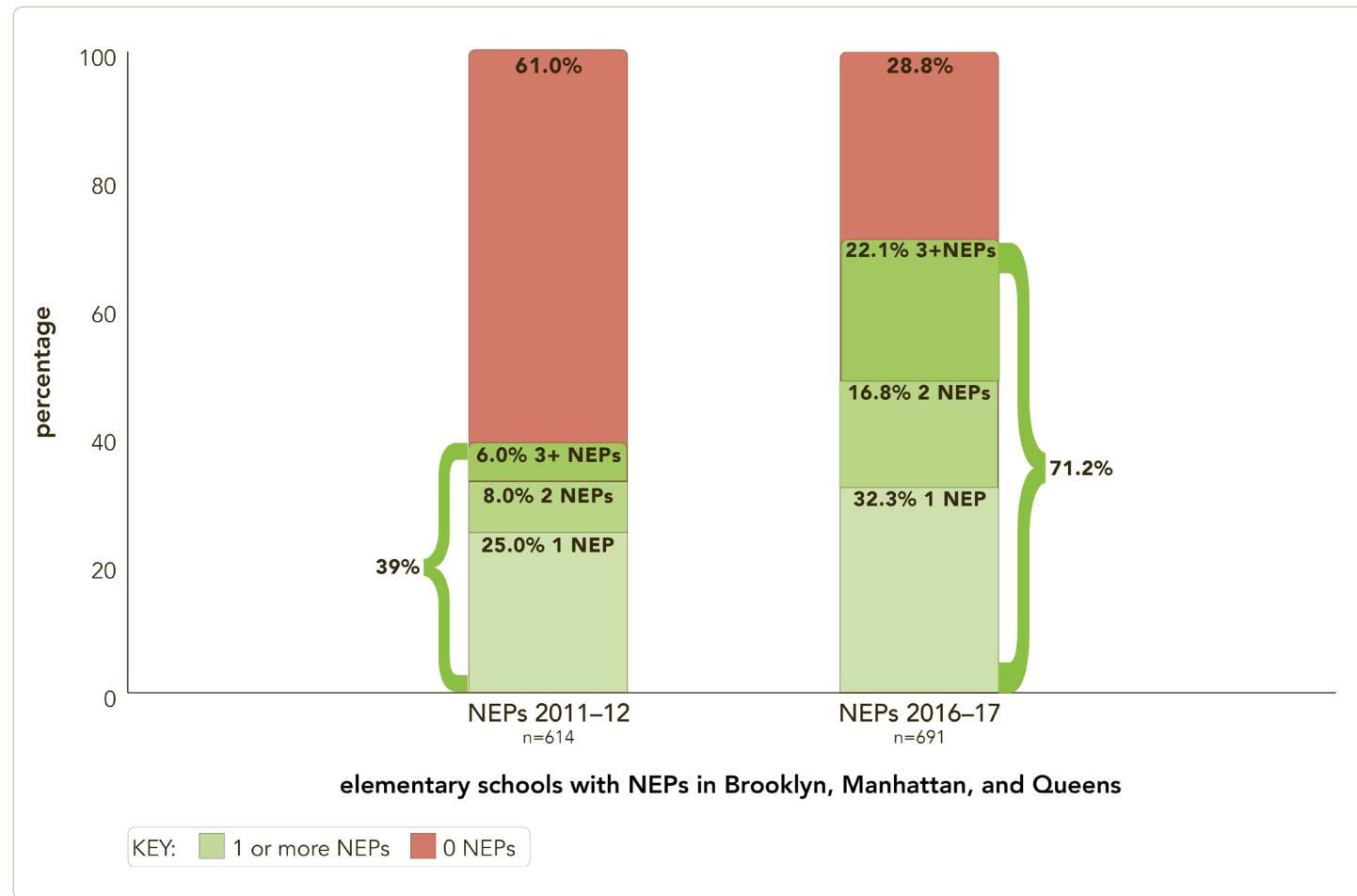
NYC Schools with NEPs

Figure 7.1: Schools with NEPs



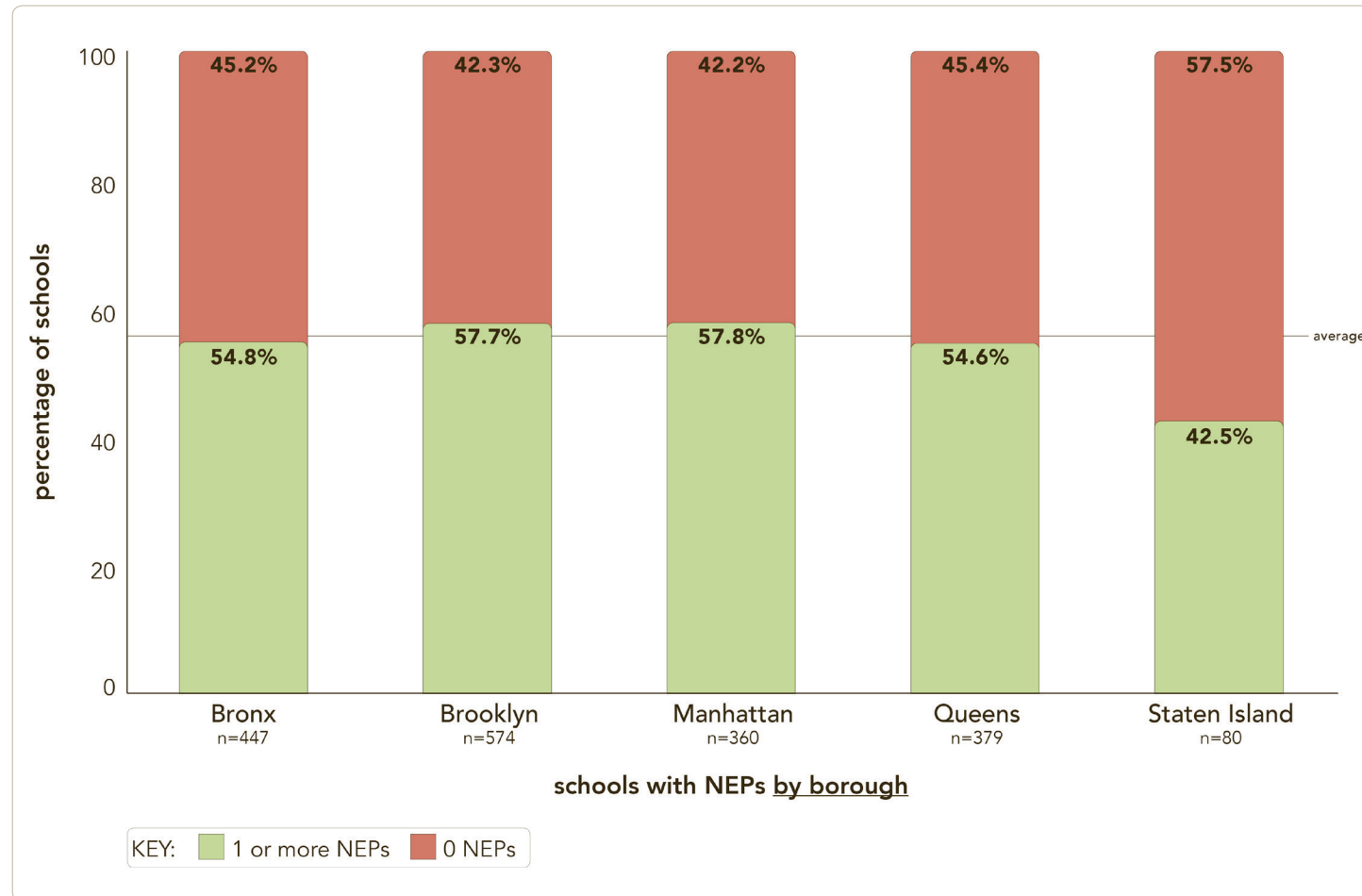
Comparison: 2011-12 to 2016-17

