

The background features abstract, overlapping geometric shapes in various shades of green, ranging from light lime to dark forest green. These shapes are primarily located on the left and right sides of the page, framing the central white area.

Food and Fitness

Believe in a Healthy Newark

Food and Fitness: Partners

The Food and Fitness Committee was formed in February 2017. The committee consists of thought leaders from different sectors:

- ▶ Community Development Corporations (Urban League of Essex County),
- ▶ Local health care providers (RWJ Barnabas),
- ▶ Community development leaders (YMCA, Shoprite, Program for Parents) and
- ▶ Higher Education (Rutgers University-Newark)
- ▶ City of Newark Office of Sustainability

Food and Fitness: The Three Goals

Goal 1. Provide access to affordable healthy foods including, but not limited to urban farms, community gardens and farmers markets.

Task: Map the food ecosystem in the South and West Wards of Newark

Indicators of Success

- ▶ Publish map for consumers; advertise with local entities for families to have access
- ▶ Explore creating farmer co-ops for SNAP; create system of payment that allows families to access community gardens, urban farms and farmer's markets.

Food and Fitness

Goal 2: Adopt a food policy that includes the following:

All children deserve high quality food

Task: Conduct a campaign around access to healthy food for children

Indicators of Success

1. Newark's Municipal Council Adopts local nutritional standards for pre-schools, meals served in community service organizations and schools
2. Newark Public Schools adopts and implements nutrition standards for breakfast and lunches served

Food and Fitness

Goal 3: Provide access to physical recreation and activities

Task: Map physical recreation locations including but not limited to parks and playgrounds

Indicators of Success:

1. Children and adults have access to regular recreation in a safe space
2. Childhood obesity rates decrease

Food and Fitness: Subcommittees

After meeting to discuss the goals and objectives of the committee, we broke down into 2 groups: Data and Nutrition.

Data :

- ▶ Mapping all corner stores, supermarkets, fast food restaurants, farmers markets and urban gardens in the south and west wards.
- ▶ The survey is currently being developed and administered.
- ▶ Once the data is available, it will be housed in a consumer friendly format.
- ▶ A similar survey is also being conducted for recreation spaces.
- ▶ Expected completion: Data collection to be completed by end of April 2018. Results expected end of June, 2018.

Food and Fitness Subcommittees: Nutrition

Nutrition:

- ▶ Met with Dr. Riggins @ NPS
- ▶ Working to identify all elementary schools in the south and west ward
- ▶ Establish a fresh fruits and vegetable program in each school (currently a free program offered, underutilized)
- ▶ Establish nutrition councils in each school to engage principal, food services, students and parents in making healthy choices throughout the school day.
- ▶ Expected results: Fall of 2018, an increase in applications, nutrition councils

Food and Fitness

Thank you!

