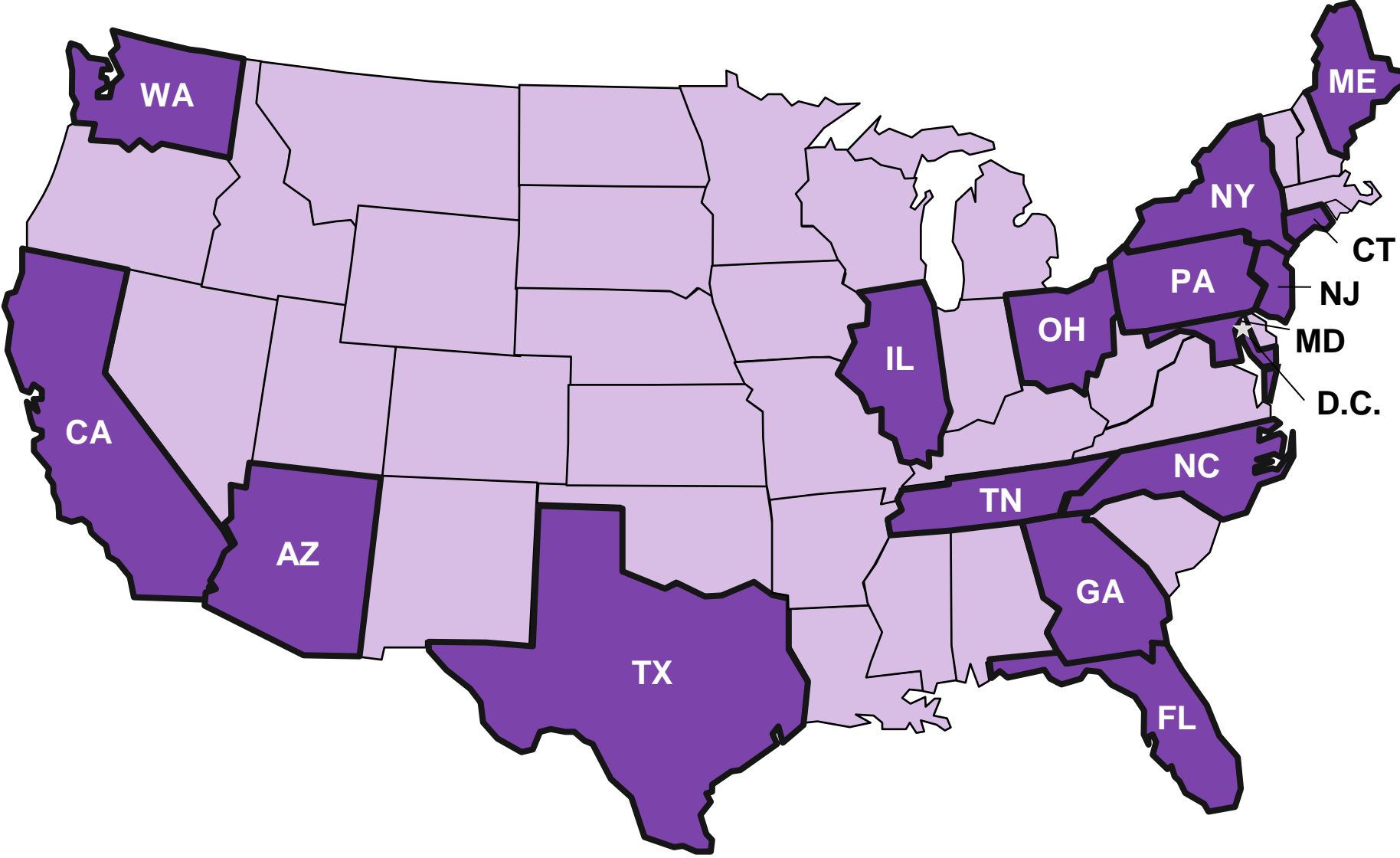


Aetna Foundation 2013 Regional Grants

Presented in alphabetical order by state. Click on a state name in the map below to jump to that page.



Arizona

Organization	Program	City	Program Summary
Accept The Challenge, Inc.	Know Your Nutrients	Phoenix	This school-based program will bring daily exercise and nutrition lessons to underserved students in the greater Phoenix area. The multi-faceted effort also encourages participants to share their newly acquired knowledge with their families.
Banner Health Foundation	Wellness Habits and Activity for Me! (WHAM!)	Phoenix	This school-based outreach program will educate 7th and 8th grade children at Wilson Elementary, a Title 1 school, on wellness and healthy lifestyles. A “5 Million Step School Challenge” each semester will establish a goal for the entire student population to walk 5 million steps per week.
Esperanca Inc.	Salud con Sabor Latino	Phoenix	Salud con Sabor Latino (Health with a Latin Flavor) will provide nutrition, healthy eating, and physical activity education to un- and under-insured families living in poverty in the metropolitan Phoenix area.
VALLEYLIFE	Eat Well Feel Great	Phoenix	The Eat Well Feel Great program will provide proper nutrition for people with disabilities residing in VALLEYLIFE’s group homes. The program will introduce members to healthy foods and guide staff in preparing nutritious meals and meeting special dietary needs of VALLEYLIFE’S residents.

