



Let's Move! Cambridge
*America's Move to Create a
Healthier Generation of Kids*

Newsletter

December 2013

Let's Move Cambridge

Fall wrap-up

During the fall season, local *Let's Move* partners were busy promoting a healthy lifestyle for children and families.



Community Cooks: Neighbors Helping Neighbors

Community Cooks is a network of volunteers that provides home-cooked meals to hungry and vulnerable neighbors in the community. Every month, more than 500 individual volunteer cooks and 12 participating businesses mobilize to give their time and resources. Each cook prepares a home-cooked dish to contribute to a larger meal, so that 2,200 neighbors in need can receive the gift of nourishing food. Community Cooks provides vital sustenance to individuals seeking assistance at 24 local non-profit agencies, and works on a range of critical social issues, including homelessness, domestic violence, substance abuse, and issues affecting at-risk youth and elders. Its mission is to build a bridge of caring between members of the community who are in need and those who are able to help, offering an avenue of service and hope.

"Our young adults feel so supported when they eat a Community Cooks meal and know that the food is prepared with love and generosity. One young adult said, "It makes me believe that human kindness still exists.""

— Ayala Livy, Program Manager, Youth on Fire
(Cambridge drop-in center for homeless youth age 14-24)





Cambridgeport Students Log Miles for Medals

This fall, the Cambridgeport School launched its 100 Mile Club. The club gives students opportunities before, during, and after school to log laps outdoors in Sennott Park and in the school gym. Students who reach 100 miles by the end of the school year win a medal; incentives are also earned at 25, 50, and 75 miles. Parents can log miles with their kids, too!

Students have several opportunities to walk or run during the day. Parent volunteers are present at Sennott Park (located 1 block from the school) from 7:30 a.m. to 8 a.m. each weekday morning, and the community schools director leads a quarter mile run for all children in the gym after school. The PE teacher also incorporates a quarter mile run in the gym before each PE class, and 1st through 4th grade students can run in Sennott Park once a week during recess if they choose. In addition, parent volunteers hold an hour-long session in Sennott Park two to three times per week.

"I think that Sylvia and William like this program because they love being outside and love being able to see their improvements," says parent Whitney van Praagh. "They're motivated by seeing the chart, they love the goal. When they reached 25 miles they proudly wore their t-shirts the next day to school!"



International Flavors Series at Cambridge Public Schools

Cambridge Public Schools' Food and Nutrition Services Department kicked off a new "International Flavors Series" this school year. International dishes are being served in select schools every other month, and the most popular dishes will be added to the regular menu cycle.

One of the most popular dishes in the series is an Ethiopian chicken dish called Doro Wat. The dish has been enthusiastically received by high school and elementary school students, and lunch participation is high.

A young boy of Ethiopian descent was overheard telling a friend, "This is MY food, you have to try some!" The spicy-hot dish spurred classroom discussions on the differences in everyday flavors used in diverse cuisines.



For more information about the Let's Move campaign in Cambridge, visit the Cambridge Public Health Department's [website](#).

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