

Contra Costa Health Services- Community Wellness and Prevention Program (CW&PP)

Let’s Move! Contra Costa County Collaborative Partners and Programs

August 5, 2015

Agency Name	Area of Service Provided	Let’s Move! Pillar #1 Help Parents Make Healthy Family Choices	Let’s Move! Pillar #2 Create Healthy Schools	Let’s Move! Pillar #3 Provide Access to Healthy and Affordable Food	Let’s Move! Pillar #4 Promote Physical Activity
1. Bay Area Community Resources (BACR)	Richmond		<ul style="list-style-type: none">The Youth Nutrition Advisory Coalition (YNAC), which is coordinated by BACR, empowers high school students to conduct research projects related to nutrition. Currently the project is focusing on various aspects of school lunch. <p>The YNAC developed a survey to collect data on the fruits and vegetables that elementary school students are most likely to eat. This data was used to support the Richmond Food Policy Council Elementary Salad Bar Initiative.</p> <ul style="list-style-type: none">Coordinates school garden program at Helms Middle School.Provides nutrition and urban agriculture education.	<ul style="list-style-type: none">BACR partners with the Richmond Food Policy Council to support the <i>Healthy School Foods Campaign</i>, which provides access to fresh fruits and vegetables at lunchtime for students.	<ul style="list-style-type: none">BACR offers Yoga classes to youth and community partners.

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2. City of San Pablo	San Pablo	<ul style="list-style-type: none"> The City of San Pablo's Childhood Obesity Task Force has a <i>Community Action Plan</i> that focuses on increasing physical activity levels; Increasing access to healthy foods and beverages and limiting access to unhealthy foods and beverages; changing messages about nutrition and physical activity, including limiting marketing of junk food to children; working with health care providers, insurers, and employers; and improving nutrition and physical activity in schools. The Childhood Obesity Task Force supports physical activity at the park, and cooking and nutrition classes for families and their children. The City of San Pablo hosts a variety of community events and partners with community agencies such as Head Start, Contra Costa Health Services and Weigh of Life to provide nutrition and physical activity information and resources. 	<ul style="list-style-type: none"> In 2012 City of San Pablo passed a resolution that all schools within San Pablo will become Full Service Community Schools. Helms Middle School is serving as the model site in the community. 	<ul style="list-style-type: none"> All community events offer healthy food options. The City of San Pablo provides access of fresh fruits and vegetables through their weekly Farmers' Market. 	<ul style="list-style-type: none"> San Pablo's Park and Recreation department provides a host of physical activities for all ages. The City sponsors community events that promote physical activity such as the Nutrition Olympics and Bike to Work Day. The City was awarded a grant to promote the <i>Let's Move! Campaign</i>.

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3. Contra Costa Child Care Council (CCCC)	County-wide	<ul style="list-style-type: none"> CCCC provides nutrition education and resources to parents at 48 child care sites throughout the County. CCCC provides support to child care centers to improve the quality of care provided to young children with respect to nutrition, breastfeeding support, physical activity, and screen time. 	<ul style="list-style-type: none"> Currently focusing on increasing the number of programs meeting the <i>Let's Move!! Child Care Best Practices</i>. CCCC's Food Program ensures that their sites serve meals that meet the USDA nutrition guidelines. 		<ul style="list-style-type: none"> CCCC Child Health and Nutrition Specialists support in-home child care sites and provides educational materials on physical activity for the children at those sites. Distributes monthly parent newsletter to all 48 sites that features current information on physical activities for children.
4. Contra Costa Health Services Black Infant Health Program (Black Infant Health)	East and West County	<ul style="list-style-type: none"> Black Infant Health provides a 10 week program for pregnant and postpartum women which includes nutrition education and physical activity promotion. The curriculum specifically highlights portions of the <i>Let's Move! Campaign's Healthy and Active Families Activities</i>. All Black Infant Health support groups provide healthy snacks and recipes for participants. 		<ul style="list-style-type: none"> Food and nutrition resources are shared with the clients as part of their clinical case management. Resources often include information on CalFresh, the Food Bank of Contra Costa, local Farmers' Markets and WIC. 	<ul style="list-style-type: none"> Yoga as well as other forms of movement are included as part of the nutrition classes for pregnant women.

