



## Arizona

Organization Name	Program Title	City	Program Description
Cesar Chavez Foundation (CCF)	Familias Activas Comunidades Saludables	Phoenix	CCF and the local PBS affiliate will collaborate to provide Phoenix families with workshops about nutrition, reading food labels, instilling exercise habits in young children, eating well on a budget, and developing personal action plans.
Family Involvement Center	Salsa, Sabor y Salud	Phoenix	Latino families and youth will learn how to incorporate physical activity into daily routines, and learn healthy cooking skills that maintain cultural traditions.
Golden Gate Community Center a Program of Wesley Community Center	Preventive Health Program	Phoenix	A comprehensive healthy living program will include nutrition education and fitness classes for adults, as well as gardening and cooking classes for children. Prior program participants help lead classes.
Phoenix Day	EAT Program: EAT Smart, Be ACTIVE, TRANSFORM Your Life	Phoenix	Organized youth sports, youth cooking classes, family exercise classes and access to nutrition information will be offered in the Central Park neighborhood.

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**California**

Organization Name	Program Title	City	Program Description
California State University Northridge Foundation	Let's Cook and Move in Schools	Northridge	Elementary schools serving low-income, predominately Latino students will incorporate physical activity throughout the day, and teach cooking skills and nutrition through after-school programming. Parents will participate in nutrition, fitness, and cooking courses.
Children's Hospital & Research Center Oakland	Healthy Hearts	Oakland	Healthy Hearts targets children with individualized healthier-living plans that include community bicycle rides, swimming activities, hikes, healthy cooking demonstrations, and exposure to gardening. Program also supports urban garden internships for teens.
Community Services Unlimited Inc.	From the Ground Up	Los Angeles	Youth interns lead workshops for families and seniors, helping to improve healthy food access and eating habits among residents in South Central LA. Participants will also learn how to grow and prepare fresh produce at home.
CommunityGrows	Garden and Nutrition Education for Underserved Youth	San Francisco	African American and Latino children learn how fruits and vegetables grow, how to care for a garden, and how to cook healthy recipes using food they've grown, through in-school, after-school and summer programs that include farm visits.
Garden School Foundation	Seed to Table Program	Los Angeles	Garden-based nutrition and cooking education are integrated into the school day at 5 Title 1 Los Angeles elementary schools. During Community Work Days at school gardens, parents and community members are provided with fresh food and educational workshops.
La Clinical De La Raza, Inc.	Healthy Youth and Communities	Oakland	Nutrition and healthy cooking workshops taught by peer health educators equip participants with knowledge and resources to make healthy choices, including accessing fresh produce from local farm stands.
Loaves and Fishes of Contra Costa	21st Century Learning Café Project	Concord	A student-run indoor garden will help kids and community members learn about food production and entrepreneurship as they grow and provide produce to local organizations. Produce will be grown in salad-bar themed sustainable growing towers.
Los Angeles Neighborhood Land Trust	Gardening Apprenticeship Program (GAP)	Los Angeles	Combining youth leadership development with nutrition and urban agriculture education, GAP enables high school students to improve their health and that of their families and communities. Participants also learn about career opportunities and land stewardship.
Robert F. Kennedy Institute (RFKI) of Community and Family Medicine	Health & Nutrition Education Program Expansion	Wilmington	Health education activities at RFKI Family Wellness Center include cooking classes and demonstrations, nutrition education, and exercise classes for parents/guardians and toddlers.
SOSMentor	Healthy Schools, Healthy Families	Calabasas	Students and families in the LA Unified School District participate in a nutrition and fitness education initiative that incorporates arts and student-lead projects such as school lunch suggestions, safe walking routes and making a school cookbook.
Students Run America	Training for a marathon...Training for life	Tarzana	Marathon training and mentoring program in Los Angeles, San Bernardino, and Orange counties that teaches at-risk teens discipline, perseverance, and how to lead a healthy lifestyle.
Volunteer Center of Greater Orange County	Kid Healthy - Padres en Accion, Cooking Up Change	Santa Ana	Two courses emphasize in-school leadership and advocacy. In one course, high school students and parents learn about nutrition, physical activity, and how to advocate for healthy options in school. The other course pairs students with a professional chef to learn about healthier foods, develop culinary skills, and lead school food reform.

