



# EDIBLE SCHOOLYARD NYC



## MISSION

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Edible Schoolyard NYC's mission is to support edible education for every child in New York City.

## VISION

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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

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By integrating hands-on food education into high-need schools across New York City, **ESYNYC 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, ESYNYC also conducts cafeteria tastings, works with partner organizations on improving cafeteria food, and hosts community days and family programs. ESYNYC currently works in six schools across New York City, reaching 4,000 students directly, and is adding a seventh in September 2018. ESYNYC also supports educators and administrators to develop and expand programming in their own schools through Professional Development workshops, reaching nearly 600 educators and administrators a year who in turn see over 394,350 students.

## HISTORY

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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. ESYNYC 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. ESYNYC is inspired by the work of Edible Schoolyard Project, and has developed its own curriculum resources to address the unique needs of NYC public schools.

## THE PROBLEM



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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

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*“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*

ESYNYC'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

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*“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*

ESYNYC 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 we directly reach over 4,000 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.



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.

Through the **Professional Development Program**, we



**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.**





# EDIBLE SCHOOLYARD NYC

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.

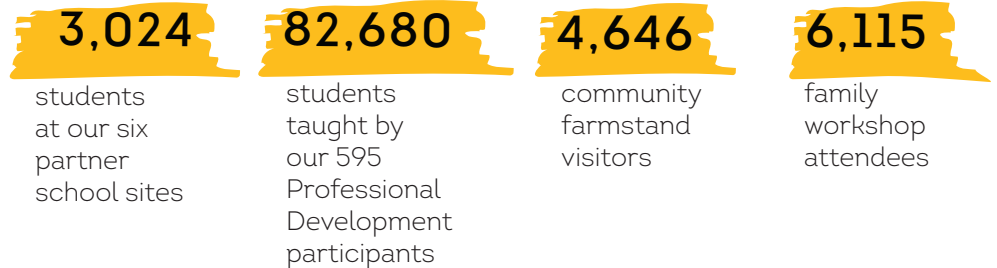
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“I used to not like peppers but now that I tasted them in the salsa, I think I kind of love them.”  
– Student, P.S. 216

# PLANTING THE SEEDS FOR A HEALTHIER TOMORROW

## OUR REACH KEEPS GROWING

Over the past school year we reached:



## OUR PROGRAM WORKS!

Our data<sup>1</sup> 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 metrics<sup>2</sup>

<sup>1</sup> 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.

<sup>2</sup> FoodCorps Healthy School Progress Report.