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5. Contra Costa Health Services Community Wellness and Prevention Program (CW&PP)Nutrition and Physical Activity Promotion Project	County-wide	<ul style="list-style-type: none"> CW&PP provides single and series nutrition and physical activity classes for parents and their families. CW&PP sponsors and supports community events where resources and materials that promote physical activity and healthy eating are disseminated. 	<ul style="list-style-type: none"> CW&PP partners with schools districts to promote nutrition education and physical activity at an array of events including Summer Meal Programs, Parent Nights, Back to School Nights, and Walk to School Day. 	<ul style="list-style-type: none"> Distributes materials that provides resources for healthy and affordable foods (i.e., CalFresh, Food Bank and WIC s, local Farmers' Markets in all educational classes and community events. 	<ul style="list-style-type: none"> Materials that promote physical activity are disseminated at community events, through classes and workshops. Physical activity is often conducted as part of the classes and workshops.
6. Contra Costa Health Services Reducing Health Disparities Program (RHD) – Promotoras and African American Health Conductors	Pittsburg and Richmond	<ul style="list-style-type: none"> RHD Promotoras co-facilitate Medical Group Visits at County clinics in Pittsburg and Richmond, which provide education for parents and their children on the importance of healthy cooking, eating and physical activity. The African American Health Conductors (AAHC) provide nutrition education and physical activity promotion for adult participants in their Soul 2 Soul Program. Fall 2015 the AAHC will begin co-facilitating an African American group that provides education for parents and their children about the importance of healthy cooking, eating and physical activity. 		<ul style="list-style-type: none"> The AAHC and the Promotoras provide community resources including CalFresh, Food Pantries, and organizes groups that go to the local Farmers Market. Healthy refreshments are served at all Medical Group Visits facilitated by the Promotoras and the AAHC. The AAHC also facilitates support groups for the re-entry population where health foods are served. 	<ul style="list-style-type: none"> The AAHC and Promotoras promote physical activity as part of their Medical Group Visits.

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7. Contra Costa Health Services Safe Routes to School (SRTS)	Select West Contra Costa Unified School District elementary schools (i.e., Hercules, Pinole, San Pablo, Richmond, El Cerrito and the unincorporated areas of West Contra Costa)	<ul style="list-style-type: none"> SRTS staff plan and attend elementary school parent meetings and events to provide information and resources to promote their children's safety both in school neighborhoods and on campus. These resources include pedestrian and bike safety workshops to ensure children are street smart when traveling on their own, parent-led walking school bus and safety patrol training and coordination to promote daily walking and improve safety, school neighborhood walk audits to identify barriers to safety and recommended routes to school; and free bike helmet fitting and distribution, 	<ul style="list-style-type: none"> SRTS staff plan and conduct in-class and assembly-format leadership activities to empower elementary school students to promote healthier decision making to increase their overall safety and well-being. Students learn from the "Leadership for Positive Change" curriculum that emphasizes improving their campus climate by promoting physical activity and wellness, improved nutrition, anti-bullying efforts, recycling, increasing respect and accountability among students and teachers and reducing substance abuse, gangs and violence. These modules culminate in a student-led "March for Change" Walk to School Day event that promotes physical activity and positive change. 	<ul style="list-style-type: none"> SRTS staff conduct workshops on the importance of healthy eating and physical activity and how the environment and other social determinants of health impact our access to both. 	<ul style="list-style-type: none"> SRTS staff work directly with parents, students, school staff, law enforcement, youth-serving agencies, city engineers and elected officials to improve the environment for safe walking and biking and collaboratively plan short- and long-term solutions to increase daily walking and biking as as part of a healthy and active lifestyle. We implement the 5 E's approach to SRTS which are: <u>Education</u> on the benefits of walking and biking on our physical and mental health but also the environment; <u>Engineering</u> streets and sidewalks to promote safety; <u>Enforcement</u> efforts to improve traffic safety and reduce crime in school zones; <u>Encouragement</u> activities, to create excitement around physical activity, and <u>Evaluation</u> of our efforts to create sustainability of our momentum and modify the program as needed with the input of our participants and partners.