## Connecticut

Organization Name	Program Title	City	Program Description
Billings Forge Community Works, Inc.	2015 Youth Nutrition	Hartford	Students in grades 3-12 learn about nutrition from farm field trips and/or a mobile kitchen visiting schools, and farm/garden based classes. During "family nights out," parents can join the students in preparing a healthy meal.
Community Mental Health Affiliates, Inc.	Leaves of Progress	New Britain	Multifaceted programming for individuals with mental illnesses includes cooking classes, nutrition education, creation of a community garden, and group exercise classes, led by certified instructors and/or peer facilitators.
Hartford Marathon Foundation (HMF), Inc.	HMF FitKids School Based Running Program	Glastonbury	Students in grade 4-8 from schools around the state participate in a non-competitive running program that encourages goal setting, mentoring and peer support. Students run one mile at a time until they have run the equivalent of a marathon, running the "final mile" at a celebration that brings students together for an interactive health fair. The winter session focuses on nutrition education, injury prevention, and the benefits of cross training.
Knox, Inc.	Hartford Grown Headquarters	Hartford	Knox will enhance its headquarters facility's physical space and programmatic offerings. A new Farm & Grounds Manager will help Hartford residents become production-scale farmers; hoop house and greenhouse repairs will extend the growing season. Horticulture, nutrition and gardening workshops for children and families will also be increased.
New Haven Health Department	Teaching Healthy Eating in New Haven	New Haven	An after-school program for high school students will teach them about portion control, nutrition labels, unit pricing, and how to shop for healthy food on a limited budget. Additionally, parents of young children will attend nutrition education workshops.
Northern Middlesex YMCA Inc.	YMCA CATCH Recess Program 2015	Middletown	Recess fitness program encourages elementary school students to participate in moderate to rigorous non-elimination, non-competitive games, while teachers and parents learn how to encourage further physical activity and healthy eating.
The Trust for Public Land	Parks for People	New Haven	School students are engaged in designing public parks that will provide safe opportunities for healthy play and exercise in Bridgeport. Local partners and community members are brought into the participatory design process to build a sense of ownership.

## Maryland, Washington, D.C., & Virginia

Organization Name	Program Title	City	Program Description
American Diabetes Association, Inc.	Health is a Family Affair	Washington	Volunteers will train to be community ambassadors, providing six-week courses on topics such as how to shop for produce, adapting traditional meals to be healthier, and easy ways to increase physical activity for the whole family. Courses will include interactive cooking and exercise demonstrations.
DC Central Kitchen	Healthy Futures	Washington	DC Central Kitchen will partner with schools, corner stores, and out-of-school programs to promote healthier eating behaviors for Latino children and families through increased access to fresh fruits and vegetables and education about the importance of healthy eating.
DC SCORES	Winter SCORES	Washington	Soccer clinics will keep kids in grades 3-8 active during winter months. They'll also prepare and eat healthy snacks, learn portion sizes and food labeling, and cook a healthy meal for their families.
Friends of the National Arboretum	Washington Youth Garden	Washington	DC residents improve their nutrition knowledge and access to fresh produce through free and low-cost programs such as school garden development, family gardening events, school field trips, and high school internships.
Rockson Community Development Corporation, Inc.	Enriching Lives Building Health	Washington	Intergenerational program targeting adults and youth age 10+ from Ward 7 focuses on a teaching practical skills like gardening, setting realistic goals, and how lifestyle affects disease.
Teens Run DC	Teens Run DC 2014-15	Washington	Year-round running program pairs middle and high school students with volunteer mentors and school-based coordinators for weekly sessions of distance running and academic/personal growth support.
Washington Tennis & Education Foundation (WTEF)	WTEF Fitness Program for Children and Youth Living in At-Risk Neighborhoods	Washington	After-school tennis instruction is combined with academic support and nutrition education for at-risk children. Tennis classes are also offered to residents of all ages, including a program for preschool age children.
Engaged Community Offshoots, Inc.	A Multifaceted Approach to HEALing Our Community	Riverdale	Nutrition/fitness education, cooking classes for adults and youth, community outreach training, and gardening workshops aim to increase healthy eating and food access for low-income residents of Prince George's County.
Greater Richmond Fit4Kids, Inc	Ginter Park Gators Get Active: Wellness Integration at Ginter Park Elementary	Richmond	A teacher certified as a "Wellness Integration Specialist" will help teachers at Ginter Park Elementary School incorporate physical activity into lessons, conduct produce tastings, organize family fitness nights, and establish an after-school running club.
Tricycle Gardens	Healthy Corner Store Initiative	Richmond	To increase demand for and availability of fresh produce, several corner stores will carry and promote new locally-grown produce, while cooking classes will teach residents how to shop for and prepare these healthy foods on a budget.