Figure 7.2: Comparison of Elementary Schools with NEPs in 2011-12 and 2016-17



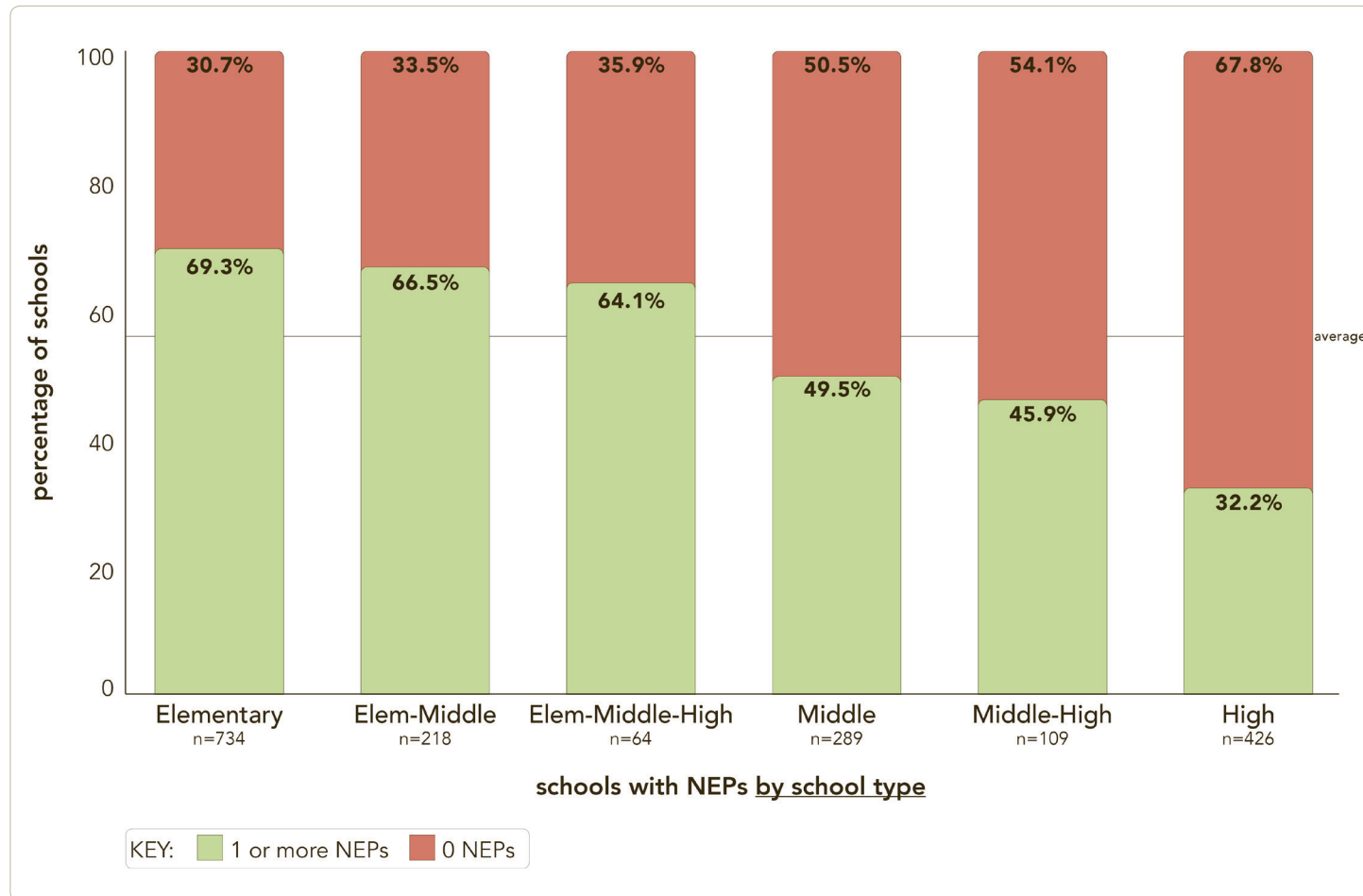
NEP Distribution by Borough