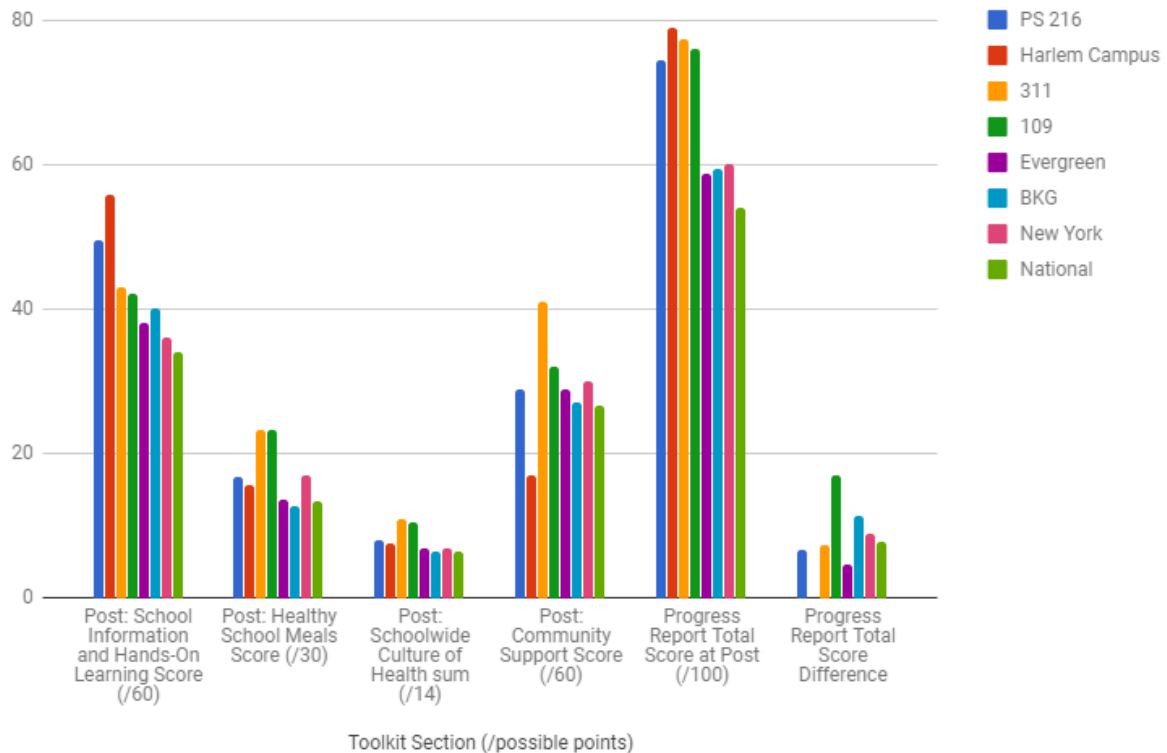
# ESYNYC AND THE FOODCORPS HEALTHY SCHOOLS PROGRESS REPORT

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



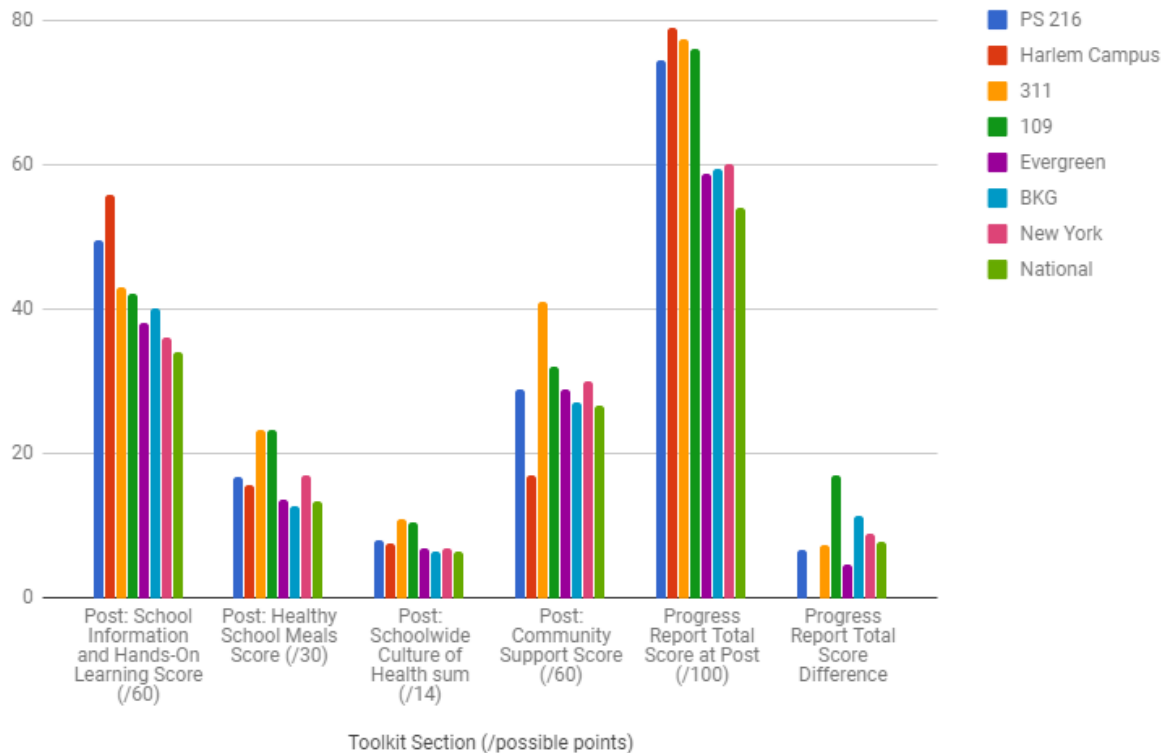
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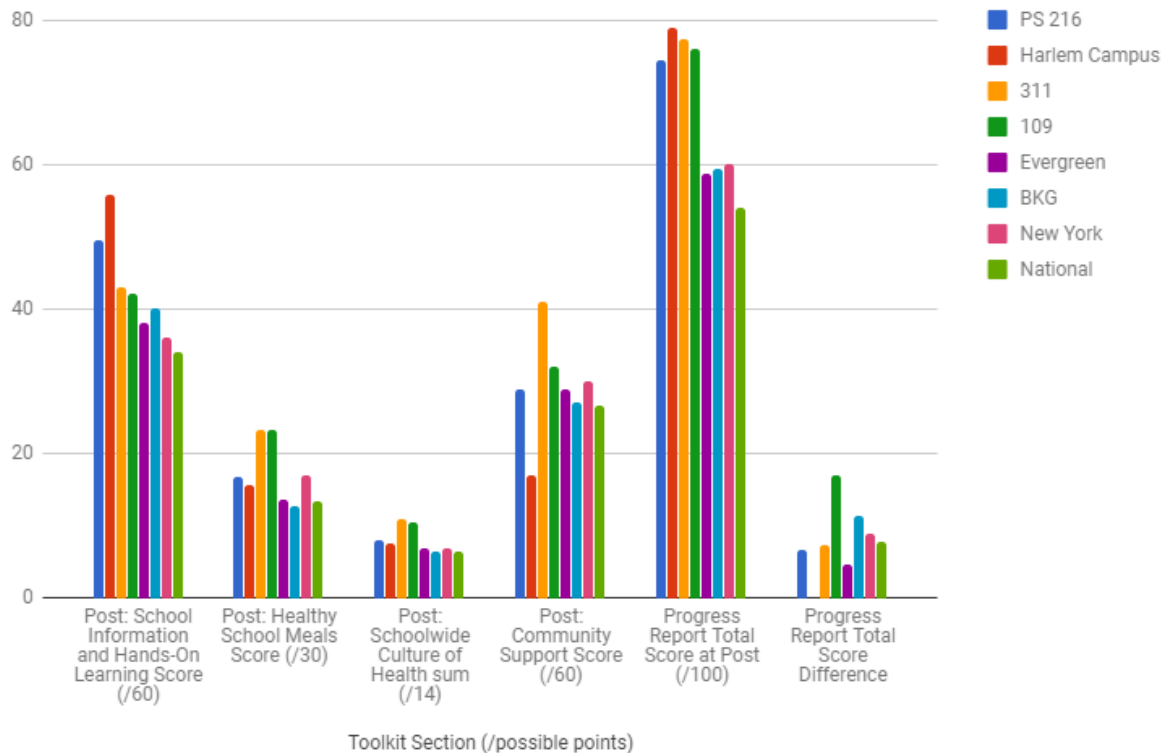
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Healthy School Toolkit Scores by Site





## **Edible Schoolyard NYC and Bubble Foundation to Merge**

*Leading to one stronger organization, better positioned to bring nutrition and wellness education to more New York City students*

NEW YORK, [September 20, 2018] – Edible Schoolyard NYC and the Bubble Foundation, two nonprofit organizations bringing innovative nutrition education programs to New York City schools for more than eight years, today announced their intention to merge the Bubble program into Edible Schoolyard NYC's existing operations. The merger will significantly increase Edible Schoolyard NYC's partner school network and bolster its goal to provide nutrition education to more underserved New York City public school students.