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**Florida**

Organization Name	Program Title	City	Program Description
Boys & Girls Clubs of Miami-Dade	Boys & Girls Clubs Little Chefs Initiative	Miami	After-school nutrition education program provides youth ages 5-18 with recipe and supplies to prepare a healthy meal with their family. After preparing the meal, participants discuss the experience with their class.
Miami Dade College	iSALSA! (Si A La Salud Ahora) - Yes to Health Today	Hialeah	Continuing education classes teach preschool/childcare providers how to include nutrition or fitness lessons in school, and includes support for school gardens at some sites.
Performing Arts Center Trust, Inc.	AileyCamp Miami	Miami	Dance classes and health/nutrition discussions foster healthy habits and positive self-esteem among low income, mostly African American or Hispanic youth age 11-14.
Seniors in Service of Tampa Bay, Inc.	Healthy Habits	Tampa	Senior volunteers mentor children at after-school and summer program sites in Hillsborough County, providing nutrition education and physical activity using a curriculum tailored for the program.
University of South Florida (USF) Foundation, Inc.	USF Botanical Gardens: School Gardening with Vertical Towers	Tampa	Inexpensive vertical garden planters are provided to schools where ground space is limited or unavailable, allowing students to learn about food, nutrition, and health in a fun, hands-on way.
Urban League of Broward County	Living WELL	Ft. Lauderdale	Nutrition/cooking education, promotion of farmer's markets, and volunteer community health coaches will target individuals with or at risk for diabetes. Local community partners will engage residents in a community walking program.
Youth Advocate Programs, Inc.	Youth Advocate Program's Healthy Kids Project	Tampa	Several Tampa elementary schools will plant produce gardens, teach children and their families about nutrition, food preparation, and meal planning on a budget, and enable students to share what they've grown with their families and the community.

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**Georgia**

Organization Name	Program Title	City	Program Description
Captain Planet Foundation	Captain Planet Learning Gardens Program	Atlanta	Metro-Atlanta area elementary school gardens will be used for classroom taste tests and cooking demonstrations, garden-based learning and physical activity for the students working in them.
Clarkston Community Center Foundation	Food Security Initiative	Clarkston	Refugees will be taught how to access, choose, and prepare healthy food, learn to grocery shop using food pantries and local farmers markets, and also work in a food co-op in exchange for fresh produce.
East Lake Foundation, Inc.	East Lake Community Learning Garden and Urban Farm	Atlanta	Community gardening and urban farming program will engage students and community members in creating and cultivating organic garden beds, teaching employment skills, cooking skills, and healthy eating practices. Produce grown will be sold at low prices to local residents.
Georgia Ave Community Ministry dba Urban Recipe	HealthiUR Living HealthiUR Life	Atlanta	Food co-op program invites local chefs, dieticians, and fitness instructors to teach classes such as healthy ways to cook new and favorite foods, maximizing food budgets, and exercise and healthy movement activities.
Georgia Coalition for Physical Activity and Nutrition	Cooking Matters	Stone Mountain	Using the Cooking Matters curricula, youths and adults will develop cooking skills, food resource management, and improved attitudes toward healthy eating in sessions provided by host agencies throughout the metropolitan Atlanta area.
Project Open Hand/Atlanta, Inc.	Cooking Matters	Atlanta	Organization will partner with the Metropolitan Atlanta YMCA, afterschool and summer Food Service Programs, and community centers to offer low-income families education on topics such as nutrition, meal preparation, grocery shopping, and food budgeting using the Cooking Matters curricula.
Southeastern Horticultural Society	Healthy Farm	Atlanta	In partnership with the Good Samaritan Health Center and the Atlanta Police Athletic League, children and adults engage in hands-on gardening and healthy cooking classes. Health Center clients receive "prescriptions" for free produce.