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8. Contra Costa Health Services WIC (Women, Infants and Children) Program	County-wide	<ul style="list-style-type: none"> WIC provides nutrition and health education for pregnant women, postpartum women, and their children under the age of 5. 		<ul style="list-style-type: none"> WIC provides women with food vouchers to assist them in purchasing healthy foods for their children. WIC offers breastfeeding support and resources for postpartum women. 	<ul style="list-style-type: none"> Physical activity information, resources, and incentives such as CDs are provided in WIC classes to promote physical activity.
9. Contra Costa Regional Medical Center and Clinic Services (CCRMC)	County-wide	<ul style="list-style-type: none"> CCRMC Registered Dietitians provide nutrition education through one-on-one consultations in the hospitals and clinics. 		<ul style="list-style-type: none"> Registered Dietician consultations with clients include information about food resources (i.e., CalFresh, the Food Bank, Farmers' Markets and the WIC program). 	<ul style="list-style-type: none"> Registered Dietitians encourage clients to be physically active as part of the promotion of a healthy lifestyle.
10. Cooking Matters/18 Reasons	County-wide	<ul style="list-style-type: none"> Cooking Matters provides nutrition education classes and food demonstrations in a variety of settings (CBO', faith-based organizations, schools, etc.). Teaches parents how to cook healthy meals for their families. 		<ul style="list-style-type: none"> Educates parents on how to shop for healthy and affordable foods. 	
11. First 5	County-wide	<ul style="list-style-type: none"> First 5 provides parents and children under 5 years of age with information and tips about nutrition, breastfeeding as well as engaging in physical activity. Classes such as We Can Cook, Gymsters, and Edible Art are offered for parents and children. 		<ul style="list-style-type: none"> First 5 serves healthy meals and snacks daily and information about food resources are available to the parents. 	<ul style="list-style-type: none"> Active play and movement are a major part of the programs. The First 5 Regional Group partners with local city park and recreation departments to offer low cost sports classes for young children.

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12. Food Bank of Contra Costa and Solano	County-wide	<ul style="list-style-type: none"> The Food Bank's Food for Children Program and the Community Produce Program provides nutrition education and recipes for families. 	<ul style="list-style-type: none"> Through the Farm 2 Kids Program every week, the Food Bank distributes 3-5 pounds of fresh produce per child through after school programs in low-income schools. The School Pantry Program provides items to high schools and middle schools where 50% or more of the students receive free or reduced lunch. 	<ul style="list-style-type: none"> The Food Bank has seven different distribution programs and partners with over 180 area nonprofits to increase accessibility of fruits and vegetables to those in need. CalFresh Eligibility Case Workers are available at each distribution center to assist families with enrolling into the CalFresh program. The case workers also provide additional resources for affordable food outlets for those in need. 	
13. Grace Bible Fellowship of Antioch (GBF)	Antioch/Pittsburg	<ul style="list-style-type: none"> GBF distributes nutrition education materials to parishioners and to the community at events in the Antioch and Pittsburg areas. GBF facilitates nutrition education workshops for adults. 		<ul style="list-style-type: none"> Provides Cal Fresh information at workshops and at community events. 	<ul style="list-style-type: none"> GBF sponsors Zumba classes for parishioners and community members.

