8 Habits of Healthy Kids

1. Spend at least one hour a day being physically active.
2. Limit TV, computer games and the Internet to no more than one hour a day.
3. Don’t eat in front of the TV.
4. Drink water instead of soda.
5. Eat more fruits and vegetables.
6. Eat less fast food (no more than once a week). Choose smaller portions if you do eat out.
7. Snack on healthy foods and eat less junk food and sweets.
8. Switch to 1% or fat-free dairy products.

“The 8 Habits of Healthy Kids” adapted and printed with permission from the Strang Cancer Prevention Center’s “Healthy Children Healthy Futures” program.

The New York City Department of Health & Mental Hygiene
Bronx District Public Health Office
1826 Arthur Avenue • Bronx, New York 10457
Phone: (718) 466-9178 • Fax: (718) 299-3334

For more information about health services and resources available citywide, call 311

Updated Spring 2009
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## Physical Activity & Nutrition Resources on the Web

<table>
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<th>Website</th>
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<tr>
<td>Action for Healthy Kids</td>
<td><a href="http://www.actionforhealthykids.org">www.actionforhealthykids.org</a></td>
</tr>
<tr>
<td>American Cancer Society</td>
<td><a href="http://www.cancer.org">www.cancer.org</a></td>
</tr>
<tr>
<td>American Diabetes Association</td>
<td><a href="http://www.diabetes.org">www.diabetes.org</a></td>
</tr>
<tr>
<td>American Lung Association</td>
<td><a href="http://www.lungusa.org">www.lungusa.org</a></td>
</tr>
<tr>
<td>American Obesity Association</td>
<td><a href="http://www.obesity.org">www.obesity.org</a></td>
</tr>
<tr>
<td>Community Markets</td>
<td><a href="http://www.communitymarkets.biz">www.communitymarkets.biz</a></td>
</tr>
<tr>
<td>Department of Health &amp; Mental Hygiene, NYC</td>
<td><a href="http://www.nyc.gov/health">www.nyc.gov/health</a></td>
</tr>
<tr>
<td>Flaghouse Fitness &amp; Recreation Supplies for Youth</td>
<td><a href="http://www.flaghouse.com">www.flaghouse.com</a></td>
</tr>
<tr>
<td>Green Guerillas</td>
<td><a href="http://www.greenguerillas.org/">www.greenguerillas.org</a></td>
</tr>
<tr>
<td>Go City Kids</td>
<td><a href="http://www.gocitykids.com">www.gocitykids.com</a></td>
</tr>
<tr>
<td>Hip 4 Kids</td>
<td><a href="http://www.hip4kids.org">www.hip4kids.org</a></td>
</tr>
<tr>
<td>Just Food</td>
<td><a href="http://www.justfood.org/jf/">www.justfood.org/jf/</a></td>
</tr>
</tbody>
</table>

## Health Care Resources

- [www.cenyc.org/HTMLGM/maingm.htm](http://www.cenyc.org/HTMLGM/maingm.htm)  
- [www.cdc.gov/nccdphp/dnpa](http://www.cdc.gov/nccdphp/dnpa)  
- [www.familyfoodzone.com/](http://www.familyfoodzone.com/)  
- [http://americanfitness.net/infophysicalfitness.html](http://americanfitness.net/infophysicalfitness.html)  
- [www.nycfoodandfitness.org](http://www.nycfoodandfitness.org)  
- [www.presidentschallenge.org](http://www.presidentschallenge.org)  
- [www.shapeup.org](http://www.shapeup.org)  
- [www.sparkpe.org](http://www.sparkpe.org)  
- [www.sportime.com](http://www.sportime.com)
Dear Friends in the South Bronx Community:

Most of us know that being physically active and eating well are good for our health. People who are physically active are less likely to be overweight or obese, and have less incidences of heart disease, stroke, high blood pressure, diabetes and cancer. In addition, regular physical activity and good nutrition habits can promote well-being and relieve stress.

In spite of its potential benefits, many do not get the recommended 30 to 60 minutes of physical activity on most days of the week. One reason is that many people don’t know where exercise programs are located. Likewise, many people do not eat the recommended amounts of fruits and vegetables, because they do not know where to find fresh produce in their neighborhoods.