## Illinois

Organization Name	Program Title	City	Program Description
Association House Of Chicago	Healthy Families Initiative	Chicago	Health and nutrition education program for Humbolt Park residents focuses on fostering wellness at work and home through exercise, cooking classes, and educational workshops.
Erie Family Health Center, Inc.	Expanded Health and Wellness Program	Chicago	A variety of healthy living activities supporting the entire community will include health education and garden access for students, Cooking Matters™ courses for parents to teach healthy meal preparation skills, and weight management and disease prevention courses for parents/caregivers.
Erie Neighborhood House	Super H: Healthy Kids, Healthy Families	Chicago	Nutrition education and daily physical activity are integrated into the school day through cooking demonstrations and health-themed art projects, games, and books. Parent workshops focus on nutrition, fitness, mental health, and disease management.
Girl Scouts of Greater Chicago and Northwest Indiana	GirlSpace Healthy Living	Chicago	At-risk girls build skills and knowledge related to nutrition, the importance of daily physical activity, and cultivating a healthy body image.
Healthy Schools Campaign	School Leadership Program: Promoting Healthy Eating and Physical Activity in Chicago Schools	Chicago	Professional development program helps principals, teachers, and parents create a school environment that supports health and learning, maximizes physical education programs, integrates nutrition education in classrooms and cafeterias, and supports school gardens.
Namaste Charter School	Supporting Salud	Chicago	Multifaceted school-based healthy eating and physical activity programs help 8th grade children and adults establish lifelong habits of eating healthfully and exercising. Professional development components help educators implement obesity prevention programs in their schools.
The Foundation for Homan Square	Collaborative Urban Farm Project	Chicago	North Lawndale farm will provide residents with access to fresh produce and teach horticulture and gardening skills. Nutrition education and cooking classes will be offered to residents and students.



## Massachusetts

Organization Name	Program Title	City	Program Description
America SCORES New England, Inc.	Soccer for Success Program Expansion	Jamaica Plain	Soccer program at two Boston public schools aims to improve youth activity levels, healthy eating choices, and self-confidence through the combination of mentoring, academic support, and physical activity.
Haley House, Inc.	Take Back the Kitchen	Boston	Students will learn gardening , healthy eating and cooking skills, including how to modify family recipes reflecting their cultures. A summer program will teach young adults to become nutrition and gardening ambassadors in their neighborhoods.
Madison Park Development Corporation	The RoxHealth Project	Roxbury	Multifaceted program includes physical activity groups, nutrition and fitness classes, community gardening, and support for healthy food access and alternative transportation, such as walking and biking.
The Food Project	Cultivating Fresh Food in Dudley Square	Lincoln	The Food Project will improve access to and consumption of fresh produce by building backyard gardens for low-income families, teaching gardening and cooking skills at their greenhouses, and engaging youth to help run the programs.

## Maine

Organization Name	Program Title	City	Program Description
Big Brothers Big Sisters of Mid-Maine	Cultivating Kids' Health: Gardening and Mentoring	Camden	Elementary and middle school students, along with their high school or college mentors, will tend raised-bed gardens, work with a registered dietician to learn about healthy eating, and sample fresh produce. Family Dinner Nights will reinforce these lessons with a healthy meal, recipes and lifestyle tips.
Broadreach Family & Community Services	Youthlinks Grassroots Garden & Learning Center	Belfast	Youth ages 11-14 will learn about gardening, cooking and running their own farm stand, and teachers will learn how to incorporate garden-based lessons into their classes. Schools will incorporate fresh produce into their meals, and students will prepare meals for home and for the local shelter.
My Place Teen Center	Healthy Foods, Healthy Bodies: Expanding Health and Fitness Programming at My Place Teen Center	Westbrook	Youth ages 10-18 will participate in structured physical activity, healthy food tastings, game-show style food education, and opportunities to cook family recipes and assess their nutrition value.
United Way of York County (Partners for a Hunger-Free York County)	Healthy Pre-School Project	Kennebunk	Early child care providers will build raised bed vegetable gardens at schools, incorporate simple nutrition lessons for children, and organize family meal nights to reinforce healthy eating lessons at home.

