



EDIBLE SCHOOLYARD NYC



MISSION

Edible Schoolyard NYC partners with public schools to transform the hearts, minds, and eating habits of young New Yorkers through a seed-to-table education.

VISION

All children are educated and empowered to make healthy food choices for themselves, their communities, and their environment, actively achieving a just and sustainable food system for all.

ABOUT EDIBLE SCHOOLYARD NYC

By integrating hands-on food education into high-need schools across New York City, **Edible Schoolyard NYC aims to change attitudes, preferences, and behaviors around healthy eating.** Staff work in schools to support garden builds and maintenance, develop and implement standards-based curriculum, and integrate garden and kitchen classes into the school day. With a goal of transforming the whole school environment, Edible Schoolyard NYC also conducts cafeteria tastings, works with partner organizations on improving cafeteria food, and hosts community days and family programs to involve the whole school and community in wellness education. ESYNYC currently works in six schools across New York City, reaching 3,300 students directly. In addition to its direct work in schools, Edible Schoolyard NYC also supports educators and administrators to develop and expand programming in their own schools through professional development workshops. Through this program, we see 500+ teachers a year, reaching over 80,000 students.

HISTORY

In 1995, nationally acclaimed restaurateur and food activist Alice Waters created the first Edible Schoolyard in Berkeley, California, pioneering the notion that the best place to teach children the connection between food, health, and the environment is in our schools. Edible Schoolyard NYC was established in 2010 as the first northeastern affiliate of the program, and it is a separate 501(c)(3) non-profit with independent board, governance, and leadership. Edible Schoolyard NYC is inspired by the work of Edible Schoolyard Project, and has developed its own curriculum resources to address the needs of New York City public schools.



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THE PROBLEM

Our food system is failing us and holding our children back. The effects of this inequitable system are profound: nearly one in four children in New York City is food insecure, and over 50% of New York City public school children are obese or overweight. Diet-related health issues account for almost 75% of preventable deaths in the U.S. This issue has a disproportionate affect on low-income communities and communities of color. Here in New York City, obesity rates in East Harlem are three times what they are on the Upper East Side, just a few short blocks away. A child born into poverty is twice as likely to be overweight than her more affluent peers. Children in disadvantaged communities lack the access to, engagement with, and education about real, healthy food that they so desperately need and deserve.



A RESEARCH BASED SOLUTION

*“Before I came to this school I didn't eat anything, no fruits or vegetables.
Now that I've come to the garden, I'll try anything.”
Fifth grader at P.S. 216*

Edible Schoolyard's NYC's approach is based on proven models. Research shows that involving children in growing and preparing their own food can have a lasting effect on their eating habits. Students who grow and harvest their own vegetables are more likely to eat them; they also show a willingness to try new foods, which is often the first step towards developing healthier eating habits. At a time when only 14% of American children meet their daily fruit intake and 20% meet that for vegetables, this is a critical first step.

In our Demonstration Schools Program, 76% of parents who took our parent survey reported that their children eat more foods at home since beginning Edible Schoolyard NYC programming. In kitchen classes last year, 95% of students tried the food, and 89% said they liked it. In the survey, 60% of parents reported that their children ask for healthier foods at home. The data shows that we are having an impact on the preferences and eating habits of students in the East Harlem and Gravesend, Brooklyn schools, and that the effects are reaching the wider community.

Experiential garden and kitchen nutrition has also been shown to help students develop a sense of responsibility, self-efficacy and ownership, increase physical activity, improve food and nutrition knowledge, improve interest in eating, improve social skills (including interpersonal relationships, and group cohesion), help foster family relationships and increase parental involvement, help reduce stress, and improve discipline.



PROGRAMS

*“You should see how much the kids learn out here in the garden.
And what they learn, they retain, because they learned it hands-on.”*

Fourth grade teacher at P.S. 216

Edible Schoolyard NYC has three programs: **Demonstration Schools**, **Professional Development**, and our newest program, **Network Schools**. All schools we work in are Title 1 schools, which means that a high percentage of students live in low-income households and qualify for free and reduced-price school lunch. Working in these schools will allow our program to reach a total of over 3,300 young New Yorkers.



In the **Demonstration Schools Program**, we teach hands-on food classes in garden and kitchen classrooms to all children in the school. Classes are taught during the school day as part of the regular schedule, and each student receives about 18-25 hours of programming per year. In addition to regular classes, staff engage communities and families through evening cooking workshops and weekend community garden days and work with partner organizations to improve cafeteria food. The two demonstration schools are in East Harlem and Gravesend, Brooklyn.