We have prepared this directory to help you find conveniently located physical activity and nutrition resources in the South Bronx, many of which are sponsored by non-profit organizations, community groups, and various city agencies.

If you know about programs that are not on this list or would like to submit your comments or questions regarding information in this guide, please call us at (718) 466-9178.

Sincerely,

Jane Bedell, MD
Assistant Commissioner
Medical Director, Bronx District Public Health Office
New York City Department of Health and Mental Hygiene
Physical Activity & Nutrition Resources

The area defined as the South Bronx and serviced by the Bronx District Public Health Office includes the following areas:

- Hunts Point & Mott Haven (zip codes 10454, 10455, 10459, and 10474)
- Highbridge & Morrisania (zip codes 10451, 10452, and 10456)
- Crotona & Tremont (zip codes 10453, 10457, and 10460)

Parts of Community Boards 1-6 are represented in the above area.

Beacon After-school Programs

Beacon programs are sponsored by the NYC Department of Youth and Community Services and offer a wide variety of physical activity and sports programs for youth. Call each site for more information.

CES 11
1257 Ogden Avenue
Bronx, New York 10452
Contact: Marie Stroud or Elizabeth Bajero
(718) 590-0101

CS 214
1122 E. 180th Street Room 212
Bronx, New York 10460
Contact: Sonia Allen
(718) 542-8333 ext. 10

MS 222
345 Brook Avenue Room 109
Bronx, New York 10454
Contact: Tracy Pringle
(718) 585-3353

JHS 117
1865 Morris Avenue
Bronx, New York 10453
Contact: Marco Chiapetta
(718) 293-5272
www.acdp.org

Dr. Charles R. Drew Educational Complex
3630 Third Avenue, Room 227
Bronx, New York 10456
Contact: Dennis Carter
(718) 293-5272

IS 217 School—Performing Arts
977 Fox Street
Bronx, New York 10459
Contact: Mr. Joseph M. Mpa
(718) 589-4844

MS 201
730 Bryant Avenue
Bronx, New York 10474
Contact: Martha Flores
(718) 861-4671

Dr. Charles R. Drew Educational Complex
3630 Third Avenue, Room 227
Bronx, New York 10456
Contact: Dennis Carter
(718) 293-5272
www.acdp.org

The Healthy Choices Program

This childhood obesity program includes nutrition counseling, group discussions, and a complete fitness program. Ages 6 through 19; includes individual sessions with a health educator on nutrition and fitness. Due to the high-risk medical conditions associated to child obesity, patients must be seen first by one of their pediatricians. Sessions and workshops are of no cost to the patient. Enrollees will be referred to the Healthy Choices Program by their PCP.

Diabetes Group

1 hour of diabetes education that helps patients with diabetes learn about this condition and its management. Includes demonstrations of healthy cooking. Healthy snacks are offered at each class to participants. 1st Thursday of every month 10am-11 am.

Segundo Ruiz Belvis Neighborhood Family Health Center
54 East 142nd Street
Bronx, New York 10454
Contact: Peggy Dow
(718) 579-4000
peggy.hyman-dow@nychhc.org

Childhood Obesity Program

Includes nutrition counseling, group discussions, and a complete fitness program sponsored by St. Mary’s Recreational Center ages 8-18. The service is free, but the child must become a patient at the facility.

South Bronx Health Center for Children & Families
871 Prospect Avenue
Bronx, New York 10459
Contact: Sandra Arevalo
(718) 991-0605 ext. 275
sarevalo@montefiore.org
http://www.montekids.org/programs/sbhccf/

Diabetes Group

1 hour of diabetes education that helps patients with diabetes learn about this condition and its management. Includes demonstrations of healthy cooking. Healthy snacks are offered at each class to participants. 1st Thursday of every month 10am-11 am.

For Children Only ▲ For Adults Only ■ For Everyone ◊ Free Service

A Guide to Fitness & Nutrition Programs in the South Bronx

A Guide to Fitness & Nutrition Programs in the South Bronx

Physical Activity

Nutrition Resources

Morrisania Neighborhood Family Health Center
1225 Gerard Ave.
Bronx, New York 10452
Nancy Hernandez
(718) 960-2777 ext. 7005

Women, Infants and Children (WIC)

Breast-feeding and peer counseling program designed to teach new parents the importance of nutrition.