Organization	Program	City	Program Summary
AltaMed Health Services	On the Move for Healthy Kids	Los Angeles	Using AltaMed’s school-based Mobile Clinic, the program will provide healthy weight assessments for overweight Latino children ages 6 – 12. A health educator will work with parents to develop a plan encouraging children's healthy behavior change.
American Diabetes Association	Por tu Familia	Costa Mesa	Grocery store tours and interactive classes are coupled with a “Passport to Health,” which contains health information, resources, and program incentives. Targeting Hispanic families, the program will increase participants’ knowledge of healthy lifestyles and how healthy living reduces the incidence of obesity and diabetes.
American Heart Association Inc.	Alcanza Tu Meta (Reach Your Goal)	Los Angeles	Through a joint effort between the LA and Orange County AHAs, mentors will be trained to help low-to-moderate income, un- and underinsured Latino families learn the importance of a healthy diet and easy ways to work physical activity into daily routines, by creating individualized plans for themselves and their families to promote behavior change.
Asianweek Foundation	Green Initiative for Asian Families - Asian Community Garden	San Francisco	The project will create a community garden for low-income, under-served immigrant Asian populations that are at risk for poor health. The garden will encourage physical activity associated with gardening, improve the nutritional intake of participants who will have a new source for healthy local food, and forge a network of social support and wellness information sharing.
Community-Grows	Garden and Nutrition Education for Underserved Youth	San Francisco	CommunityGrows provides access to community gardens and free garden-based education and cooking classes to low-income youth ages 5 to 11. Funding will help participants learn about healthy food and cooking from seed to plate and encourage knowledge sharing with families, friends and the community at large.
The Edible Schoolyard Project (ESYP)	Cultivating Healthy Choices in the Classroom and at Home	Berkeley	ESYP will provide nutrition education and healthy food access to a diverse group of students at Martin Luther King, Jr. Middle School in Berkeley. The project will introduce a curriculum of garden- and kitchen-based learning, with the goal of promoting better food choices for students both at school and at home.
Hunger Action Los Angeles	Market Match	Los Angeles	This project aims to improve the health of low-income LA residents through better nutrition. A team of community educators will teach consumers how to properly store, prepare and preserve produce purchased at area farmers markets.
Janet Goeske Foundation	Fit Fresh & Fun at 50+	Riverside	The “Fit Fresh & Fun at 50+” project combines nutrition education, a senior health fair, and exercise classes to have a positive effect on participants’ health, and decrease the rapidly rising occurrence of obesity and obesity related disease among the aging population.
Junior Blind	After School Enrichment Program	Los Angeles	This program integrates low-income visually impaired children with their sighted peers through after-school activities – team sports, nutrition education and academic enrichment – that let them collaborate to improve well-being and build mutual understanding.
LA Plaza de Cultura y Artes	Garden and Culinary Family Workshop Program	Los Angeles	LA Plaza de Cultura y Artes seeks to provide families with garden and culinary workshops which include four learning components: on-site garden visits, hands-on culinary experiences, fitness activities, and a take-away informational booklet.
San Francisco Food Bank	Nutrition Education Program Expansion in San Francisco and Marin	San Francisco	By combining nutrition education classes for their clients with train-the-trainer workshops for their partners, the San Francisco Food Bank aims to empower clients with the knowledge and tools to pursue healthier lifestyles, while building partners’ capacity to reinforce healthy cooking and eating habits.
Special Service For Groups Inc.	Asian & Pacific Islander Community Supported Agriculture - Los Angeles	Los Angeles	The project will promote healthy food choices among undeserved Asian and Pacific Islander ethnic groups in Los Angeles County by expanding access to affordable, culturally relevant vegetables and recipes through community-supported agriculture.
Students Run America	Training For A Marathon... Training For Life	Tarzana	This marathon training and mentoring program for at-risk Los Angeles teenagers pairs volunteer teachers with students --helping them embark on an exciting journey as they prepare for the LA Marathon. While the students and their leaders run, they have a unique opportunity to talk about training safely, the importance of a healthy diet, and making appropriate life choices.
THINK Together	Healthy Living Program	El Monte	Through this comprehensive program, students in ten low-income elementary schools will participate in daily physical activity, and students and their families will learn how to prepare healthy meals at home from mobile "Snack Shack" kitchens.