## North Carolina

Organization Name	Program Title	City	Program Description
Discovery Place, Inc.	Healthy Eating, Active Living Program	Charlotte	An interactive museum program and classroom-based education will teach elementary school children about the science of food and how it's used by the body. Additionally, the museum will support show attendance for Title 1 schools.
Johnson C. Smith University	ACT NOW! Creating Healthier Lifestyles for Tomorrow's Leaders	Charlotte	Program builds on existing gardening and nutrition program and adds in a physical activity component to bring gardening, fitness activities, and nutrition/fitness education to elementary school students.
The Public Health Authority of Cabarrus County	Eat Smart, Live Well	Kannapolis	A nutrition education program for underserved populations in Cabarrus and Mecklenburg Counties will improve nutrition knowledge, increase familiarity with different types of fruits and vegetables, and increase knowledge of available low-cost produce.
Young Men's Christian Association of Northwest North Carolina	Healthy, Fit and Strong	Winston-Salem	School-based physical fitness programs in Winston-Salem/Forsyth County will be combined with weekly nutrition education and fitness sessions for students and their families at the YMCA, using a curriculum based on SPARK and CATCH programs.

## New Jersey

Organization Name	Program Title	City	Program Description
Camden City Garden Club	Cultivating the Camden Community	Camden	Work with community volunteers to convert vacant lots into gardens and train residents to maintain them, bring nutrition/garden education to schools, and support mobile market visits to various community sites, such as senior centers or churches, to increase access to fresh produce.
Clara Maass Foundation	Lifeline Challenge To Healthy Living After School Program	Belleville	Nutrition and physical activity program delivered through schools will include guest speakers and parent feedback. Children will learn how to cook favorite family recipes in healthier ways, and will maintain physical activity diaries.
Covenant House New Jersey Inc.	Homeless Youth Wellness Initiative	Newark	Homeless, runaway, and at-risk youth will learn self-care skills such as shopping for healthy foods on a budget, participate in regular exercise and work in a vegetable garden at the program site.
Fan4Kids, A NJ Nonprofit Corporation	FAN4Kids - Fighting Childhood Obesity in Newark, NJ	Newark	Comprehensive, school-based initiative instills healthy lifestyles through nutrition lessons incorporating healthy cultural and ethnic foods, fitness classes and structured recess engaging kids of all abilities, Family Fitness Days and parent workshops, educational newsletters, and school wellness committees.
Food Bank of South Jersey, Inc.	Healthy Living Initiative	Pennsauken	Nutrition and wellness education courses for groups ranging from preschoolers to adults will focus on healthy eating habits and cooking skills, with some classes taking place at kitchens or gardens.
Isles, Inc.	Isles Garden Support Network	Trenton	Trenton residents will transform vacant lots into community gardens; technical assistance, raised bed materials and access to tools and equipment will be provided. Workshops on horticulture and garden-based nutrition will be offered for youth and adults.
Young Audiences of New Jersey	Jump with Jill Initiative	Princeton	Pop music themed presentation featuring dancing and singing aims to change kids' perceptions of healthy foods. Follow-up resources for teachers help reinforce the lessons beyond the initial school assembly presentation.
Zufall Health	Come Mejor, Gasta Menos (Eat Better, Spend Less)	Dover	Low-income, predominantly Hispanic female heads of households in Morristown learn about healthy eating through cooking, taste testing, grocery store tours, and group discussions. Budgeting exercises and journaling of food preparation techniques, recipes, and coupons help maintain behavior changes after the program ends.