The Healthy Choices Program

This childhood obesity program includes nutrition counseling, group discussions, and a complete fitness program. Ages 6 through 19; includes individual sessions with a health educator on nutrition and fitness. Due to the high-risk medical conditions associated to child obesity, patients must be seen first by one of their pediatricians. Sessions and workshops are of no cost to the patient. Enrollees will be referred to the Healthy Choices Program by their PCP.

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A Guide to Fitness & Nutrition Programs in the South Bronx

Bronx Health Center of Community Health Care Networks
975 Westchester Avenue
Bronx, New York 10459
(718) 991-9250
Services: Case management, HIV counseling and testing, Treatment Adherents program for HIV patients, transgender program, and a nutrition program.
Call for more information on programs and times.

The Family Weight Management Program at North Bronx Healthcare Network
Contact: Gyselle Gonzalez
(718) 918-4975
gyselle.gonzalez@nbhn.net

Jacobi Medical Center
1400 Pelham Parkway South
Building 8, First Floor
Bronx, New York 10461

North Central Bronx Hospital
3424 Kossuth Avenue, 4-A
Bronx, New York 10467

The Family Weight Management Program
Evaluates and provides care for children and adolescents with weight problems. The bilingual staff includes pediatricians, a nurse practitioner, nutritionist, social worker, psychologists, nursing assistants and a clinic coordinator/recreation instructor. Services provided include access to medical care for both children and parents, complete medical screenings, including physical examinations and blood tests, individualized treatment nutritional counseling for parents and children, fitness classes, psychological consultations, as well as individual and group counseling sessions for children and parents. Many insurance plans are accepted. Children who are not a part of the North Bronx Care Network need a referral from the primary care physician.

Lincoln Medical and Mental Health Center
234 East Eugenio Mario De Hostos Boulevard (149th St.)
Bronx, New York 10451
Contact: Juliette Brown
(718) 579-6357

Women, Infants and Children (WIC), Nutrition and Fitness Program
Open to pregnant women and children up to 5 years old, who meet a financial, medical and nutritional need. Lincoln Hospital offers a variety of nutrition classes, with an emphasis on breast-feeding and the prevention of childhood obesity. Call for more information on programs and schedule.

Food and Nutrition Services
Lincoln Hospital provides continuous plans for the provision of patient care in the in-patient and out-patient population for all groups. Patients and/or family members are provided with nutrition education to increase their knowledge and promote behavioral changes as needed. This service participates in nutrition education outreach and educates health care providers on nutritional aspects of patient care.

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Citizen’s Advice Bureau
CAB Community Center
1130 Grand Concourse
Bronx, New York 10456
Contact: Jean Tibbets
(718) 293-0727
www.cabny.org

Includes After-School, Summer Camp & Teen Programs; Early Childhood Learning Center; Prevention; Even Start Family Literacy Program. Facility includes a swimming pool. Call for further information on programs and times.

6 Elements of Fitness
803 Prospect Ave.
Bronx, NY 10455
Contact: Donovan Green
(347) 587-6111
Donovansfitness@hotmail.com
www.6elementsoffitness.com

A local family gym in the South Bronx that provides affordable personal training and fitness instruction. No yearly membership and no contracts are required. Includes several $10 classes: Butt & Gut, Fat Burner, Women’s Self Defense, Boot Camp, Strength Training, and Martial Arts. There are also programs for high school students and children ages 5-13. Call for further information on programs and schedules.

I Challenge Myself
201 St. Ann’s Avenue
Bronx, New York 10454
Contact: Ana M. Reyes
(718) 585-5021
anar@ichallengemyself.org
www.ichallengemyself.org

The I Challenge Myself program is available to students at least 14 years of age enrolled at the George Washington Educational Campus and The Bronx Lab School for the 2008-2009 school year. Activities include indoor spinning, running, and swimming in addition to resistance training, nutrition workshops and map reading. Students are eligible to receive one physical education or elective credit. The students will train for 2 fitness challenges that will take place in January and June. If you are interested in bringing the program to your school or site, please call or email.