Organization	Program	City	Program Summary
Billings Forge Community Works Inc.	Nutrition pilot for youth	Hartford	This pilot program will provide enrichment classes in nutrition, healthy cooking, and gardening to low-income, minority children and families in Hartford, and will create food-based youth programming to teach “common core” topics during field trips to the site.
Boys And Girls Clubs Of Hartford, Inc.	Healthy Habits	Hartford	Healthy Habits will serve Hartford youth ages 6 to 12 with the goals of increasing their health knowledge and encouraging them to maintain nutritional wellness. Using the Triple Play framework, the Healthy Habits program offers a fun and engaging way for youth to gain valuable knowledge for a healthy and productive life.
City of Norwalk	Fit Kids	Norwalk	Fit Kids will teach elementary school students about nutrition and physical activity through interactive lessons delivered in an after-school setting.
Community Renewal Team, Inc.	"I Am Healthy!" Campaign	Hartford	Through nutrition education and physical activity, "I Am Healthy!" aims to improve health knowledge, attitudes, and behaviors among low-income children and adults with the goal that they will continue to lead healthier lives post program conclusion.
Hartford Food System, Inc.	What's Cooking? Healthy Food for Hartford's Youth	Hartford	This multi-pronged intervention aims to influence youth behavior and improve their ability to both purchase and make nutritious snacks. The program will provide education, peer interaction, and hands-on cooking instruction focused on healthy snacking, while also working to influence local retailers to provide healthier food options.
Gifts of Love, Inc.	Education Programs to Increase Nutrition and Food Awareness	Simsbury	Gifts of Love, Inc. will serve 2nd, 3rd, and 5th grade students in multiple Hartford and Avon schools, offering students classroom instruction, farm field trips, and support in growing vegetables in their classrooms or in raised beds. These farm-based educational programs provide students with hands-on activities teaching them about health, nutrition and the importance of agriculture.
Girl Scouts Of Connecticut Inc.	Live Healthy, Lead Healthy	Hartford	The Live Healthy, Lead Healthy program will educate girls about childhood obesity and the benefits of fitness, nutrition and stress reduction, and will incorporate community service projects and family involvement. Funding will support program development in Hartford's Asylum Hill neighborhood.
Northern Middlesex YMCA Inc.	YMCA CATCH Recess Program	Middletown	The CATCH Recess Program will engage children from seven Middletown elementary schools in a holistic intervention that provides education, training and encouragement so that they are well equipped and personally motivated to make healthy life style choices leading to enhanced physical fitness.

Florida

Organization	Program	City	Program Summary
Florida Introduces Physical Activity And Nutrition To Youth	Choosing Healthy Alternatives in After School Environments (CHAASE)	Lauderhill	By training providers to deliver simple nutrition education lessons related to snacks and meals served in after-school programs, the goal of the CHAASE program is for children living in underserved communities to increase both their nutrition knowledge and consumption of healthy foods.
Healthy Mothers, Healthy Babies Coalition of Broward County, Inc.	Healthy Food for Healthy Mothers and Babies	Fort Lauderdale	Through this project, a part-time Nutritionist and Case Managers will provide low-income minority women with nutritional screening, nutrition education, healthy cooking classes using ethnic cookbooks, and food shopping trips to explore healthy food choices and resources. Additional individuals in at-risk neighborhoods will receive community-based nutrition education.
Hispanic Unity Of Florida, Inc.	Unity 4 Teens: A Size Healthy (ASH)	Hollywood	Through a club that puts fun into otherwise predictable required activity for at-risk youth, this program aims to improve health through regular exercise, nutrition education, encouragement of behavioral changes and support/reinforcement.
Miami Dade College Foundation	Project ALIVE and ALIVE-Mini	Miami	Project ALIVE will serve obese or obesity at-risk, adolescent minority youth from economically-disadvantaged neighborhoods located near Miami Dade College North Campus, providing mentoring, nutrition education and fitness programs that will promote health and well-being.
Seniors In Service Of Tampa Bay Inc.	Healthy Habits	Tampa	This multi-generational effort will provide healthy snacking, nutrition education and physical activity for elementary school-aged children, and encourage healthy eating and active living among the senior volunteers who implement the program for its younger participants.
YWCA Greater Miami-Dade	YWCA Child Obesity	Miami	The program will serve children and families residing in food deserts by providing urban gardens, fresh fruits and vegetables, health education workshops and physical fitness classes.
YMCA of Greater St. Petersburg	Healthy Active Families	St. Petersburg	The grant will help site directors redesign after-school programs (ensuring kids get a minimum of 45 minutes rigorous exercise daily), organize parent workshops about the importance of good nutrition and exercise, and encourage parents to participate in the Y's health programs for adults, such as the Diabetes Prevention Program.