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**New York**

Organization Name	Program Title	City	Program Description
Citizens Committee For New York City	Aetna Foundation Healthy Neighborhoods 2014	New York	Microgrants are awarded to resident-led groups increasing access to fresh, nutritious food in their neighborhoods and/or promoting physical activity. An equipment loan library and workshops on urban farming, greenhouses, and other skills are available to all microgrant recipients.
Girls on the Run NYC	Empowerment Fund: Supporting Girls in Low-Income Families Across NYC	New York	After-school running and mentoring program for girls focuses on both physical and emotional wellness. Curriculum addresses goal setting, personal discipline, self esteem, and community responsibility. Participants train to run a 5k at the culmination of the program.
Harlem Junior Tennis and Education Program, Inc.	Tennis Against Obesity	New York	A fitness and nutrition program will be integrated into tennis lessons serving kids ages 7-18 in Central Harlem. Participants will keep food journals and activity logs and receive feedback from a fitness instructor, while monthly family workshops will reinforce the program lessons at home.
I Challenge Myself	Cycling Smarts	New York	Cycling and cross-training program combines for-credit physical education classes and after-school training for high school students that culminates with completion of a 2-hour "winter challenge" fitness event or 100-mile spring ride. Students learn safe biking skills and healthy eating, and improve their fitness and ability to set and work toward a goal.
Madison Square Boys & Girls Club	Triple Play	New York	The Triple Play curriculum includes nutrition education to make healthy food choices, developing consistent healthy activity habits, and social recreation activities that help kids develop and maintain positive relationships.
Sunset Park Community Health Council, Inc.	Sunset Park	Brooklyn	Training and coaching is provided to teachers and school cooks at early childhood centers in Sunset Park. Staff collaborate with families to source local produce, create healthy menus, and integrate nutrition education into classroom lessons.
The New York Botanical Garden	Bronx Green-Up	New York City	Bronx Green Up provides support to local school gardens, conducts professional development for teachers interested in school gardening, and teaches basic gardening skills to local residents. Students in these programs commit to share what they have learned with their neighbors.
Transitional Services for New York, Inc.	Nutrition Education for Adults with Mental Illnesses	Whitestone	People with mental illnesses participate in workshops about menu planning, and shopping on a budget, and how diet affects overall health. A dietician offers further guidance and conducts train-the-trainer for staff and program participants interested in becoming peer educators.
United Community Centers	East New York Farms!	Brooklyn	Brooklyn residents improve their healthy eating skills through cooking demonstrations, backyard/community garden training, a youth internship program, as well as farm tours and volunteer work days.
Westchester Arts Council	Nutrition Murals & Dance for Health by ArtsWestchester	White Plains	Artists in residence will partner with classroom teachers on creative approaches to teaching nutrition education and physical activity for 3rd graders, such as designing nutrition-themed cafeteria murals and learning African dance.

## Ohio

Organization Name	Program Title	City	Program Description
Children's Hunger Alliance	Healthy Families, Healthy Communities	Columbus	Nutrition education program and cooking demonstrations teach low-income adults about shopping on a budget, reading food labels, understanding portion sizes, and accessing local food resources such as community gardens.
Cuyahoga Community College Foundation	Cuyahoga Community College Family Table Project	Cleveland	Cleveland families attending Saturday sessions learn how to improve and maintain healthy habits. Workshops include fitness center orientation, a grocery store wellness tour, and cooking demonstrations.
Local Matters	Building a Healthier Near East Side in Columbus, Ohio	Columbus	Wellness courses presented with the help of local partners will include nutrition education and physical activity for students, cooking courses for families, and community engagement around improving access to healthy food.
The Center for Closing the Health Gap in Greater Cincinnati	Do Right! Avondale	Cincinnati	Low-income African-American elementary school students will learn to identify food groups and appropriate food portions, read nutrition labels, keep nutrition and exercise journals, and identify their family health history and how it affects them.
The Ohio State University Foundation	Camp NERF (Nutrition Education Recreation and Fitness): A Summer Intervention Designed to Empower Disadvantaged Children	Columbus	Children in grades K-5 will increase their fresh produce consumption and physical activity, while parents gain confidence in establishing healthy family nutrition & physical activity practices, engaging their children in meal planning and preparation, and increasing time for physical activity.

