



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

Newsletter

Winter 2014

Let's Move Cambridge

Winter Newsletter

This issue highlights the great programs that were implemented by five of last year's Let's Move! mini-grant recipients during the spring, summer, and fall of 2013: Cambridge Community Center, theMOVE, Community Charter School of Cambridge, King Open Preschool, and Margaret Fuller Neighborhood House.



Cambridge Community Center: Green Program

The Green Program is a Cambridge Community Center initiative to engage students in an outdoor activity that also provides hands-on education about food and nutrition.

The students were involved in every stage of gardening – from planting seeds to harvesting food. While 15 students were actively involved in the process, the rest of the community benefited from the flourishing gardens as well. Amelia Joselow, program founder and director states, “We were able to grow healthy, productive gardens that were used by the children for their learning experience and were visible to the community to show what can grow in a small city space.”



The Green Program also got students excited about growing and eating fresh produce. Joselow reports, “The children would run over... shriek with excitement ‘I found a cucumber! Can I pick it?’ or ‘I found a tomato! Is it ready?’ Sometimes they would even pick chives or mint and munch on them right there in the

garden."



theMOVE: Farm Workdays for Cambridge Youth

Farm Volunteer Workdays, a program organized by theMOVE, led two day trips to local farms with students from the Gately and Russell Youth Centers. The program exposed youth to agriculture and hands-on farming. The workdays were a wonderful learning experience for the groups and engaged them in productive and enjoyable physical activity. According to a survey:

- Most students enjoyed their time on the trips
- 70% of students on the first trip and 63% of students on the second trip said they learned about the food system

One student commented, "This was a really informative and enjoyable experience."



Community Charter School of Cambridge: CCSC Cooking Club

The Community Charter School of Cambridge developed a cooking club to educate 7-12th grade students about meal design and preparation. During club meetings, students had the opportunity to conceptualize and create meals, which a volunteer chef facilitated.

The club taught high school students valuable skills both inside and outside the kitchen. The students gained cooking experience and learned about portion sizes and healthy substitutions.

Thanks to the cooking club, the students may be doing more cooking at home, too. As one 7th grade student member exclaimed, "Who knew cooking breakfast could be so easy?"



King Open Preschool: Health Curriculum

King Open Preschool enhanced its health curriculum this year with a small fleet of new tricycles and the addition of nutrition books to its home library for parents.

The new tricycles in the play space encourage students to be more active, while also developing gross motor skills and having fun. One student in particular, who had difficulty operating the old equipment, was thrilled with the new bikes. The newer, higher quality tricycles make it easy for students to dispel extra energy in a positive way and encourage future participation in physical activity.



The nutrition books have not only enriched the library, but have also increased parents' interest in healthy eating. The books inspired the addition of fresher options on the snack menu at school and activities such as a 'supermarket search' for healthy foods featured in the nutrition books.



Margaret Fuller Neighborhood House: Farm Fresh Curriculum

The Margaret Fuller Neighborhood House helped get its kids excited about cooking and healthy eating this summer and fall by participating in a farm share. The Farm Fresh Curriculum delivered fresh vegetables to the students three times per week, providing a daily salad bar and ingredients to cook with.

Several students developed a passion for cooking and vegetables. The farm share also introduced students to foods they may not have otherwise tried. After much convincing, one student ventured to try a green bean cooked with olive oil and parmesan cheese. Site manager Benjamin Crystal described the experience: "As soon as he started chewing, his eyes lit up and he looked at me wide-eyed in surprise and exclaimed,

‘Delicious!’”

To build on the farm share experience, the students also took field trips to two farms and even went apple picking!

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

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