Georgia

Organization	Program	City	Program Summary
Atlanta Neighborhood Charter School	Southeast Fit for Life	Atlanta	Housed at the Atlanta Neighborhood Charter School, the Southeast Atlanta Fit for Life project provides group fitness, nutrition education and fresh fruits and vegetables from a local urban farm, to students, parents and neighborhood residents.
Center For Puppetry Arts, Inc.	"Movin' and Groovin' with Little Noodle" Performance Series	Atlanta	Funding will support development of another performance in the Distance Learning Series "Movin' and Groovin' with Little Noodle," a puppetry performance that encourages children to make healthy food choices, and understand importance of maintaining an active lifestyle.
Center Helping Obesity In Children End Successfully, Inc.	Sisters in the Lifestyle Intervention Teaching Exercises and Camp Divas for Overweight Girls	Kennesaw	The Center will engage overweight young women between ages 10 -17 and their families in a program to increase participants' knowledge regarding physical activity, healthy eating, meal preparation and personal wellness.
Georgia Campaign for Adolescent Power & Potential (GCAPP)	Improving Adolescent Health through Nutrition and Physical Activity	Atlanta	GCAPP is partnering with several local churches in underserved metro Atlanta communities to help faith leaders, adolescents and their families, collaborate on teen obesity prevention strategies that promote healthy eating and physical activity. GCAPP will also conduct a communications campaign to deliver empowering health messages developed by church youth groups.
Girls On The Run of Atlanta, Inc.	Title I Expansion	Atlanta	The grant will expand Girls on the Run, a physical activity program, culminating in a non-competitive 5K race, which aims to increase participant self-esteem and improve attitudes about exercise. Expansion will focus on low-income, underserved communities that often have a shortage of youth development programs, particularly for girls.
Louie's Kids	Healthy Living for Kids	Charleston	Funding will support the creation of a video for kids which will provide a fun, engaging virtual grocery tour in which viewers travel the aisles shopping with a certified nutritionist who provides information on healthy choices, understanding labels, and making the best choices among the options available.
Saint Joseph's Mercy Care Services, Inc. (SJMCS)	Latino Childhood Obesity Prevention Program	Atlanta	SJMCS' Latino Childhood Obesity Prevention Program targets low-income, Hispanic women with children ages 6-10, in metro Atlanta. The program will emphasize education, prevention, the importance of physical activity, early detection of risk factors, and connecting participants with community-based resources.
True Living Well Center for Natural Urban Agriculture	"From Plant to Plate" – a Community/School Initiative for Health Promotion	East Point	This multi-faceted program includes outreach to students at three elementary schools in Atlanta's Old Fourth Ward district to develop healthy eating habits through neighborhood farmers market visits for taste tests, nutrition education, and creation of community and school gardens.

Illinois

Organization	Program	City	Program Summary
Ann & Robert H. Lurie Children's Hospital of Chicago	5-4-3-2-1 Go!® Evaluation Project	Chicago	The Consortium to Lower Obesity in Chicago Children is a broad-based obesity-prevention effort. A signature program of CLOCC is the 5-4-3-2-1 Go! public education program that encourages consumption of fresh produce, more physical activity and other healthy behaviors. Aetna Foundation funds will support development of a methodology and training that can be used by CLOCC and partners to evaluate the Impact of 5-4-3-2-1 Go! and enhance dissemination.
Association House of Chicago	Healthy Children and Families Initiative	Chicago	The Initiative offers health and nutrition education, regular physical activity, life skills workshops, counseling, health screening, and preventative services to children, parents, and community residents in the Humboldt Park neighborhood.
Chicago Youth Programs, Inc.	Multifaceted Obesity Intervention Initiative with Free, Quality Health Care	Chicago	This multi-faceted obesity prevention program will serve school-aged children in Washington Park, and features daily physical fitness, nutrition education, gardening and healthy cooking classes, parent involvement, peer mentoring, and free health care with weight monitoring and nutrition counseling.
Community Outreach Volunteers NFP	Englewood and Auburn Gresham Nutrition and Physical Education Project	Chicago	The nutrition and physical education project will reduce the risk of rising obesity, promote healthy food choices through ongoing community nutrition education classes, and increase healthy physical activity among children and their families in the Englewood and Auburn Gresham communities.
Communityhealth Nfp	"Healthy Habits, Healthy Homes"	Chicago	After-school and summer programs will increase access to healthy living activities for patients, their families and children in the West Town and Englewood neighborhoods through physical activity sessions and Cooking Matters nutrition education programs.
Erie Family Health Center, Inc.	Expanded Health and Wellness Program at Elementary School-Based Health Centers	Chicago	Expanded Health and Wellness programs to address obesity and related complications among low-income families will be offered at Johnson Elementary and Westside Elementary Schools, and will include: 1) healthy lifestyle and nutrition outreach and workshops for family and community members in and around both schools; 2) BALANCE, a curriculum to promote healthy lifestyles for children in grades 1-3; (3) Cooking Matters™, interactive programming on healthy food preparation and shopping for low-cost, nutritious food; and (4) obesity reduction and pre-diabetes programming for parents and caregivers of students.
Girls On The Run - Chicago	Low-Income Program Support Initiative	Chicago	This after-school program uses running to prepare 3 rd to 8 th grade girls for a lifetime of self-respect and healthy living, combining training for a non-competitive 5K running event with lessons that encourage positive emotional, social, and physical development.
Great Lakes Adaptive Sports Association	"Healthy, Active and Independent: Physical Activity and Nutrition Project"	Lake Forest	Great Lakes Adaptive Sports Association supports the physical, social and emotional health of youth, adults and injured military veterans who have a physical or visual disability by providing targeted physical activity, wellness and nutrition programs that are designed to improve quality of life, enhance self-worth, and empower individuals to be active and independent.
Healthy Schools Campaign	School Leadership Program: Promoting Healthy Eating and Physical Activity in Chicago Schools	Chicago	This professional development and training program will enable principals, parents and teachers to promote healthy eating and physical activity in Chicago schools. Program participants will be equipped to make changes that provide students with increased access to healthy food and opportunities for physical activity, and the knowledge needed to develop lifelong healthy habits.

