



Nutrition and Health Program puts education into action to help low income families lead healthier lives.

Our community educators help participants embrace nutrition and health messages from USDA Dietary Guidelines and ChooseMyPlate.gov. Parenting adults and youth participate in hands-on learning designed to meet their needs. Adults strengthen parenting skills. Families make healthier food choices, become more physically active, and learn to stretch food dollars.

We reach families in all five boroughs of New York City by working in partnership with community organizations including schools, Head Start programs, community centers, and ESL programs.

Working with communities on many levels allows us to support changes for healthier neighborhoods and provide professional development opportunities that compliment those efforts.

Major funding in 2023 is provided through:

- EFNEP - Expanded Food and Nutrition Education Program
- FMNP - Farmers' Market Nutrition Education Program



During 2023* over 26,307 individuals participated in our programs.

2,518 parenting adults participated in our traditional as well as virtual EFNEP workshop series.

1,796 youth participated in our workshop series and received education designed to increase awareness of healthy eating and the benefits of being physically active.

3,761 adults and youth received information at one - time events such as training workshops and demonstrations at community organizations.

18,223 people visited our learning stations at 10 weekly farmers' markets in NYC hosting our Farmers' Market Nutrition Program. Many saw produce recipe videos and tasted fresh produce prepared into salads and stir fries.

9 college level students from 7 colleges and universities supported our nutrition and health programs while working as interns.

*our fiscal year runs from October 2022 to September 2023

Success Story

The Lasting Effects Of EFNEP

JG is a former EFNEP participant who graduated from one of our workshop series in 2017. At that time, she had three boys and was pregnant with her fourth child. She lived in the Kingsbridge area of the Bronx where the population was mostly Hispanic. JG attended the workshop because she wanted some general tips about nutrition and healthy eating habits for her growing family.

JG found multiple ways to introduce healthy habits to her family and has been using them since she graduated 6 years ago. She learned the importance of feeding young children, reading labels and food safety. She now implements making healthy snacks such as using frozen yogurt as a substitute for ice cream and serves Water With a Twist as her beverage of choice. She no longer forces her kids to eat and is preparing more home cooked meals.

JG was so impacted by this nutrition workshop that 6 years later she emailed us to find out if we were still offering our EFNEP nutrition workshops. She is currently the PTA president of an elementary school in The Bronx and would like for the parents in her school's community to get the same experience she has received.



Our Partners

American Dairy Council
Bronx Health REACH
Catholic Charities
Choice Neighborhoods Initiative
City University of New York
City Harvest
Community Healthcare Network
Cornell Center for Health Equity
Day Care Provider Networks
East Harlem Consortium
East Harlem Diabetes Coalition
East Harlem Bilingual Head Start
Eat Well Play Hard Consortium
Faith Based Organizations
Farmers Market Alliance
Family Development Association of NY
Feed New York

Food Bank
Food & Fitness Task Forces
Grow NYC
Harvest Homes Inc.
Head Start Health Advisory Boards
Healthy Beverage Initiative
Healthy Food Retail Action Network
Hispanic Federation
MARC Academy
Make the Road by Walking
Montefiore Medical Center
Neighborhood Hunger Network
NYC Breastfeeding Promotion Leadership Council
NYC Department Of Health and Mental Hygiene
NYC Department for the Aging
NYC Food Systems Network

NYC Nutrition Education Network
NYC Parks and Recreation-Shape Up New York
NYC Department of Education
NYC Domestic Workers Alliance
NYC Farmers Market Alliance
NYS Department of Agriculture and Markets
NYS Ag in the Classroom
Partnership for a Healthier NYC
School Wellness Committees
Stellar Farmers Markets Program
Tree of Life Center
The Children's Aid Society
Weill Cornell Medicine's Clinical and Translational Sciences Center
Workforce Development Programs
Youth Development Program (PAL, YMCA)