



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 & 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!

Community Healthy Food Advocate: 718-716-8000, x116
Food Access Outreach Coordinator: 718-716-8000, x121

1512 Townsend Ave., Ground Floor
Bronx, NY 10452

[facebook.com/HealthyFoodNewSettlement](https://www.facebook.com/HealthyFoodNewSettlement)
[@GoodEatsBX](https://www.instagram.com/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.



New Settlement Apartments'
Guide to Food, Wellness and
Opportunities

FOOD & COMMUNITY MAP



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 afterschool 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.



growing
stronger
together

IN MOUNT EDEN,
BRONX

GUIDE TO FOOD, WELLNESS & OPPORTUNITIES

10 New Settlement Community Center

1501 Jerome Av (Corner of W 172 St)

- Wellness and active arts programs open to all
- Swimming instruction for all ages
- Free adult fitness classes with ShapeUp NYC
- Dance, prenatal and adult yoga, Step, Salsa and the Brazilian martial art Capoeira classes
- Terrace garden and cooking classroom

For more information: 718-758-5901
facebook.com/NewSettlementCommunityCtr
youtube.com/newsettlementctr

11 Corbin Hill Farm Share

New Settlement Community Center
1501 Jerome Ave

- Low pesticide or organic New York products
- Weekly pickups June to November
- Monthly pickups December to March
- Order variety package one week in advance
- Pay with cash, debit/credit, EBT, check
- Reduced price with EBT
- Cooking demos of healthy and delicious recipes

For payment and pick-up information, call 646-793-0032
corbinhillfoodproject.org

38 Urban Horizons Food Pantry & Commercial Kitchen

50 East 168th Street

Affordable space for new food businesses. Make appointments at pantry for SNAP applications and other assistance.

Pantry hours: Wednesdays, 9:30 a.m. to 11 a.m.
Requirements: ID and proof of address if not on ID;
No zip code limitations

14 Bronx Helpers

1484 Inwood Av

Bronx Helpers is a youth development and community leadership program at New Settlement Apartments. Look out for the Bronx Helpers' Teen Battle Chefs cooking in the neighborhood!

36 Grand Concourse Community Services

1275 Grand Concourse

Pantry hours: Wednesdays, 1:30 to 4 p.m.
Requirements: New York state ID or food pantry ID
Weeks 1 & 3: Last names A-L
Weeks 2 and 4: Last names M-Z

2 Mt. Gilead Baptist Church

1682 Morris Avenue

Pantry Hours: 2nd & 4th Saturday of the month, 9:30 a.m. to 11:30 a.m.

MARKETS

The healthiest food is what you and your family cook yourselves with fresh and real ingredients, not with packaged food.

- 3 TRIBERIAS FISH MARKET 15 E Mt Eden Av
- 5 FINE FARE SUPERMARKET 49 E Mt Eden Ave
- 8 FREDARLET DELI GROCERY 1575 Walton Av
- 17 C-TOWN SUPERMARKET 1434 Jerome Av
- 23 GREAT OCEAN FISH MARKET 15 E 170 St
- 28 ADOLFO MEAT MARKET CARNICERIA 116 E 170 St
- 29 ASSOCIATED MARKET 148 E 170 St
- 30 YOUNG MARKET 154 E 170 St
- 31 BRAVO SUPERMARKET 210 E 170 St
- 33 ANTILLANA SUPERFOOD MARKETPLACE 1339 Jerome Av

FARM FRESH FOOD

You can get farm fresh food here in the neighborhood. Local fruits and vegetables are more nutritious and taste better. Shoppers with EBT get more produce for their money!

- 7 HARVEST HOME FARMER'S MARKET Mt. Eden Av & Morris Av
- 11 CORBIN HILL FARM SHARE 1501 Jerome Av/Community Center
- 37 THE BRONX CSA 1275 Grand Concourse

SCHOOLS

You know our schools educate our kids, but they also play a key part in helping students and families live healthier lives.

- 1 P.S. 170 1598 Townsend Av
- 9 NEW SETTLEMENT COMMUNITY CAMPUS 1501 Jerome Av (Corner of Goble Pl)
- 16 WILLIAM HOWARD TAFT CAMPUS 240 E 172 St
- 19 PS 64 CAMPUS 1425 Walton Av
- 20 FAMILY LIFE ACADEMY CHARTER SCHOOL 14 West 170th Street

GREEN CARTS

Green Carts are as convenient as it gets for picking up fresh fruits or vegetables, and some even take EBT.

- 22 JEROME AV & W 170 ST
- 25 WYTHE PL & E 170 ST
- 27 WALTON AV & E 170 ST

ACTIVE OUTSIDE

Fun ways or peaceful places for adults and kids to be active outside.

- 13 NEW SETTLEMENT TOT-LOT Walton Av & Rockwood St
- 18 P.S. 64 COMMUNITY PLAY PARK Townsend Av between 170 & 171 St
- 24 CROSS TOWN BICYCLE 33 E 170 St
- 32 SHERIDAN MANOR COMMUNITY GARDEN 1340 Sheridan Av
- 35 DRED SCOTT BIRD SANCTUARY GARDEN & PARK Grant Av between E 169 and E 170 Sts

7 Harvest Home Farmer's Market

Mt. Eden Ave & Morris Ave

- Accepts cash, WIC and senior farmers market coupons, EBT, Debit/Credit, and Health Bucks
- For every \$5 you spend in food stamps (EBT), get a \$2 health bucks coupon
- Food tastings and education on nutrition

May to November: Tuesdays & Thursdays, 8 a.m. to 4 p.m.
harvesthomefm.org

8 Fredarlet Deli

1575 Walton Av

- Fresh fruits and vegetables at great prices
- Fredarlet makes eating healthy convenient for their customers
- Products include refreshing snacks like grapes and brain food like broccoli
- WIC and EBT accepted

GUIDE TO SYMBOLS

- SNAP: Accepted or Apply Here
- WIC: Accepted or Apply Here
- Garden
- Fresh Fruit or Vegetables
- Good for Kids
- Healthy Living Education
- School Breakfast/Lunch
- Emergency Food Provider
- School-based Health Center
- Free or Paid Fitness Classes
- Pool

- COMMUNITY ORGANIZATION
- EMERGENCY FOOD PROVIDER
- HEALTH PROVIDER
- SNAP OFFICE

SERVICE PROVIDERS & COMMUNITY ORGANIZATIONS

These groups are here to support you in more ways than you may realize.

- 2 MT. GILEAD BAPTIST CHURCH 1682 Morris Av
- 4 BRONX LEBANON WIC CENTER 21 E Mount Eden Av
- 6 BRONX LEBANON HOSPITAL 1650 Grand Concourse
- 10 NEW SETTLEMENT COMMUNITY CENTER 1501 Jerome Av (Corner of W 172 St)
- 12 NEW SETTLEMENT APARTMENTS MAIN OFFICE 1512 Townsend Av
- 14 BRONX HELPERS 1484 Inwood Av
- 15 BRONXWORKS 1477 Townsend Av
- 21 LATINO PASTORAL ACTION CENTER 14 West 170th Street
- 26 CONCOURSE SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM CENTER 1375 Jerome Av
- 34 CHURCH OF CHRIST THE KING 141 Marcy Pl
- 36 GRAND CONCOURSE COMMUNITY SERVICES 1275 Grand Concourse
- 38 URBAN HORIZONS AT WHEDCO 50 E 168 St
- 39 URBAN HORIZONS FAMILY HEALTH CENTER 50 E 168 St
- 40 MORRISANIA DIAGNOSTIC & TREATMENT CENTER 1225 Gerard Av