



Healthy Neighborhoods

City Harvest meets the need for emergency food and works to ensure New Yorkers have the food they need on an ongoing basis. We strategically focus our resources on low-income communities where affordable, healthy food is not readily accessible and where residents often suffer from high rates of diet-related diseases like diabetes and obesity. *Healthy Neighborhoods* envisions communities where nutritious food like fresh produce is available, affordable, and in high demand. We have identified communities with high rates of hunger and poverty for additional support—the South Bronx, the North Shore of Staten Island, Bed Stuy in Brooklyn, and Washington Heights/Inwood in Manhattan. By channeling additional free fresh food and other resources to these areas and by working closely with local residents, organizations, and community leaders to improve access to and demand for nutritious food, we are creating a model of a healthy, food-secure neighborhood.

Addressing a Broad Range of Food Needs

Emergency food: Last year, 8.4 million pounds of food reached emergency feeding programs in Healthy Neighborhoods.

Mobile Markets: Held twice per month in four locations, outdoor distributions put free fresh fruits and vegetables directly into residents' hands. Cooking demonstrations are held onsite, with benefits screenings offered by partners.

Community Food Assessments (CFAs): With community members, City Harvest documents food availability in each neighborhood as well as how people shop and eat. Each CFA identifies recommendations for achieving the community's goals for better food and provides a foundation for community partnerships.

Broadening food access through strategic partnerships: City Harvest brings together local organizations and businesses to create new outlets for healthy food and to improve food quality at existing outlets.

Nutrition Education: Volunteer chefs and nutritionists teach people to shop for and prepare healthy food and understand the benefits of choosing nutritious options through hands-on cooking courses and cooking demonstrations.

Agency Capacity Expansion: City Harvest partners with food pantries and soup kitchens to strengthen the emergency food safety net. Last year, City Harvest provided grants of up to \$18,000 each to selected agencies to increase their capacity to meet the food needs of their communities.

Our Healthy Neighborhoods

The South Bronx (Bronx Community Districts 1 and 4)

- 394,000 pounds of produce distributed through Mobile Markets, feeding 1,200 households
- Marketing and program support for Harvest Home Farmer's Markets in 2009 and 2010, launching two new markets in the Bronx
- Cooking demonstrations for New York City Department of Health's Healthy Bodegas Initiative and Green Carts encouraging customers to try and purchase healthy foods
- Regular food deliveries to 44 local emergency food providers
- 26 nutrition education courses offered locally
- Healthy Schools coordinator reaching student body of 600 at PS 385

Staten Island North Shore (Staten Island Community District 1)

- 141,000 pounds of produce distributed through Mobile Markets, feeding 600 households
- Partnership in 2010-11 with GrowNYC to bring Stapleton Youthmarket, a neighborhood farm stand run by local youth, to Tappen Park
- Healthy Corner Stores Initiative expands best practices from the Healthy Bodegas Initiative to Staten Island
- Regular food deliveries to 14 local emergency food providers
- Seven nutrition education courses offered locally
- Healthy Schools coordinator reaching student body of 900 at IS 49

Bed Stuy (Brooklyn Community District 3)

- 154,000 pounds of produce distributed through Mobile Markets, feeding 550 households
- Cooking demonstrations for the Healthy Bodegas Initiative encouraging bodegas to stock healthy foods
- City Harvest serves as one of three convening organizations of the NYC Food and Fitness Partnership, working to increase access to good food and opportunities for physical activity in central Brooklyn. The Partnership is part of the W.K. Kellogg Foundation's Food and Community Program.
- Regular food deliveries to 29 local emergency food providers
- 14 nutrition education courses offered locally
- Healthy Schools coordinator reaching student body of 440 at PS 59

Washington Heights/Inwood (Manhattan Community District 12)

- 34,000 pounds of produce distributed through Mobile Markets, feeding 450 households, in first two months (launched November 2011)
- Community Food Assessment launched October 2011
- Regular food deliveries to 10 local emergency food providers
- 12 nutrition education courses offered locally
- Healthy Schools coordinator reaching student body of 614 at PS 98

For more information about Healthy Neighborhoods, please call John McCook at 212-843-8365.