



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

Newsletter

September 2013

Let's Move Cambridge

Summer Wrap Up

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



Let's Move with Summer Food

This summer, the city's Human Services Department paired exercise with free summer lunch provided to children in city parks and summer camps. Weather permitting, outdoor lunch was served on weekdays at Danehy Park, Hoyt Field, Sennott Park, Greene-Rose Heritage Park, and Gold Star Mother's Park. A free meal was provided to anyone under the age of 19. The parks are staffed by recreation workers, and the Summer Food Program contracted with Sidekim Foods of Lynn to provide balanced, nutritious food.



Each day, children completed an hour of exercise and movement before lunch. A major dance or exercise event was also held at one of the sites each week. Activities included African dance lessons (with background drumming), step dance, and the ever-popular Zumba. Under the guidance of Bob Goodwin from the city's Recreation Department, two Field Days took place, which included sack races, jump rope, hula hooping, and nutrition information.

City Sprouts Interns Dig Into Local Food

More than 100 Cambridge middle-schoolers participated in City Sprouts' Summer Youth Program. Over the course of a four week session, students learned how to garden and cook with vegetables and fruits from their own gardens.



Interns made kale salad, salsa, lemonade, and smoothies. They also went on field trips to Gaining Ground Farm, a farm in Concord that grows vegetables for local food pantries; the Greater Boston Food Bank, where they packed up food for low income Boston residents; and to Chipotle to learn from chefs about professional kitchens and cooking.

During the last week of the program, interns hosted visitors, gave garden tours, and held cooking demonstrations, proudly showing off their new skills.



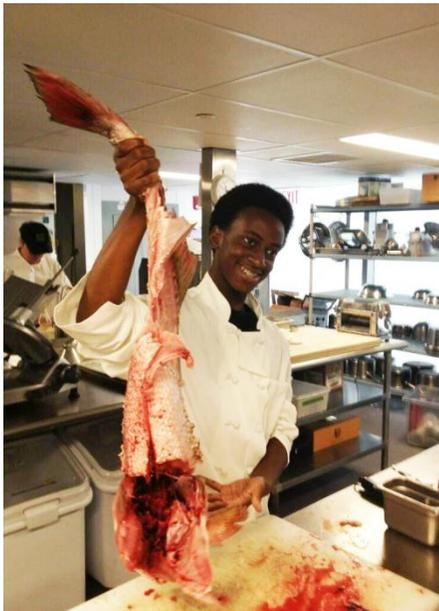
At the end of the summer, a participant concluded, "I have learned that food comes from many places. But, it usually starts out on a farm. An example is eggs. On a farm, a chicken will lay its eggs, and then they will be shipped to a supermarket where they'll be bought. I have also learned that there are many different kinds of food depending on where and how they're made. Three examples are organic food, industrial food, and local food. Organic food is when food is not sprayed with any chemicals on the farm or in the factory. Industrial food means the food is made in a factory and has been packaged and shipped. Finally, local food is food that comes from a farm near you, or from a nearby farmer's market. "



Food and the Urban Environment Leadership (FUEL) Internship

For six weeks during July and August, East End House hosted the Food and the Urban Environment Leadership (FUEL) internship in partnership with the Mayor's Summer Youth Employment Program.

Four dutiful teens tended garden beds, served in the food pantry, and took field trips to local companies and organizations such as Monsanto, Revision Urban Farm, Catalyst Restaurant, the Kendall Square farmers market, and the Greater Boston Food Bank to learn about growing, preparing, and distributing food at scale.



The internship culminated with youth-led projects. One intern mapped Cambridge food resources to identify areas that lack access to fresh produce. "I've learned a lot about food systems," he said. "Just thinking about the amount of work that it takes to make the ingredients for a single meal is overwhelming. So many people contribute along the way."

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