Maine

Organization	Program	City	Program Summary
Cultivating Community	Growing Gardens, Gardeners, and Healthy Food Access	Portland	The program will engage children and youth through school-garden-based learning and the promotion of locally sourced, healthy foods in school cafeterias. It will also engage students' families in school garden activities and the operation of neighborhood farm stands.
Maine Medical Center	Let's Go! Childhood Obesity Prevention Program	Portland	“Let’s Go!” is a multi-site obesity-prevention program which aims to encourage healthy eating and physical activity habits in children and families by reaching them with a consistent health message: 5-2-1-0 (5 or more fruits and vegetables, 2 hours or less of recreational screen time, 1 hour or more of physical activity and 0 sugary drinks a day), in a variety of settings.
The Opportunity Alliance	Healthy West End	South Portland	The project will use the neighborhood recreation center and outdoor playground area to deliver nutrition education, yoga and mindfulness, youth empowerment, playground boot camp, gym exercises, and creation of a community garden.

North Carolina

Organization	Program	City	Program Summary
Johnson C. Smith University	Seed-to-Feed: A Youth Sustainable Food Project	Charlotte	The Seed-to-Feed project will teach disadvantaged school children ages 6-12 how to grow foods, identify nutritious foods and choose healthier snacks, and how decisions about their food choices will make them healthier.
UNC Chapel Hill Center for Health Promotion & Disease Prevention	NOURISH: Promoting Healthy Food Choices Early in Life in Underserved Communities	Chapel Hill	The NOURISH program, serving students in three low-income Charlotte elementary schools, will engage parents, teachers and cafeteria staff to help children develop healthy eating habits at an early age.

New Jersey

Organization	Program	City	Program Summary
Arthritis Foundation, New Jersey Chapter, Northeast Region	Newark Community Walk With Ease	Iselin	This project targets African-Americans, ages 55-75, living with arthritis and/or diabetes, offering education about the importance of physical activity in managing their conditions. A free six-week course, “Walk with Ease” will teach warm-up, cool down, and pain reduction strategies, and inspire participants to do physical activities outside of class.
Clara Maass Foundation	Lifeline Challenge To Healthy Living After School Program	Belleville	The Lifeline Challenge Program will teach 3rd and 4th graders and their families how to make healthy food choices and the importance of exercise. Registered dieticians will work with school fitness instructors to facilitate healthy living lessons, including afterschool programs, guest speakers, and workshops for parents.
Fan4Kids, A NJ Nonprofit Corporation	FAN4Kids - Fighting Childhood Obesity in Newark, NJ	Brooklyn	This school-based nutrition and fitness education program for low-income, minority children ages 3-10 in Newark creates a shared culture of wellness that makes it cool to be fit, resulting in greater physical activity, selection of healthier food options and improved classroom focus.
Healthy Active Responsible Kids, Inc.	Girls on the Run of Central New Jersey	Hillsborough	Girls on the Run, an after-school program that prepares girls for a non-competitive 5K run, will expand to four new program sites in Monmouth County Upon completion of the program, participants will have improved eating and physical activity behaviors, self-esteem, and the satisfaction of setting and achieving a personal goal.
Jewish Renaissance Medical Center	Projecto Muevete Junto	Perth Amboy	Proyecto Muevete Junto (“Project Moving Together) is a community-based approach to addressing obesity among the Latino community through education, screening and access to care. The Aetna Foundation grant will focus on partnering with after-school providers around nutrition education and organized physical activity for Latino youth.
Newark Beth Israel Medical Center Foundation	KidsFit on Wheels	Newark	KidsFit on Wheels is an expansion of a pediatric wellness, weight loss and healthy lifestyle program designed to educate inner city children about the role of proper nutrition in preventing chronic conditions such as diabetes, heart disease and obesity. A registered dietician will deliver the KidsFit 10-week curriculum to children at 4 locations in Newark (YMCA, 2 churches and 1 school).
Prevent Child Abuse-New Jersey Chapter, Inc.	Picnic Party	New Brunswick	Picnic Party will provide a toolkit for early childhood educators to share nutritional information via an educational game with both preschool students, and their parents. The project aims to increase preschool teachers’ comfort with educating students about the importance of healthy eating.
Rowan University Foundation	Get FIT: Fitness and Nutrition for Persons with Intellectual and Developmental Disabilities and Their Caregivers	Glassboro	This collaboration with the Family Resource Network of New Jersey aims to improve access to wellness programs for people with intellectual and developmental disabilities, and their caregivers.
United Way of Passaic County	Family Table	Paterson	This initiative comprises a community-based nutrition, culinary and food education program in English and Spanish that helps parents and children gain the skills needed to maximize their financial resources through exposure to, and improved knowledge of, selecting and preparing foods that support a healthy lifestyle.