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## Pennsylvania

Organization Name	Program Title	City	Program Description
Awbury Arboretum Association	Teen Leadership Corps at Awbury Arboretum	Philadelphia	After school/summer garden cultivation program aims to improve teens' knowledge of nutrition, cooking, and farming. Teens also learn business skills and will have the opportunity to participate in small business ventures of their choice.
Chatham University	CRUNCH! Eat Fresh, Eat Healthy, Move More	Pittsburgh	To increase redemption rates of farmer's market coupons, WIC recipients will participate in cooking demonstrations, farmer's market tours, and work in community gardens. A "scorecard" will track participation and offer small cooking tools as incentives.
Esperanza Health Center	North Philly Fresh	Philadelphia	Budget-conscious healthy cooking and group exercise courses and urban gardening education will be provided to both youth and adults. The health center cafe will also offer healthy meal options, samples, and education to people in the waiting area.
GirlTrek, Inc.	GirlTrek Neighborhood Expansion: Philadelphia Impact Study	Philadelphia	Grassroots campaign using African-American history and culture will organize women and girls in walking groups as an accessible, affordable fitness strategy. Resident volunteers will train and lead walking campaigns tailored to their community's unique interests and needs.
Penn Asian Senior Services	Moving Towards Wellness: Achieving Optimal Health for Seniors & Urban Community Members	Philadelphia	Asian seniors will grow culturally relevant produce in a handicap-accessible indoor garden room, then transfer to an outdoor raised patio garden. Classes will teach residents to cook healthy versions of Asian meals, and home health aides will learn and share simple exercises with clients.
Philadelphia Freedom Valley YMCA	Wild for Wellness: Pediatric Obesity Prevention Program	Ambler	After school nutrition and fitness program for children ages 10-14 and their parents or guardians includes topics such as reading food labels, portion sizes, and goal setting, and physical activity.
Sarah Heinz House Association	2015 Healthy Choices for Life Programs	Pittsburgh	Sports and fitness classes, a free meal program and nutritional guidance for students in grades 1-12 keeps members fit and active in a fun, non intimidating way. Sportsmanship, anti-bullying, and leadership principles are incorporated throughout all components of the program.
The Food Trust	Expanding the HYPE Youth Leadership Program: Increasing Healthy Food and Physical Activity in Underserved Neighborhoods	Philadelphia	Middle and high school students learn how to advocate for healthy initiatives in their schools. Student groups develop youth-led initiatives such as afterschool exercise clubs and free veggie tastings. Some schools will also plant school gardens.
Triskeles, Inc.	Healthy Food For All	Exton	Gardening program will expand to cultivate additional plots in Philadelphia and surrounding areas, increasing the availability of fresh produce in food insecure areas.
United Methodist Church Union	Children's Table	Pittsburgh	Children ages 8-12 will learn to identify different types of produce, where it comes from, how to plan and prepare healthy meals, and try new foods. Each session will focus on different cuisines and cooking methods.

## Tennessee

Organization Name	Program Title	City	Program Description
Boys & Girls Clubs of Middle Tennessee	Triple Play	Nashville	Triple Play program participants will expand their nutrition knowledge by constructing community gardens and by taking field trips to farmers markets and grocery stores.
Meharry Medical College	Manna! Music! And Me!...health through food, movement and community	Nashville	Multi-faceted initiative will combine cultural traditions of Nashville's foreign-born and minority communities, best practices on nutritional eating, music, and movement, and culturally sensitive education of medical and dental students to use food and movement as medicine.
Trevecca Nazarene University	Building Community in a Food Desert	Nashville	Local college students and community members will grow food in newly-created garden plots, learn about selecting and preparing healthy food options, and the benefits of growing, buying, and eating local food.
YMCA Of Middle Tennessee	Widji Kitchen Project	Nashville	An interactive culinary and nutrition program will promote healthy food choices and cooking instruction as part of Camp Widjiwagan's summer camp program.