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14. Head Start	County-wide	<ul style="list-style-type: none"> Head Start conducts monthly parent meetings with nutrition education and physical activity, as one of several topics offered regularly. 	<ul style="list-style-type: none"> Head Start facilitates a nutrition curriculum that promotes physical activity and healthy eating habits. Harvest of the Month, a program designed to motivate and empower students to increase consumption of fruits and vegetables and to engage in physical activity every day, is also incorporated into the child care menus. In the FFY 15-16, increasing physical activity in the classroom will specifically be a focus. 	<ul style="list-style-type: none"> Information about food resources such as the Food Bank, WIC, Farmers' Markets and CalFresh is available to the parents. 	
15. John Muir Health	Pittsburg/Concord		<ul style="list-style-type: none"> Provides nutrition education for children in the classroom setting. 		
16. La Clinica	Concord (Monument) East County (Pittsburg) Far East County (Oakley)	<ul style="list-style-type: none"> La Clinica's <i>Healthy Body, Healthy Mind</i> is a 5 class workshop series that focuses on nutrition and physical activity. 		<ul style="list-style-type: none"> All sites provide outreach and education for CalFresh enrollment. 	<ul style="list-style-type: none"> The <i>Healthy Body, Healthy Mind</i> curriculum has a physical activity and mental health component that offers Yoga and Thai Chi. Physical activity classes (i.e., Zumba and Yoga) are offered free to the community.

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17. Meals on Wheels (MOW)	County- wide			<ul style="list-style-type: none"> MOW provides meals to the home bound elderly population and oversees the Contra Costa Café which is a congregate meal program for seniors. MOW offers nutrition education and food resources for seniors. 	<ul style="list-style-type: none"> MOW facilitates Tai Chi classes for seniors.
18. Monument Crisis Center (MCC)	Concord	<ul style="list-style-type: none"> MCC distributes nutrition education materials and offers nutrition workshops for adults and youth receiving services at the center. 		<ul style="list-style-type: none"> MCC offers a Food Pantry for their clients. 	<ul style="list-style-type: none"> MCC provides weekly physical activity opportunities for clients and the community at large.
19. Monument Impact (MI)	Concord	<ul style="list-style-type: none"> MI partners with Cooking Matters Program, to provide nutrition education and teach cooking skills to families utilizing MI services. 	<ul style="list-style-type: none"> MI partners with Meadow Homes Elementary to promote nutrition and physical activity and supports their School Wellness Policy. 	<ul style="list-style-type: none"> Information about food resources such as the Food Bank, Farmers' Markets and CalFresh are available in Cooking Matters classes and through MI sponsored community events such as the <i>Carnival of Health Fair</i>. 	<ul style="list-style-type: none"> MI offers Zumba classes, walking clubs, and a Junior Giants baseball program as part of their service network.

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20. Mt. Diablo Unified School District CARES Afterschool Program	Concord/ Bay Point	<ul style="list-style-type: none"> MT. Diablo -CARES After School Program provides monthly nutrition education classes to parents that focus on Harvest of the Month, Re-Think Your Drink, and increasing fruits and vegetable consumption. 		<ul style="list-style-type: none"> Provides fresh fruits and vegetables to students and their families on a weekly basis. 	<ul style="list-style-type: none"> Promotes physical activity throughout the school year by providing daily sports activities
21. Mt. Diablo Unified School District Nutrition Department	Concord/Bay Point		<ul style="list-style-type: none"> Mt. Diablo Unified School District is proud to be part of the California Thursdays Network. California Thursdays is a collaboration between the Center for Ecoliteracy, participating school districts, and allied organizations to serve healthy, freshly prepared school meals made from scratch. Salad bars are available at the majority of middle school sites. Culinary competitions are held every year for fourth graders. This friendly competition offers students the opportunity to work with the nutrition staff to learn of the culinary skills and new recipes to cook. 	<ul style="list-style-type: none"> Families and their children have access to a healthy dinner at 14 school sites. 	

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22. Pacific Coast Farmers Market	County- wide	<ul style="list-style-type: none">The Pacific Coast Farmers Market offers healthy cooking classes for adults.		<ul style="list-style-type: none">Partners with the Food Stamp Program’s Market Match to increase accessibility of fresh produce to families.Teaches adults how to shop for healthy and affordable food.Their mobile farmers market, “Freshest Cargo”, travels to various low-income neighborhoods throughout the County and sells produce to those living in the community.	

