SCHOOL WELLNESS
Join your school’s Wellness Council and make your voice count! Schools, students, and parents need to work together to make sure our kids are growing up healthy. As a Wellness Council member, you have a say in how your school uses its resources, whether on fitness events for families or on improving the cafeteria. Ask your Parent Coordinator how you can take part in these projects and activities.

New Settlement works closely with these two school campuses on their wellness initiatives:

New Settlement Community Campus
P.10X, Mount Eden Children’s Academy (MECA/P.S. 555), and C.M.S.P. 327
Alternative Menu for School Breakfast and Lunch
Healthy meals prepared from scratch or minimally processed fresh items, and no sugary drinks.
Montefiore School-Based Health Center
Comprehensive health services available for all students
Wellness in the Schools
Students cook and sample healthy foods during seasonal workshops
School Wellness Council
Holds staff and family yoga sessions and purchased fitness equipment for schools
School Garden at the Community Center
is beautifully cared for by MECA and 327 Garden Club. Harvests are served in the cafeteria.
MECA received 2013-2014 NYC Excellence in School Wellness Gold Award

P.S. 64 Campus
P.S. 64, P.S. 294, and Lucero Elementary School (P.S. 311)
Montefiore School-Based Health Center
Comprehensive health services available for all students
Community Play Park
Open to the community and supervised by New Settlement Apartments
Summer Meals
Free Breakfast and Lunch
Lucero & P.S. 64 School Gardens
are hands-on places for kids to learn about food and the environment
School Wellness Councils
at Lucero & P.S. 294 promote health at school and through family events
Lucero School received 2013-2014 NYC Excellence in School Wellness Gold Award

ABOUT NEW SETTLEMENT APARTMENTS
We are a not-for-profit, mixed-income housing and multi-service organization based in the Mt. Eden community of the Southwest Bronx. Grounded in our commitment to affordable housing and a thriving neighborhood, New Settlement Apartments collaborates with community residents and develops partnerships to create services and opportunities that celebrate the inherent dignity and potential of individuals and families.
New Settlement community programs include high quality and enriching youth programs, the College Access Center, the Young Adult Outreach Initiative, the education and housing justice initiatives PAC and CASA, and the New Settlement Community Center.

Get in touch with the Healthy Food Program!
Inspired or Excited? Join us or let us know what you think!

New Settlement Community Center.
Food Access Outreach Coordinator: 718-716-8000, x121
1512 Townsend Ave., Ground Floor
Bronx, NY 10452
facebook.com/HealthyFoodNewSettlement
@GoodEatsBX

This guide is part of LISC NYC’s Communities for Healthy Food program that aims to expand access to affordable, healthy food in four of the New York City’s economically challenged communities: West Harlem, Mt. Eden in the Bronx, and Bedford-Stuyvesant and Cypress Hills in Brooklyn.

We wish to thank our Communities for Healthy Food funders that make our work possible: The Laurie M. Tisch Illumination Fund and Local Initiatives Support Corporation NYC.

This is a drinkable poster. Please read this guide while you're drinking something. The Healthy Food Initiative at New Settlement Apartments aims to reach places where community members buy, prepare, and eat food with the goal of making eating healthy easier for working families. New Settlement youth programs offer interactive cooking classes so our kids are cooking and eating good food after school and at home. See them in action leading cooking demos at the Community Center and at local stores! We brought Corbin Hill to the New Settlement Community Center to sell their affordable farm fresh food to all. We are helping bodegas that want to offer food that’s better for you instead of just junk food. We’re teaming up with schools that know our children learn better when they’re healthy.

ABOUT COMMUNITIES FOR HEALTHY FOOD AT NEW SETTLEMENT
The Healthy Food Initiative at New Settlement Apartments aims to reach places where community members buy, prepare, and eat food with the goal of making eating healthy easier for working families. New Settlement youth programs offer interactive cooking classes so our kids are cooking and eating good food after school and at home. See them in action leading cooking demos at the Community Center and at local stores! We brought Corbin Hill to the New Settlement Community Center to sell their affordable farm fresh food to all. We are helping bodegas that want to offer food that’s better for you instead of just junk food. We’re teaming up with schools that know our children learn better when they’re healthy.

ABOUT THIS GUIDE
This guide is made for the people of our neighborhood as a way to share the rich resources we can take advantage of to lead healthier lives. Being well isn’t just about sticking to a diet or taking medication. Being well means what, where and how you eat and when you are active. Your neighborhood can support your whole health.

This map is an overview of healthy food and physical activity options for you and your family. Our neighborhood has wonderful and unique resources. More than supermarkets affect our health—it’s our schools or the bodega on the corner or a farm share upstairs from your child’s swim class.

We hope this map will be practical so you can easily see what is useful for you and details on how to access it. Please note that this map is focused on the blocks from 170th St. to Mt. Eden Ave. Below 170th, only select community groups and health centers are included. This guide does not include everything our neighborhood has to offer.