Benitez Arturo Baseball Little League
760 Bryant Avenue
Bronx, New York 10474
(718) 328-1188

The Family Weight Management Program
Evaluates and provides care for children and adolescents with weight problems. The bilingual staff includes pediatricians, a nurse practitioner, nutritionist, social worker, psychologists, nursing assistants and a clinic coordinator/recreation instructor. Services provided include access to medical care for both children and parents, complete medical screenings, including physical examinations and blood tests, individualized treatment nutritional counseling for parents and children, fitness classes, psychological consultations, as well as individual and group counseling sessions for children and parents. Many insurance plans are accepted. Children who are not a part of the North Bronx Care Network need a referral from the primary care physician.

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Bronx, New York 10456
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(718) 293-0727
www.cabny.org

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Donovansfitness@hotmail.com
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760 Bryant Avenue
Bronx, New York 10474
(718) 328-1188

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A Guide to Fitness & Nutrition Programs in the South Bronx

Hunts Point Recreation Center
765 Manida Street
Contact: Fernando Rosa
(718) 860-5544
Indoor track, fitness center, martial arts, boy scouts program and athletic field. Membership required.
Monday-Friday 9am-9:30pm
Saturday 9:30am-4:45pm

Mullaly S.C.A.N. Recreation Center
164th Street & Jerome Avenue
Bronx, New York 10452
Contact: George Parker
(718) 590-5743
Gymnasium, after-school program and summer camp.
Monday-Friday 8am-8pm

Mullaly Skate Park
164th Street & River Avenue
Bronx, New York 10452
Contact: Robert Ramos
(718) 822-4191
Rollerblading, skating and skateboarding.
Membership required.
Monday-Saturday 8am-7pm

Mercy Center
377 East 145th Street
Bronx, New York 10454
Contact: Mary Galeono
(718) 993-2789
info@mercycenterbronx.org
www.mercycenterbronx.org
Activities include adult Salsa, Meringue and Swing-dance lessons, Yoga and Dancercise (women only). Dancing and drumming programs for children in grades 1-12 are also available. Please call for detailed schedules.
Monday-Friday 6am-12am
Saturday-Sunday 8am-8pm

New York City Department of Parks & Recreation Facilities
http://www.nycgovparks.org/facilities/recreationcenters

Crotona Park
Fulton Avenue & Crotona Park East
Bronx, New York 10457
Contact: Steven Cain
(718) 430-4675
Outdoor swimming pool, nature center, tennis courts, basketball courts, athletic fields, and playgrounds.

Bissel Gardens Farmers Market
Baychester Ave. & East 241st St.
Wed 10am-3pm & Sat 9am-1pm

Northeast Bronx Farmers Market
Hammersley and Wickman Aves.
Saturday 9am-6pm

Harvest Home Sunday Farmers’ Market
Grand Concourse & E. 165th St.
Sunday 8am-4pm

Harvest Home Mt. Eden Farmers’ Market
Mount Eden Avenue & Morris Avenue (Claremont Park)
Thursday 8am-4pm

Harvest Home Forest Avenue Farmers’ Market
Forest Avenue between Westchester Ave & 156th St.
Wednesday 8am-4pm

Harvest Home Jacobi Hospital Farmers’ Market
1400 Pelham Pkwy at Eastchester Road
Tuesday 8am-4pm

Harvest Home Echo Park Farmers’ Market
Tremont Ave between Anthony & Webster Aves.
Day(s) TBD

South Bronx CSA Farmers’ Market
139th St., between St. Anns & Cyprus
Wednesday 10am-6pm

Harvest Home Mt. Eden Farmers’ Market
Mount Eden Avenue & Morris Avenue (Claremont Park)

Harvest Home Forest Avenue Farmers’ Market
Forest Avenue between Westchester Ave & 156th St.

Harvest Home Jacobi Hospital Farmers’ Market
1400 Pelham Pkwy at Eastchester Road

Harvest Home Echo Park Farmers’ Market
Tremont Ave between Anthony & Webster Aves.