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23. Pittsburg Unified School District (PUSD)	Pittsburg	<ul style="list-style-type: none"> PUSD disseminates nutrition information to parents and students through a monthly newsletter that highlights the Harvest of the Month (HOTM). HOTM is a program designed to motivate and empower students and parents to increase consumption of fruits and vegetables and to engage in physical activity every day. Provides food tastings to children and parents at school events 	<ul style="list-style-type: none"> PUSD has a school garden program at 8 sites. Produce from the school gardens are offered to the students at lunch time. PUSD participates in California Thursdays. Hydration Stations have been installed at several schools School vending machines offer healthy beverages Cafeteria staff have received training on nutrition education. The afterschool program is implementing the SPARK curriculum. 	<ul style="list-style-type: none"> PUSD partners with Fresh Approach increasing accessibility of fresh produce for students and their families. Partners with the Food Bank to distribute produce at schools Offers a Food Pantry for students and their families. Produce grown at school sites are available at a local farmer's market. Provides meals to children at Summer Feeding sites 	<ul style="list-style-type: none"> Information about and physical activity demonstrations are available at school events. Gardening as a form of physical activity is offered to students and families.

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24. Richmond Food Policy Council (RFPC)	Richmond	<ul style="list-style-type: none"> RFPC encourages parent participation in the council itself and on the various health committees coordinated by the council. Encourages community members to collaborate with local food policy groups to ensure that California's food system reflects the needs of all of its communities. 	<ul style="list-style-type: none"> RFPC launched the <i>Healthy School Food</i> campaign which is a community-driven campaign that identifies and implements strategies for bringing fresh healthy meals, including locally grown produce and salad bars to schools in the City of Richmond. Social media (Facebook, Instagram) are being utilized to promote the campaign. RFPC has created a youth committee to incorporate the youth voice in the Healthy School Food campaign. 	<ul style="list-style-type: none"> Partnered with WCCUSD to implement salad bars at Peres, Lincoln, Grant, Nystrom elementary schools and the Lavonya Dejean Middle School. Promotes school gardens. 	
25. RYSE Center	Richmond	<ul style="list-style-type: none"> RYSE provides nutrition and cooking classes to youth and their families. Uses social media (e.g.- Facebook and Instagram)to promote wellness classes and community health events for youth and their families. 		<ul style="list-style-type: none"> RYSE'S urban garden offers "Tasty Tuesdays" classes to teach students how to cook healthy meals using the ingredients from the garden. 	<ul style="list-style-type: none"> Offers dance classes for youth.

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26. UC Cooperative Extension (UCCE)	County-wide	<ul style="list-style-type: none"> UCCE teaches families in person and online healthful ways of eating; where food comes from; how to stretch food dollars; and how to prepare simple, healthful meals. 	<ul style="list-style-type: none"> UCCE facilitates classroom presentations and food tastings at school-wide nutrition education events. 	<ul style="list-style-type: none"> UCCE provides information about food resources through classes, online, and at community events. 	<ul style="list-style-type: none"> The <i>Eating Smart Being Active Program</i> promotes and engages participants in physical activity.
27. Urban Tilth	Richmond/ San Pablo	<ul style="list-style-type: none"> Urban Tilth encourages community members to participate in local gardening and farming projects. Offers community members a safe community recreational space and education opportunities to learn how to grow fresh fruits and vegetables. 	<ul style="list-style-type: none"> <i>The Urban Agriculture Institute</i>, an initiative of Urban Tilth at Richmond High School, is a student-driven "farm, classroom, and community" program. This program offers an urban ecology and American Food systems course, and hands-on gardening opportunities. 	<ul style="list-style-type: none"> <i>The Urban Agriculture Institute</i> distributes about 10,000 lbs of produce annually to students and their families. 	
28. Weigh of Life	West County	<ul style="list-style-type: none"> Weight of Life provides 15-minute mini nutrition classes to participants. Topics include healthy eating, food demonstrations, cooking tips, and information about balanced diets. 	<ul style="list-style-type: none"> Zumba classes are held at Helms Middle School in San Pablo. 	<ul style="list-style-type: none"> Fresh fruits and vegetables are given to participants during each class, promoting healthy eating and diet awareness. Information about food resources such as the Food Bank, Farmers' Markets and CalFresh are available in classes. 	<ul style="list-style-type: none"> High-impact aerobic fitness classes are offered every week at community centers in Richmond and San Pablo. Classes include including Zumba, step aerobics, and kickboxing. Child supervision has 30-60 minutes of outdoor physical activity.