New York

Organization	Program	City	Program Summary
Business Outreach Center Network, Inc.	Healthy Choices Brighter Futures	Brooklyn	Home-based child care providers, located in low-income neighborhoods with some of the highest obesity rates in New York City will be trained in the following: 1) providing nutritious food, supporting the development of good eating habits, and engaging in active play with young children in their care; 2) having young children help grow fresh food in home-based gardens; and 3) sharing information and tips on healthy eating and staying active with the families they serve.
Citizens Committee For New York City	Aetna Foundation Healthy Neighborhoods	New York City	Through micro-grants and technical assistance, the program supports neighborhood groups developing projects to increase physical activity and improve eating habits in New York City.
College of Staten Island High School for Int'l Studies	Creating a Healthy Lifestyle Through Physical Education	Staten Island	This program will encourage healthier lifestyles through before/after school physical education for high school students – many of whom lack access to physical education courses – while enabling the students to earn credits necessary for graduation.
Fan4Kids, a NJ Nonprofit Corporation	FAN4Kids - Fighting Childhood Obesity in Bronx, NY	Brooklyn	School-based nutrition and fitness education program for low-income, minority children ages 3-10 in the Bronx. The program is creating a shared culture of wellness that makes it cool to be fit, resulting in greater physical activity, selection of healthier food options and improved classroom focus.
The Fortune Society, Inc.	Fortune's Fresh Food & Nutrition Program	Long Island City	The Fresh Food & Nutrition program promotes healthier eating habits among low-income residents most of whom were at one time incarcerated. Using cooking demonstrations, nutrition education workshops, and peer leadership opportunities, the goal is to reduce food insecurity and diet-related illnesses among participants and their families.
The Horticultural Society of NY	Project WHISTLE	New York	This project will create learning gardens at schools near the North River Wastewater Treatment Plant. The gardens will enhance environmental and nutritional literacy of students, faculty, and others while growing vegetables and herbs for education and eating.
The New York Botanical Garden	Latino Ethnomedicine and Integrated Health Care	New York City	This project teaches medical students and health care providers how to communicate with Latino patients about the use of traditional herbal remedies and how they could interact with prescription pharmaceuticals. The program will help providers and patients communicate better, resulting in better adherence to medical treatment plans while respecting cultural traditions.
Praxis Housing Initiatives, Inc.	Healthy Housing through Horticulture Program	New York	A new 61-unit supportive housing project in the Northern Bronx will provide its residents (many of whom are formerly homeless) with access to a rooftop greenhouse, growing beds, nutrition counseling and cooking classes.
SCO Family of Services	Increasing Healthy Nutrition and Fitness among At-Risk Under-served Preschoolers and Families	Glen Cove	Expansion of nutrition and fitness programs in Corona/East Elmhurst will include wellness workshops and bilingual toolkits, a community garden, a resource library and a Family Wellness Fair.
United Community Centers	East New York Farms!	Brooklyn	This project makes community gardens, nutrition education, and farmers markets available to East New York community members, with the aim of increasing understanding, availability and affordability of healthier food options.
Wellcore, Inc.	Wellcore's Healthy Eating Program	West Nyack	The program will create an environment of healthy eating that includes introducing children to local farms, educating them about the origin of their food, and incorporating locally grown fruits and vegetables into their school lunch choices.
Westchester Arts Council	Nutrition Education Murals by ArtsWestchester	White Plains	This program will develop permanent lunchroom murals based on healthy nutritional concepts, to be created by third graders in partnership with an artist and a registered dietician, who will also work with teachers and students to provide nutrition education.

Ohio

Organization	Program	City	Program Summary
Action for Children	Nurturing Nature: Happy, Healthy Children	Columbus	Child care centers and family child care homes in Franklin County will receive technical assistance as they create and sustain vegetable gardens, implement healthy menu changes, and develop outdoor play areas that encourage physical activity by the young children they serve.
Children's Hunger Alliance	Healthy Families, Healthy Communities	Columbus	Healthy Families, Healthy Communities will provide nutrition education to low-income adults, with an emphasis on parents and caregivers. A registered dietitian will oversee the program, and trained volunteers, including nutrition students from area colleges, will deliver the lessons at community sites.
Shaw Jewish Community Center of Akron	Healthy and Confident Girls	Akron	Girls on the Run is an after-school program that combines training for a non-competitive 5K running event with interactive lessons that encourage positive emotional, social, mental, and physical development. The 10-week program prepares participants for the 5K event, providing lessons in self-discipline, goal setting and the satisfaction of meeting a physical challenge.
United Way of Central Ohio, Inc.	Fresh Foods Here	Columbus	The Fresh Foods Here initiative works with owners of corner stores to enhance their layouts, increase healthful food volume and variety, and develop marketing and point-of-sale strategies that promote healthier food choices. It also coordinates community education and engagement efforts to improve resident knowledge of nutrition and meal preparation.