In NYC, nearly one in four children is food insecure, 40% of elementary school children are overweight, and 94% of children don't eat enough vegetables in a day. These issues disproportionately affect low-income communities and communities of color, perpetuating an unjust and inequitable food system. Edible Schoolyard NYC and Bubble have worked independently to provide nutrition and wellness education and programming in these underserved communities, and to engage families and school communities in healthy behaviors. Given these synergies and the rapidly expanding landscape of nutrition education providers, combining the two organizations is a logical and exciting step forward.

“Edible Schoolyard NYC's new strategic plan calls for expanding our reach so more NYC students and families receive meaningful nutrition and wellness education,” stated John Lyons, Board Chair of Edible Schoolyard NYC. “With this merger, which combines Edible Schoolyard NYC's resources, expertise, and in-depth service model with Bubble's proven curriculum and broad network of schools, we are poised to do just that. We are honored to build on Bubble's legacy, helping us fuel our next stage of growth.”

The combined organization, which will operate under the Edible Schoolyard NYC name, will have a network of 23 New York City public schools. Edible Schoolyard NYC will spend the next year working with its staff, board, and other stakeholders to determine the best way to fully integrate the Bubble schools into the organization.

“Since we started the Bubble Foundation in 2010, our mission has been to partner with schools to foster healthy lifestyles for children through nutrition and wellness education for the whole school community,” stated Amy Nauiokas, Bubble Foundation Co-Founder and Board Chair. “By joining Edible Schoolyard NYC, we will accelerate that mission and, together, empower more children to live healthy and happy lives.”

Amy Nauiokas will be working closely with John Lyons to provide a smooth transition of leadership and opportunity. Lizzie Redman, who served as Bubble's Executive Director, will be joining Edible Schoolyard NYC's Program Advisory Committee to ensure continuity of the program.

“It is a great day for New Yorkers when two important, mission-driven organizations see a higher value in the sum of their parts and come together to serve their community jointly,” stated Barbara Turk, New York City's Director of Food Policy. “Congratulations to Bubble and ESYNYC, who in combining their efforts to improve the lives and wellbeing of thousands of children, will strengthen the impact of their programs and continue to make a meaningful difference in future generations' relationships with health and food.”

The merger is expected to be completed later in the fall.

### **Contacts**

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## **About Edible Schoolyard NYC**

Edible Schoolyard NYC's mission is to support edible education for every child in New York City. The organization partners with New York City public schools to cultivate healthy students and communities through hands-on cooking and gardening education, transforming children's relationship with food. Inspired by the philosophy and model of Edible Schoolyard Berkeley and its founder, acclaimed restaurateur and food activist Alice Waters, ESYNYC was founded in 2010 to serve the specific needs of students in historically underserved NYC public schools. Since its inception, ESYNYC has grown from offering one program in one school in one neighborhood, to offering four programs in seven schools throughout NYC. ESYNYC provides direct service to 4,000 students and 525 educators and administrators, who in turn reach another 394,350 students indirectly. ESYNYC's vision is that 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 Bubble Foundation**

Established in 2010, Bubble began as a small organization seeking to make a significant difference in one school in the South Bronx. Since that first successful program, Bubble's reach has grown exponentially, providing 16 underserved schools and over 8,500 children in New York City with our proven curriculum in nutrition and wellness. New York City public schools, where 40% of kids in grades K-8 are overweight or obese, face a public health crisis. Unfortunately, schools, where children eat up to three meals a day, face limited resources and knowledge to address this crisis. Through a two-year commitment, Bubble partners with schools free of charge to incorporate strong wellness programming and policies into their curriculum and culture, building a foundation for healthy schools that empower healthy kids. Bubble focuses on all aspects of healthy schools – from access to food and fitness, to education in the classroom, to parent and community engagement. As of fall 2018, the Bubble Foundation will no longer operate as a separate organization, and its programming will be implemented by Edible Schoolyard NYC.