Figure 7.3: NEP Distribution by Borough



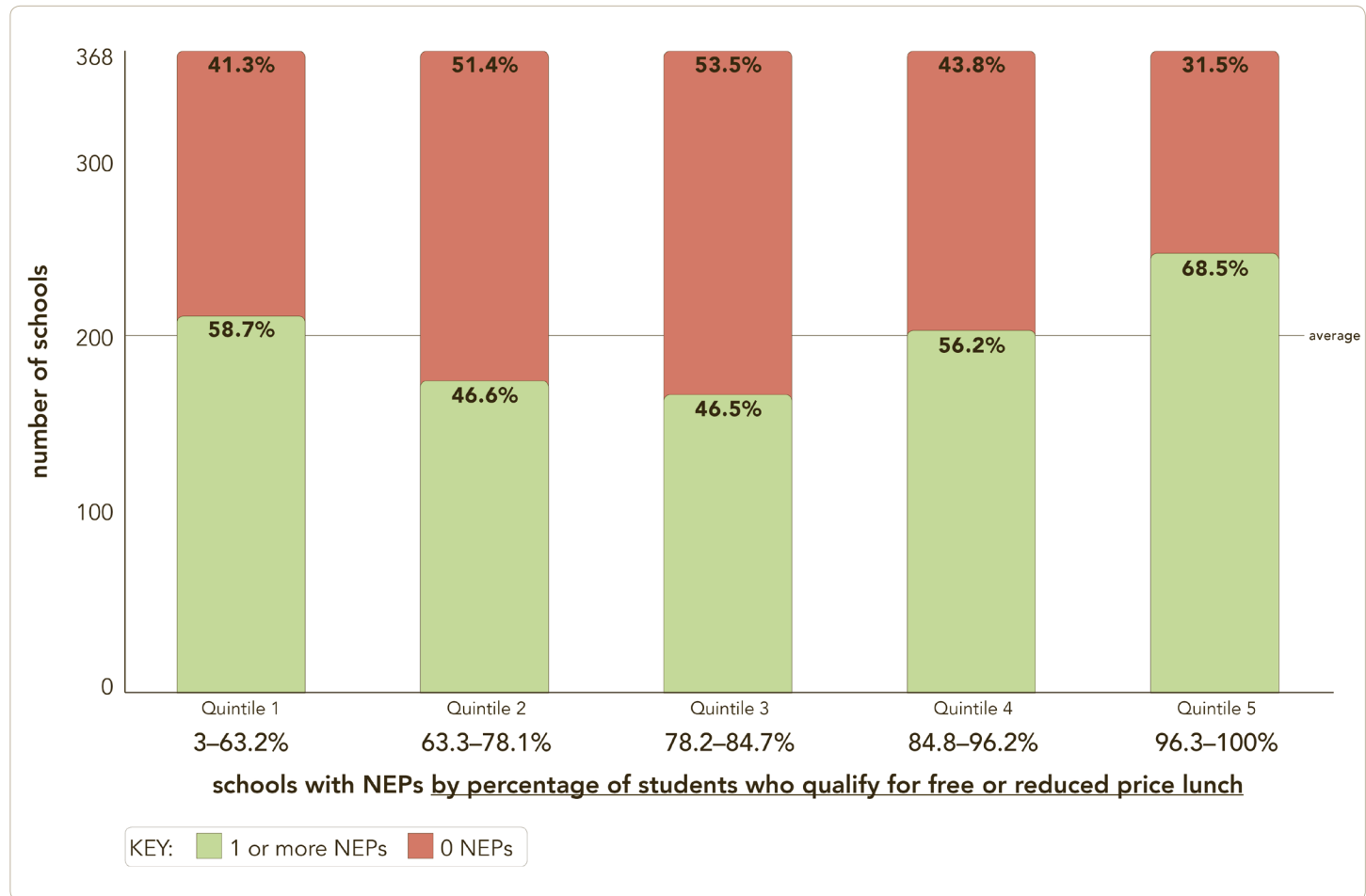
NEP Distribution by School Type

Figure 7.4: NEP Distribution by School Type