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29. West Contra Costa Unified School District Food Services Department (WCCUSD Food Services)	West County	<ul style="list-style-type: none"> WCCUSD Food Services disseminates Harvest of the Month and other nutrition information parents through newsletters and the monthly school menus. Nutrition and physical activity information is also disseminated at events such as the annual <i>Health and Nutrition Festival</i> and <i>Spring and Summer Meal Barbeques</i>. 	<ul style="list-style-type: none"> WCCUSD Food Services supports student academic success and promotes healthful eating habits that lead to lifelong positive nutrition practices. During school testing time, eating a healthy breakfast is especially encouraged. School meals are served to students under the National School Lunch Program and the School Breakfast Program Meals. There are salad bars in seven schools with plans for expanding that provide another avenue for education and access to fruits and vegetables. WCCUSD Food Services participates in the California Thursdays program. 	<ul style="list-style-type: none"> The Seamless Summer Feeding Program offers food when school is not in session. 	<ul style="list-style-type: none"> At the Annual Health and Nutrition Festival, multiple forms of physical activity are provided for the students such as Zumba, relays, and double-dutch. Physical activity is also part of the Summer Meals Kick Off.

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30. Youth Enrichment Strategies (YES)	Richmond	<ul style="list-style-type: none"> YES Family Camp- "increase people's appreciation of and access to nature, help build cross-cultural relationships between diverse neighbors, and highlight relevant community issues and wellness practices in a safe, supportive atmosphere." It teaches the families the benefits of physical activity, nutrition, mindfulness, and other wellness and conservation practices. 	<ul style="list-style-type: none"> YES Wellness program- utilizes peer-led leadership models to develop leadership skills, including facilitation, advocacy, and school wellness policy trainings. 	<ul style="list-style-type: none"> Youth Engagement Team- receives nutrition education/career development workshops Partners with Richmond Food Policy Council to support the Healthy School Foods Campaign. 	<ul style="list-style-type: none"> Camp-to-Community (C2C) facilitates monthly outdoor teen leadership activities in partnership with East Bay Regional Parks (EBRP) YES family Camp- provides access to nature for Central and North Richmond families to enjoy a weekend of camp activities and enriched community-building under the redwoods.
31. YMCA -Kennedy High Health Center (YMCA)	Richmond	<ul style="list-style-type: none"> Provides "healthy living" education to students, their families, and community residents. Topics include: diabetes prevention, health, well-being and fitness courses. 	<ul style="list-style-type: none"> YMCA's Youth Advisory Board and Wellness team provides peer education coordination with King, Stege and Coronado elementary after-school programs using the "Power of Choice" curriculum. Administered breakfast participation surveys to fifth grade classes at Stege, Coronado, Nystrom and King elementary schools in Richmond. Nutrition education is provided to the youth in the wellness center and Kennedy High School students. 	<ul style="list-style-type: none"> YMCA's youth groups facilitated community taste tests at the elementary, middle and high school levels as well as the local farmers market with the goal of increasing fruit and vegetable consumption. YMCA collaborates with a local Safeway to display <i>Champions for Change</i> recipes in the store and provides community taste testings. Hydration stations have been installed at Kennedy High School through the advocacy and efforts of YMCA. 	<ul style="list-style-type: none"> Provides recreation programs for community residents of all ages. Summer camps provide physical activity programs for youth.

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