Through the **Professional Development Program**, we invite educators to our demonstration schools from all over the city to learn the tools and curriculum to incorporate edible education into their own classrooms.

The **Network Schools Program** expands on the work of the demonstration schools, bringing it into the Bronx and Central Brooklyn in a scalable model that requires fewer resources. All of these schools are located in areas of New York City that have been identified as having high rates of diet-related diseases. The program is currently in its third year in four schools.



We believe every child deserves access to an edible education: every child, regardless of where they are born, should learn how to eat healthily and joyfully and experience the transformative power that knowledge and education will have on their health.



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Edible Schoolyard NYC partners with public schools to transform the hearts, minds, and eating habits of young New Yorkers through garden and kitchen classes integrated into the school day. We work with underserved communities with limited access to healthy food. Our program provides direct service to students in our partner schools, and indirect service through Professional Development.

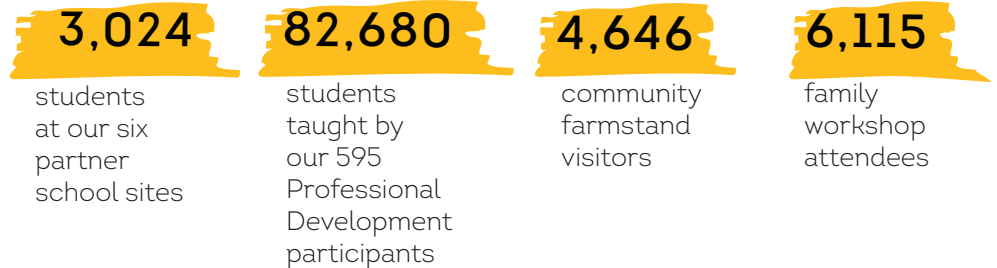
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“I used to not like peppers but now that I tasted them in the salsa, I think I kind of love them.”
– Student, P.S. 216

PLANTING THE SEEDS FOR A HEALTHIER TOMORROW

OUR REACH KEEPS GROWING

Over the past school year we reached:



OUR PROGRAM WORKS!

Our data¹ show that we are achieving our desired outcomes across ALL school sites.

HEARTS

Preference for eating healthy food

37%

increase in willingness to try a new vegetable in the cafeteria

MINDS

Knowledge about cooking skills and food systems

29%

increase in students who report that they can read a recipe

EATING HABITS

Behavior around healthy eating

13%

increase in fruit and vegetable consumption at home every day

OUR IMPACT IS INCREASING

In the 2016-2017 school year:

- We taught 2,358 lessons, or **26% more** than the previous year
- **2 out of 3** new students reported liking vegetables more at the end of their first year in the program
- We facilitated 75 cafeteria tastings and activities - almost **7x more** than the previous year
- We reached 595 educators through our Professional Development offerings, a **142% increase** over the previous year
- 6,115 people came to our family workshops - **7x more** than the previous year
- We welcomed 2,339 visitors at P.S. 7's community farmstand, a **70% increase** over the previous year
- Our Bronx Network Schools enjoyed **significant increases** over the previous year in overall school wellness metrics²

¹ Derived from a variety of sources, including student, parent, and Professional Development attendee surveys; parent and teacher interviews; class observations; the Healthy Schools Toolkit (in conjunction with our strategic partner FoodCorps); and a Columbia Teacher's College Research survey.

² FoodCorps Healthy School Progress Report.



ESYNYC AND THE FOODCORPS HEALTHY SCHOOLS PROGRESS REPORT

The FoodCorps Healthy Schools Progress Report is an assessment tool which measures the overall culture of health at schools using FoodCorps' Healthy Schools Toolkit. The report looks at four categories of school environmental health: Hands-On Learning, Healthy School Meals, Schoolwide Culture of Health, and Community Support. All six of ESYNYC's partner schools (two Demonstration Schools and four Network Schools) have completed the Healthy Schools Progress Report for the past two years and their scores increased year over year.

HIGHLIGHTS OF RESULTS

- ESYNYC partner schools scored **above the national average** in each section of the Healthy Schools Progress Report.
- **Every ESYNYC partner school improved**, with South Bronx Network School P.S. 109 achieving the most marked improvement.
- Schools with second-year FoodCorps service members performed better than schools with new ones.
- The Demonstration Schools (Gravesend, Brooklyn and East Harlem) scored higher on hands-on learning outcomes but lower than second-year network schools on all other outcomes. This may be because ESYNYC has its own full-time teaching staff on-site, which means that they interface less with school staff.

Healthy School Toolkit Scores by Site