Pennsylvania

Organization	Program	City	Program Summary
Boys & Girls Clubs of Western PA	NFL Play 60 Triple Play	Pittsburgh	The Boys & Girls Clubs of Western Pennsylvania will implement the NFL Play 60 Triple Play program, which demonstrates how eating smart, keeping fit and forming positive relationships add up to a healthy lifestyle.
The Carl And Emily Weller Center For Health Education	Kids in Motion Training and Certification Pilot Project	Easton	The Weller Center will provide classroom teachers with the expertise to measurably improve healthy food choices and activity levels among their students through a train-the-trainer certification program. The program will target teachers of low income and minority students in grades 3-5.
Duquesne University of the Holy Spirit	Wise Choices: Nutrition and Exercise for Older Adults	Pittsburgh	The project will provide a nutrition and physical activity intervention in lower-income neighborhoods of Pittsburgh to help ethnically diverse adults age 65 and older to increase the number of daily steps they take, increase fruit and vegetable intake, improve quality of life and functional mobility, and decrease blood pressure and body weight.
Esperanza Health Center	Fitness and Nutrition Initiatives at Esperanza Health Center	Philadelphia	Esperanza Health Center, a bilingual primary care community health center in North Philadelphia, will expand its programs that combat obesity, including classes in group exercise, weight loss, and multicultural hands-on cooking. In addition, it will build on partnerships with local K-8 schools by enhancing its physical education and cooking demonstration classes.
The Food Trust	The Food Trust's Snackin' Fresh Initiative	Philadelphia	The Snackin' Fresh Initiative is a school-based obesity prevention program that provides nutrition education and leadership development activities to help low-income children make nutritious food choices, and encourages healthy habits among their peers.
Maternity Care Coalition	Postpartum Weight Management Study	Philadelphia	The study aims to prevent postpartum weight retention and increase breastfeeding duration among low-income women through motivational text messaging, environmental aids, peer support, and access to nutrition and lactation experts.
Reading Terminal Market Corporation	Fresh, Local and Healthy: Nutrition Education at Downtown Farmers Market	Philadelphia	Reading Terminal Market will offer nutrition education for middle- and high school students. The program uses the built-in resources of the indoor market for activities that include: identifying and sourcing ingredients from merchants, food preparation and cooking, tastings, and culinary competitions.
Sarah Heinz House Association	Healthy Choices for Life (HC4L)	Pittsburgh	The HC4L program engages school-aged members in a variety of physical and educational activities that promote healthy lifestyles. Peer-to-peer and adult mentoring play a primary part in the program's efforts to help participants develop lasting healthy lifestyles.
Supportive Older Women's Network	Philly Families Eat Smart	Philadelphia	This program helps grandparent-headed families in underserved Philadelphia communities to nurture healthier eating and fitness among children they are raising through interactive nutrition workshops and help with creating healthier family eating plans.

Tennessee

Organization	Program	City	Program Summary
Porter-Leath (PL)	Healthy Kids	Memphis	Healthy Kids is a year-round nutrition and exercise education program for pre-school children at three facilities that will introduce activities that promote active living and consumption of healthy foods. The program will be facilitated by Americorps members serving in PL Head Start centers.
Shelby County Board of Education	Farm to School Teaching Garden Expansion Project	Memphis	Through this project, Memphis school children will access teaching gardens, learn to grow food and sample what they grow. The program will incorporate age-appropriate curriculums with the goal of increasing students' abilities in subject areas beyond gardening.

Texas

Organization	Program	City	Program Summary
Alamo Public Telecommunications Council	Little Bites, Big Steps	San Antonio	This program helps early childhood caregivers gain new skills to encourage proper nutrition, exercise, and active play experiences for the young children they serve, while earning Continuing Professional Education credits.
Austin Explore, Inc.	Explore Program for Underserved Youth	Austin	With the goal of creating change in the lifestyles and activities of at-risk youth, this program introduces participants to outdoor activities to create interest in nature and outdoor activity, while instilling leadership and communication skills.
Baylor Health Care System Foundation	Diabetes Health and Wellness Institute Tweeners Program	Dallas	The program will engage middle-school youth in an after-school program to reduce the effects of childhood obesity through prescribed physical activity, nutrition education, improved dietary habits and academic assistance.
Capital Area Food Bank Of Texas, Inc.	CHOICES Nutrition Education Program	Austin	The program will provide free nutrition education classes to low-income individuals in the Food Bank’s service area. The classes will be offered in English and Spanish and will be tailored to different ages, health conditions and cultures.
Men for Change, Inc.	SOWING	Missouri City	The project will provide gardening and other healthy activities for school-aged children, adult volunteers and their families. The students, and community at large, will receive nutrition education and host community garden events and activities.
People's Community Clinic	Happy Kitchen/ Cocina Alegre	Austin	The Clinic will provide nutrition and cooking classes to their low-income patient population. Nutrition education will be tailored to specific audiences including mothers-to-be and patients with diabetes and hypertension.
Positive Image Productions, Inc.	Soul Food Makeover	Missouri City	The project will educate African Americans about the link between unhealthy eating and disease, ways to prepare healthier versions of traditional meals, and the benefits of community gardens as sources of fresh produce and physical activity.
SA Youth	SA Fit!	San Antonio	“SA Fit!” will help children develop healthy lifestyles by providing a comprehensive nutrition and physical education program after school and during the summer.
San Antonio Sports Foundation	Kids Rock	San Antonio	Kids Rock San Antonio gets kids moving one mile at a time and encourages the sustainment of a healthy active lifestyle. The 8-week program prepares students to participate in a one-mile fun run as part of the Rock ‘n’ Roll San Antonio Marathon, and most importantly, helps them develop healthy behavior at an early age.
Sustainable Food Center	Cultivating Healthy Communities	Austin	Through farmers’ markets, school programming, gardening support, food distribution and cooking classes the program aims to improve food security and engage children and families in helping to foster a healthy, local food system.
Texas Medical Association Foundation	Walk With a Doc Texas	Austin	Through the encouragement and participation of physicians, as well as the interaction with others sharing the same health improvement goals, the program seeks to help participants commit to a healthy lifestyle.
United Way of Metropolitan Dallas	Healthy Zone Schools Recognition Program	Dallas	Jointly developed by The United Way of Metropolitan Dallas and The Cooper Institute, this program will use evidence-based knowledge and best practices to help schools create healthier school environments. The program has two tiers that honor schools for healthy practices (Healthy Zone Schools) and assist schools that wish to become Healthy Zone Schools.
University of Houston Foundation	BOUNCE	Houston	The program empowers Hispanic and African American girls ages 9-14 and their families to adopt a healthier lifestyle by incorporating healthy food choices, daily exercise, and enhancing positive self-esteem in a supportive environment.
The University of Texas-Pan American Foundation	Creating Healthy Eating Choices for Kids (CHECK)	Edinburg	Taught by volunteer graduate nursing students, the Creating Healthy Eating Choices for Kids project will provide low-income, primarily Hispanic 3 rd and 4 th grade students with nutrition education and access to a produce garden.
WeViva	WeViva	Austin	This initiative will provide free, on-site health and fitness programming for underserved adults in low-income public housing communities and neighborhoods. It also will eliminate one frequent barrier to partaking in regular exercise by offering childcare services to program participants.