Bronx Community Supported Agriculture Program (CSA)
199 Lincoln Avenue #214
Bronx, New York 10454
Contact: Gordy Cook
(718) 292-4344
Fax: (718) 292-4350
southbronxcsa@yahoo.com

This program allows members to purchase a “share” of vegetables directly from a local New York farmer and receive weekly deliveries of seasonal vegetables June–November (winter shares are optional). Locally grown fruit, organic milk, yogurt, cheese, chicken, eggs and honey are also available.
The CSA takes at least one trip to the farm upstate each year, and arranges cooking classes for members and their kids. The CSA accepts EBT / Food Stamps.
### Farmers’ Markets
Local farmers & community gardens supply fresh fruits & vegetables during the farmers’ market season (early July-mid-November). Throughout the season the Bronx DPHO and various community partners team up to offer health and nutrition information at many of the markets. Farmers’ markets are also key locations in which the Bronx DPHO distributes “Health Bucks”, which are worth $2 each and can be used to purchase fresh fruits and vegetables at participating farmers’ markets (listed on each Health Buck). In addition, most of the farmers’ markets accept food stamps( EBT/ Electronic Benefit Cards)

- For the most up to date farmers’ markets and EBT locations please visit: [http://www.nyfarmersmarket.com/regionmetroboston](http://www.nyfarmersmarket.com/regionmetroboston)
- Contact the Bronx DPHO at: (718) 466-9178 for additional information.

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<thead>
<tr>
<th>Farmers’ Market</th>
<th>Address</th>
<th>Contact Details</th>
<th>Phone number</th>
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<tbody>
<tr>
<td><strong>La Familia Verde Farmers’ Market</strong></td>
<td>East Tremont &amp; La Fontaine Avenue</td>
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<tr>
<td><strong>Taqwa Community Farmers’ Market</strong></td>
<td>Ogden Avenue &amp; 164th Street</td>
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<tr>
<td><strong>New York Botanical Gardens Farmers’ Market</strong></td>
<td>Moshulu Parkway &amp; Kazimiroff Blvd. (in the garden)</td>
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<tr>
<td><strong>Hunts Point Farmers’ Market</strong></td>
<td>Monsignor Raul del Valle Square</td>
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<td></td>
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<tr>
<td><strong>MBD Community Park Farmers’ Market</strong></td>
<td>1710 Southern Blvd. &amp; 173rd St.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Roberto Clemente State Park</strong></td>
<td>West Tremont &amp; Mathewson Road Bronx, New York 10453</td>
<td>Contact: Robert Morris</td>
<td>(718) 299-8750</td>
</tr>
<tr>
<td><strong>Butler Houses</strong></td>
<td>1368 Webster Avenue Bronx, New York 10456</td>
<td>Contact: Michelle Hawkins</td>
<td>(718) 410-5050</td>
</tr>
<tr>
<td><strong>Davidson Houses</strong></td>
<td>1221 Prospect Avenue Bronx, New York 10459</td>
<td>Contact: Ronald Parker</td>
<td>(718) 328-9078</td>
</tr>
<tr>
<td><strong>St. Mary’s Recreation Center</strong></td>
<td>450 St. Ann’s Avenue Bronx, New York 10454</td>
<td>Contact: Shawn James</td>
<td>(718) 402-5155</td>
</tr>
<tr>
<td><strong>Sedgwick Houses</strong></td>
<td>1553 University Avenue Bronx, New York 10453</td>
<td>Contact: Marilyn Patterson</td>
<td>(718) 731-2600</td>
</tr>
</tbody>
</table>

### Nutrition

**For Children Only  ☺  For Adults Only  ∆  For Everyone  ■  Free Service**
Out2Play is a nonprofit organization dedicated to building and refurbishing public school playgrounds at no cost to the school. The goal of the organization is to provide New York City school children with a safe, engaging and developmentally beneficial place to play while providing the opportunity to gain the physical and mental health promises. The playgrounds are designed for the use and benefit of the children attending the given school, but schools may choose to allow the general public access to the site. Contact Out2Play to find out how to get a playground built or refurbished in a NYC public school.

Police Athletic League
www.palnyc.org
PAL provides a safe haven for kids to express themselves through physical activity and artistic creativity. PAL facilities offer programs in recreation, weight training, team sports, dance, arts & crafts, summer camp and more. PAL members must be at least 6 years old. There is an annual fee of $5.00. Monday-Friday 3pm-6pm (6-13 yrs) Monday-Friday 7pm-10pm (14-20yrs)

PAL New South Bronx Center
991 Longwood Avenue
Bronx, New York 10459
Contact: Mariam Pena (718) 991-2447 ext. 22

PAL Webster Avenue
After School Program
2255 Webster Avenue
Bronx, New York 10453
Contact: Jennie Bonilla (718) 733-6748

Mary Mitchell Family and Youth Center
2007 Mapes Avenue
Bronx, NY 10460
718-583-1765
Contact: Kelly Garcia
Website: themarymitchelfyc.org
“Mary Mitchell Enrichment Program”
After school and summer camp program, caters to children 6-12 years of age, hours are 2:30-6:00pm, summer hours are from 8:00am-4:00pm. Activities include arts and crafts, homework help, academic tutoring, fitness and sports programs. Nutritiously prepared snacks are provided; There is a no junk food policy.

