

ESYNYC is a nonprofit organization making edible education—where **children experience hands-on cooking and gardening**—accessible to public school students in NYC so that they develop healthy habits and contribute to a healthy and sustainable food system for us all.

## ESYNYC'S IMPACT DURING THE 2024-2025 SCHOOL YEAR:

**4,000+** STUDENTS ACROSS  
**15** CORE + MOBILE EDUCATION SITES

**400+**  
EDUCATORS TRAINED

Surveys of students, parents and other caregivers, and educators demonstrate the impact of our programming at our Core Schools, where ESYNYC educators are in residence, and students participate in gardening and cooking classes as part of their school day.



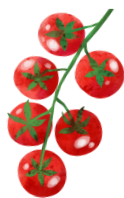
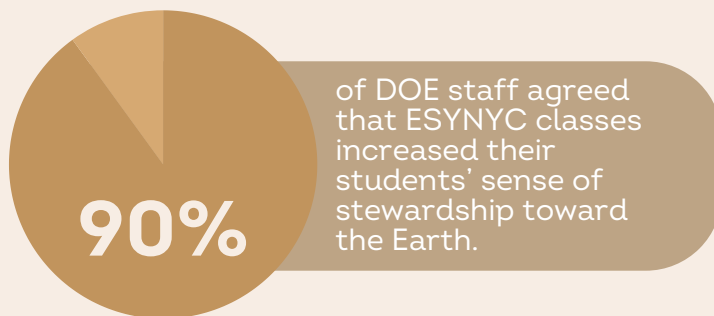
ESYNYC supports students in eating **fruits, vegetables, and eating healthy overall**.

Most caregivers agreed that their child was more interested in eating fruits (**88%**), eating healthy (**92%**), and eating vegetables (**84%**) because of participating in ESYNYC.

“I want to sincerely thank you for offering the Cooking and Gardening classes. Since participating, my kids have shown a growing interest in healthy eating, gardening, and trying new foods—something that truly delights us as a family. These classes have made a meaningful impact.”  
- PARENT



The school garden is a resource for connecting students to **nature and environmental stewardship** and helps them understand where food comes from.



Students reported knowing more about how to care for the school garden because of ESYNYC. Many are able to carry out **gardening activities independently**.



**9 in 10** students had self-efficacy to water the garden and plant seeds either on their own or with a little help.

“Students were able to learn about plants, experiment with gardening tools and cooking tools, and have [our ESYNYC teacher] help us plant seeds to grow plants in the classroom.”  
- DOE CLASSROOM TEACHER





ESYNYC classes foster students' **social and emotional learning** by creating an environment where students **work together, take small risks, try new things, and connect to nature.**

## Among NYC DOE staff:

- **98%** agreed that ESYNYC classes positively contributed to their students' **well-being**.
- **98%** agreed that ESYNYC classes helped students develop **cooperation skills**.
- **92%** agreed that ESYNYC classes helped their students become more **confident** overall.



*The way they incorporate values such as being kind, brave, and teamwork is so positive. I like how students feel excited to try the food that they made.*

- DOE CLASSROOM TEACHER



Students learn about **different cultures** through ESYNYC. Classes also reflect students' own cultures, but to a somewhat lesser extent.

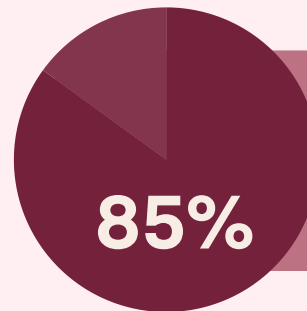


*Learning about foods from different cultures (and parts of the world) was eye opening for a lot of my students. They would not have tried those foods otherwise...*

- DOE CLASSROOM TEACHER

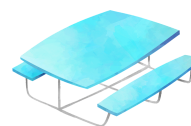


ESYNYC **supports students' academic learning** and teachers integrate Edible Schoolyard NYC into their own classes.



of DOE staff agreed ESYNYC cooking and gardening classes help their students understand at least one academic topic.

An additional **78%** of DOE staff said students make connections between ESYNYC cooking and gardening classes and their **core curriculum**.



Students are engaged during ESYNYC classes, and ESYNYC helps **strengthen school communities**. Students, parents, and DOE staff feel other schools should have programs like ESYNYC.



More than **9 in 10** DOE staff agreed that their students felt more positively towards school because of participating in the classes.