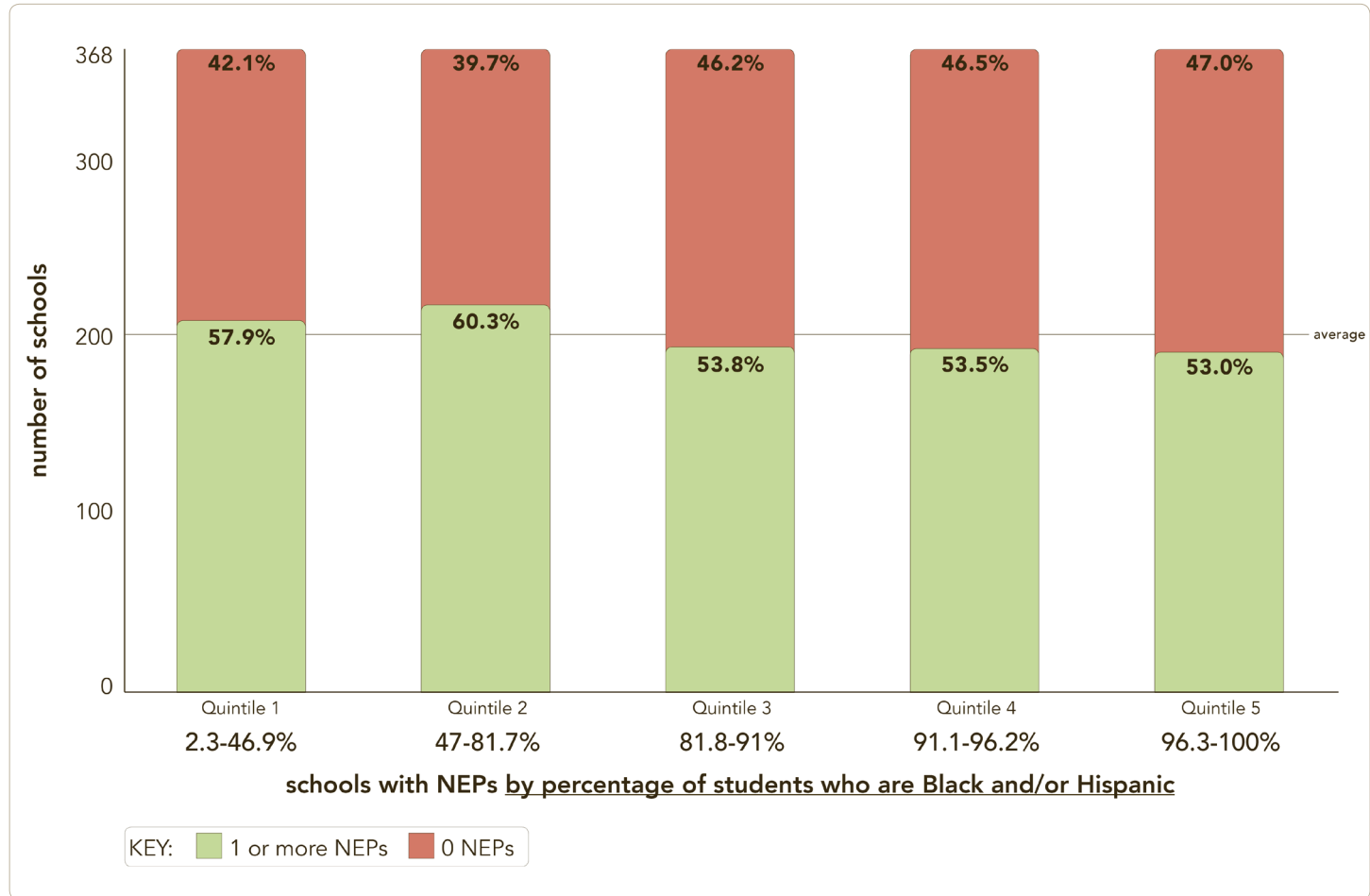
NEP Distribution by Poverty Rate

Figure 7.5: NEP Distribution by School Poverty Rate



NEP Distribution by Race/Ethnicity

Figure 7.6: NEP Distribution by Percentage of Students who are Black and/or Hispanic





How do we achieve 100% of students with access to great nutrition education?