Eat Smart, New York (ESNY) Program
In collaboration with NYC Human Resources Administration (HRA), provides nutrition education to help food stamp households adopt healthy eating and active lifestyles consistent with the Dietary Guidelines for Americans and MyPyramid.

Other topics include thrifty shopping; safe handling, preparation and storage of food and assisting participants understand the benefits of food stamps and how to apply for them.

The program also provides nutrition education to insure that food stamp households have enough to eat without resorting to emergency food assistance. Target audiences are: parents of school-aged youth (5-19 years old), youth in schools where 50% or more of the students receive free or reduced priced meals, Head Start programs and senior citizens (60 years and older) who are Food stamp applicants or recipients. Workshops are interactive, hands-on, and delivered by trained paraprofessionals, many of who are bilingual (English/Spanish and English/French-Creole).

Workshops are available Monday-Thursday, during daytime or evening hours. Some Saturday morning classes are also available. Participants completing the workshop series receive a certificate that can be used when seeking employment.

Family Cook Productions “Look Who’s Cooking” - After School Obesity Prevention Program
330 East 43rd Street Ste. 704
New York, New York 10017
(212) 867-3929

A 12-week program where students learn how to cook healthful meals from around the world. There are 5 participating Bronx sites; parents can contact Family Cook Productions for school locations and contact info. Children K-8 participate, and parents also participate in several family cooking nights.

Mary Mitchell Family and Youth Center
2007 Mapes Avenue
Bronx, NY 10460
718-583-1765
Contact: Kelly Garcia
Website: themarymitchelfyc.org
“Mary Mitchell Enrichment Program”
After school and summer camp program, caters to children 6-12 years of age, hours are 2:30-6:00pm, summer hours are from 8:00am-4:00pm. Activities include arts and crafts, homework help, academic tutoring, fitness and sports programs. Nutritiously prepared snacks are provided; There is a no junk food policy.

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A 12-week program where students learn how to cook healthful meals from around the world. There are 5 participating Bronx sites; parents can contact Family Cook Productions for school locations and contact info. Children K-8 participate, and parents also participate in several family cooking nights.
City Harvest
575 8th Avenue, 4th Floor
New York, New York 10018
Contact:
Rosanna Campitiello
(917) 351-8700
Rcampitiello@cityharvest.org
www.cityharvest.org

Cornell Cooperative Extension
Nutrition & Health Programs
1465 Townsend Avenue Suite 1B
Bronx, New York 10452
Contact: Evalina Irish-Spencer
(718) 992-2490
eci2@cornell.edu
www.cce.cornell.edu

4-H EFNEP
Youth component of EFNEP Health education program (target ages are 5-19) teaches youth to make smart choices about food and learn how to keep their bodies healthy through nutrition and physical activity.

Expanded Food & Nutrition Education Program (EFNEP)
Interactive, hands-on workshops are delivered by trained paraprofessionals, many of whom are bilingual. Workshops are available Monday through Thursday, during daytime or evening hours. Some Saturday morning classes are also available. Target audiences are: parents of school-aged youth (5-19 years old), and child care providers. Goals of the program include: helping adult participants practice desired dietary behaviors, applying dietary recommendations in daily meals and snacks, managing food budgets, using food safety/handling practices, and applying parenting practices that contribute to the development of healthy parent-child relationships. Participants completing the workshop series receive a certificate that can be used when seeking employment.

Operation Frontline
Teaches food budgeting and healthy cooking. There are 6 classes available in multiple languages.

Produce Education Program
Cooking and nutrition program class using locally grown whole fruits and vegetables.

Teen Iron Chef
Middle and high school culinary nutrition program. Research has shown that the program is effective in improving the overall dietary quality of nutrition students.