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**Texas**

Organization Name	Program Title	City	Program Description
A Legacy of Giving, a Fund of the Austin Community Foundation	Youth Movement for Healthy Change	Austin	Nutrition and wellness curriculum encourages 5th-11th grade students to be advocates for healthy change in their schools and communities. Lessons will address a variety of health, food, and community topics, and will be shared in community health fairs.
After-School All-Stars	ASAS Sports As a Hook Healthy Living Program	Richardson	Structured physical activity and nutrition education will provide kids with the motivation and confidence to improve their eating and activity habits. Program activities include sports tournaments, cooking classes, and family and community events.
American Heart Association	Teaching Gardens: Dallas	Houston	Students in grades K-5 learn how to plant seeds, nurture growing plants, harvest produce and understand the value of good eating habits at 2 schools in the Greater Dallas Area. Gardening and nutrition material is integrated into the school's subject area curricula.
Austin Explore, Inc.	Explore Program for Underserved Youth	Austin	Mentoring program works with kids in grades 6-12 over a period of six years, introducing them to biking, hiking, kayaking and rock climbing on weekend outings, fostering long-term behavior changes, improved leadership skills and appreciation for a physically active lifestyle.
Baylor Health Care System	Aetna Foundation Farmstand and Community Garden Demonstration Project	Dallas	Two farm stands, a community garden, and nutrition and cooking demonstrations will cultivate both access to and interest in fresh produce. The farm stand staff will distribute recipe cards to community members, and conduct monthly cooking and nutrition demonstrations.
Bexar Land Trust dba Green Spaces Alliance of South Texas	The Fruitful San Antonio Initiative	San Antonio	Mobile kitchen cooking demonstrations, hands-on gardening workshops, and recording garden harvests, in collaboration with new and existing local community garden groups, will help residents learn about harvesting, preparing, and enjoying fresh, local food.
Capital Area Food Bank Of Texas, Inc.	CHOICES Nutrition Education Program	Austin	Interactive lessons and hands-on cooking demonstrations will help low-income individuals in Central TX improve their health by eating more fresh foods and increasing physical activities. Classes will be conducted in both English and Spanish.
Dallas Black Dance Theatre (DBDT)	2015 DBDT Summer Youth Enrichment - Dance: Let's Move	Dallas	Dance classes in ballet, modern, and jazz/hip-hop, as well as guest speakers, will teach students age 8-15 the importance of daily movement and good nutrition.
People's Community Clinic	Happy Kitchen/Cocina Alegre	Austin	Nutrition and cooking classes in both English and Spanish will show participants the benefits of choosing healthy foods, how to shop for and prepare healthy meals, and how to maintain a healthy diet on a limited budget.
The Seton Fund Of The Daughters Of Charity Of St Vincent De Paul Inc.	Nutrition and Exercise on a Budget	Austin	Program seeks to improve healthy eating and physical activity behaviors of participants through learning how to access and prepare fresh produce and participation in structured activity classes. Participants will visit community gardens, grocery stores, and farm stands, and will participate in hands-on cooking classes.
University of Houston Foundation	BOUNCE HealthyLifestyle Programs	Houston	Hispanic and African American girls ages 9-14 and their parents will learn about healthy food choices, daily exercise, and improved self-esteem. The program includes after school and summer programs, and a 5k run/walk to encourage physical activity.
YMCA Of The Greater Houston Area - Fort Bend Center	C.A.T.C.H After School & Summer Program	Missouri City	After school and summer program for children in grades K-5 uses food diaries, activity scorecards, pedometer use, school and home projects, and family involvement to encourage exercise.

## Washington

Organization Name	Program Title	City	Program Description
FEEST Seattle (Fiscally Sponsored by Shunpike)	FEEST Dinner Program	Seattle	At-risk high school students create and share healthy meals, with help from guest chefs, as a way to teach nutrition education as well as civic engagement around their health. Students share family and cultural food traditions and share their experience with friends using social media.
Global to Local	Global to Local Community Health Program	SeaTac	A team of Community Health Promoters will teach at-risk residents the basics of nutrition, lead grocery store trips to teach participants how to purchase healthy foods, and demonstrate healthy recipes for people living with chronic diseases.
Mercy Housing Northwest	Healthy Families	Seattle	Families in affordable housing communities will learn cooking skills they can use to feed their whole family. The program will also improve their access to community gardens and physical activity opportunities.
Solid Ground	Food Access and Community Education (FACE) Project	Seattle	Nutrition education and cooking skills are offered to school students and the broader community. In addition, volunteers work at urban farms and residents learn to grow their own food at home.