Recommendations

- For schools
- For funders and policy makers
- For organizations that operate NEPs





Next Steps

Coordination: Create a network that coordinates nutrition education distribution, advocacy, evaluation, and resources.

Investment: Build program and school capacity through funding, technical assistance, tools, and training.

Collaboration: Amplify and align the unique roles of nutrition education programs, school community members, funders, advocates, and policy makers.

Nutrition Education Programs in NYC Schools – Searchable Database





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NEWSLETTER

FIND A PROGRAM!

Tisch Food Center ▶ NEP Database

Nutrition Education Programs in NYC [BETA]

About: This database includes information about the many nutrition education programs serving New York City K-12 public schools, run by nonprofits, hospitals, companies, government agencies, and universities. The database helps school community members find programs for their students, allows organizations to identify partners and fill gaps in programming, and gives funders and policy makers insight into the landscape of programs providing nutrition education in NYC schools.

Show/Hide Instructions

To use: Use the filters to narrow your search results. Results are listed alphabetically based on the organization's name. Or, click on an individual organization's name (first line of each program entry) to see all programs offered by that organization. If you are not finding expected results, try removing a filter or use the text search bar. If you have too many results, try adding another filter to refine your search.

This database was produced in tandem with the report *A is for Apple: The State of Nutrition Education Programs in New York City Schools*. Read the full report [here](#).

Note: The database is still being refined. If you have any suggestions, comments, questions, or concerns please contact Claire Uno cu2155@tc.columbia.edu.

Programs Displayed: 43

Search for Programs

Filter by: Cooking x Gardening/farming x

Grades/Audience (+)

Program Components (-)

- ☒ Cooking
- ☐ Field trips
- ☐ Food environment change
- ☒ Gardening/farming
- ☐ Lesson plans/curricula
- ☐ Parent/family involvement
- ☐ School wellness policy/council
- ☐ Student leadership training
- ☐ Teacher professional development

Topics Addressed (+)

Languages Available (+)

Program Availability (+)

Borough(s) with Program (2016/2017) (+)

AND OR Reset

Programs:

Added Value Farms

School Visits at Red Hook Community Farm

This is a one-day farm trip for students in the Red Hook Community Farm. The Farm is a classroom where children and youth roll up their sleeves, learn about plants, and explore where their food comes from. Groups are hosted under a fee in the spring, summer, and fall from local schools, summer camps, and fellow teen programs. Sessions include a farm tour, plant exploration, service-learning activities, and farm-fresh snacks!

Website: <http://www.added-value.org>

Added Value Farms

Youth Empowerment Program

Teen apprentices in the Youth Empowerment Program are trained to develop skills to manage the farm and market, while exploring environmental issues affecting our community. They work during the spring, summer, and fall, earning an hourly wage starting at \$11/hr. They engage in community outreach, build culinary skills, practice teamwork, participate in conferences, lead volunteer groups, and work together to grow as environmental stewards and green leaders.

Website: <http://www.added-value.org>

Bronx Health REACH

Creating Healthy Schools & Communities

This program received a grant to promote healthy environments in Bronx public schools and communities for 2015-2020, through New York State's Healthy Schools and Communities program. It builds on the success of the Healthy Schools New York program, a school-based program operated by the Institute from 2010-2015, in which Healthy Schools staff worked with School Wellness Councils at 22 schools to help schools in high-need districts and their associated communities to increase access to healthy food and physical activity. This grant allows the Institute to sustain these efforts while expanding activities to two additional high-need school districts in the Bronx.

Website: <https://www.institute.org>



School gardening, hands-on cooking, food justice education, health literacy - by any name nutrition education is more important than ever for students' health, academic achievement, and development as 21st century citizens. All New York City students should have access to great nutrition education.