Other Mary Mitchell programs include:
• Fight Back: a Jujitsu program with competitive tournaments.
• Salsa Under Training Productions: Students will learn salsa & modeling
• Spanish G.E.D. Program: Available for 18-21 year olds, 8:00am-2:30pm (Monday-Friday)

Puerto Rican Family Institute, Inc.
3251 Third Avenue
Bronx, New York 10456
Contact: Sonia Acobe-Moralez
(718) 584-6268
PRFIVACUNA@aol.com
www.PRFI.org

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• Fight Back: a Jujitsu program with competitive tournaments.
• Salsa Under Training Productions: Students will learn salsa & modeling
• Spanish G.E.D. Program: Available for 18-21 year olds, 8:00am-2:30pm (Monday-Friday)

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Your Heart and Your Waistline Will Thank You
1% Milk Tastes Good
• In taste tests, 9 out of 10 people like 1% milk.
• Most people cannot tell the difference from whole milk.
1% Milk is Better for You
• 1% milk has all the nutrients of whole milk — without the extra fat and calories.
• After age 2, 1% or less is best.

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A FREE family fitness program offered at park sites, community centers, and housing sites around New York City. Fitness classes are open to adults and children. Classes include activities such as step aerobics, fitness walking, light weights, stretching and toning exercises.

For the most up to date information please contact each site or visit: http://www.nyc.gov/html/doh/html/cdp/shapeupny.shtml

St. Mary’s Park Recreational Facility
St. Ann’s Avenue & East 145th Street
(718) 402-5155
Mon & Wed 8:15am -11:00am
Tues & Thurs 5:15pm-8:00pm
Sat 9:30am-12:15pm
■◊

Melrose Classic Community Center
286 East 156th Street, Courtlandt & Morris Avenues
(718) 665-7093
Tues-Thurs 10:30am-1:30pm
■◊

St. James Recreation Center
2530 Jerome Avenue at 192nd Street
(718) 822-4271
Monday 10am-1:00pm
Friday 10am-1:30pm
Saturday 11:30am-2:00pm
■

Hunt’s Point
765 Manida Street
(between Spofford & Lafayette)
(718) 860-5544
Mon, Wed, Fri 6pm-9pm
■◊

Roberto Clemente State Park
West Tremont & Matthewson Road
(718) 299-8750
Tues-Thurs 4pm-7pm
■◊

Bronx Healthy Hearts Initiative
Works with local restaurants to highlight and encourage healthy menu options. Contact Bronx Health REACH for the most current listing of participating restaurants.

Participating Restaurants

African Grills
2041 Davidson Ave.
Bronx, New York 10453
(718) 584-8300

Estrella Bella
2051 Webster Avenue
Bronx, New York 10457
(718) 329-0166

Feeding Tree West Indian Restaurant
892 Gerard Avenue
Bronx, New York 10452
(718) 293-5025

Jimbo’s
1 East Burnside Ave.
Bronx, New York 10453
(718) 563-7187

La Estrella
1470 Jerome Ave.
Bronx, New York 10452
(718) 293-9789

La Junquera Bakery
20 West Burnside Ave.
Bronx, New York 10453
(718) 583-1867

La Sabrosura
25 East 170th St.
Bronx, New York 10452
(718) 293-7891

Lily’s Cafe
53 E. 167th St.
Bronx, New York 10452
(646) 404-5480

Mi Pueblito
111 East 167th St.
Bronx, New York 10452
(718) 588-4023

Mima’s
268 E. 167th St.
Bronx, New York 10456
(718) 410-2615

MunchTime Diner
21 East 170th St.
Bronx, New York 10452
(718) 992-7347

National Bakery
1193 Walton Ave.
Bronx, New York 10452
(718) 537-5105

Morena’s
2151 Jerome Ave.
Bronx, New York 10453
(718) 584-3601

Ocoa Restaurant
23 East Tremont Avenue
Bronx, New York 10453
(718) 716-7303

Bronx Healthy Hearts Initiative
Works with local restaurants to highlight and encourage healthy menu options. Contact Bronx Health REACH for the most current listing of participating restaurants.

Fine, Fit and Fabulous Initiative
Provide faith-based organizations with workshops on managing diabetes, preparing healthier menus and incorporating healthier cooking methods into church events. The FF & FI also teaches how to integrate spirituality, nutrition and fitness to improve overall health.

For Children Only  △ For Adults Only  ■ For Everyone  ◊ Free Service