Washington

Organization	Program	City	Program Summary
Boys & Girls Clubs of King County	Garden-Based Nutrition & Physical Fitness	Seattle	Building on current programming to expand fitness and nutrition offerings, the Boys & Girls Clubs of King County seek to address the problem of poor nutrition among low-income families through workshops, family and community engagement, and community gardening at two clubs (Joel E. Smilow Clubhouse & Teen Center at Rainier Vista and North Seattle Boys & Girls Club).
Green Plate Special	Cooking Up Healthy Choices	Seattle	The program will engage low-income, ethnically diverse middle school students in growing, cooking, and eating healthy food. By learning basic, age-appropriate cooking skills, participants will take the first steps toward developing healthy habits that last.
Mary Bridge Children's Foundation	Ready, Set, Go! 5210 in Pierce County Schools	Tacoma	This initiative will help combat childhood obesity by promoting healthy lifestyle choices for elementary school students. The project aims to increase physical activity and improve diet awareness, leading to sustainable healthier eating habits.

Washington, DC and Maryland

Organization	Program	City	Program Summary
Amazing Grace Evangelical Lutheran Church	Grace-full Gardeners	Baltimore	The Grace-full Gardeners program will combine community gardens and educational opportunities to increase nutritious eating and access to healthy foods while also equipping low-income McElderry Park children and adults with the knowledge, tools and resources to grow and prepare their own fresh food.
American Heart Association	Baltimore Community Teaching Gardens	Baltimore	The Gardens will provide hands-on opportunities for adults and children to learn how to plant seeds, nurture growing plants, harvest produce and ultimately understand the value of good eating habits.
Center For Self Discovery	Teens Run DC	Washington	Low-income, at-risk minority youth will run three times per week and complete three to six races per year. Mentors help participants to develop greater responsibility, discipline, perseverance, and goal-setting skills as they train for progressively longer distance races.
DC Central Kitchen	Healthy Futures	Washington	By partnering with schools, afterschool programs, summer camps, and convenience stores, Healthy Futures will build an integrated healthy food distribution and education system for at-risk families and children.
Friends of the National Arboretum	Washington Youth Garden	Washington	The Garden will provide environmental and nutrition science programming through hands-on gardening activities. Program elements include nutrition education, taste testing, take-home recipes, and interactive cooking demonstrations, with the goal of increasing consumption of fresh fruits and vegetables in DC's underserved communities.
Govans Ecumenical Development Corp.	Greenhouse Gardens at Stadium Place	Baltimore	This Northern Baltimore urban farming initiative will enable greater access to affordable, healthy food, and offer a blend of recreational, entrepreneurial and leadership development opportunities for at-risk youth and low-income seniors in a unique, multi-generational setting.
Iona Senior Services	Increasing the Availability of Nutrition Information and Fruits and Vegetables to Vulnerable Older Adults	Washington	Iona Senior Services will expand its Salad Days program so that the health benefits of farm-fresh produce are available to older adults who otherwise might not be able to afford or access them. It will also provide nutrition education to help ensure older adults have the ability to enjoy and prepare healthier foods at home.
Living Classrooms Foundation	Game Changer	Baltimore	The Game Changer initiative will engage underserved youth ages 6-18 in fitness activities, competitive sports, and wellness education, both in and out of school. Programming at Patterson Park Youth Sports and Education Center will be tailored for all ages and fitness levels, and will include incentives, education, and mentoring for youth, parents, and coaches.