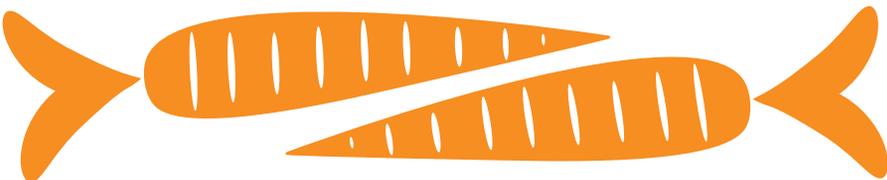




HEALTHY
BY
DEFAULT

COMMUNITY RESOURCE GUIDE



2014-2015



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KEY



Free program



Leadership Opportunity



Electronic Resource



Locally-based



Grant Opportunity

A dark silhouette of a person in motion, possibly dancing or performing, is positioned on the left side of the page. The person's arms are raised and their legs are in a dynamic pose, suggesting movement. The background is a solid light gray.

INTRODUCTION

The Institute of Women and Ethnic Studies' (IWES) Healthy-By-Default Program was born out of a CDC funded REACH (Racial and Ethnic Approaches to Community Health) grant to UCLA. As one of the sub-grantees of UCLA, we are committed to increasing access to physical activity opportunities and healthy food choices in the New Orleans schools we have partnered with.

As part of the Healthy-By-Default attempt to exact sustainable change in the New Orleans public school system of charters, IWES has assembled a resource guide for schools, organizations and community partners interested in furthering health and wellness their neighborhoods. It is our hope that these resources will serve to facilitate partnerships between New Orleans organizations and communities that will foster access to the choices our community needs in order to remain healthy and happy.

For more information, visit www.iwesnola.org



FOOD AND GARDENING RESOURCES

RESOURCE	DETAILS	CATEGORIES
<p>ALLIANCE FOR A HEALTHIER GENERATION</p>	<p>The Alliance is a national organizations that works with schools, companies, community organizations, healthcare professionals and families to transform the conditions and systems that lead to healthier kids. They disseminate resources related to health campaigns, enroll schools in their network of tools and resources while awarding enrolled schools with recognition for healthy practices.</p> <p>https://www.healthiergeneration.org/</p>	    
<p>ANNIE'S GRANTS FOR GARDENS</p>	<p>Offers Grants for Gardens donations to schools and other educational programs that help build school gardens.</p> <p>Annie's also offers a garden fundraising guide, a guide to starting a garden and information on programs like FoodCorps, The National Gardening Association and The Center for Ecoliteracy.</p> <p>www.annies.com/giving-back/school-gardens</p>	    
<p>COOKING MATTERS</p>	<p>Cooking and nutrition program run locally through Second Harvest Food Bank. They have separate programs for adults, teens, families, and kids.</p> <p>http://no-hunger.org/Programs/FoodDistribution/CookingMatters.aspx</p>	    



**EDIBLE
SCHOOLYARD
NEW ORLEANS**

Willing to give advice to schools looking to build school gardens.
They also have information and recipes available on their website.



**EXPANDED FOOD
AND NUTRITION
EDUCATION
PROGRAM**

LSU Ag Center's EFNEP program empowers limited-income families with young children to make informed decisions about food purchasing, food safety and meal management. EFNEP provides free classes in schools with parents across New Orleans.

http://www.lsuagcenter.com/en/food_health/education_resources/EFNEP/



**FISKARS PROJECT
ORANGE THUMB**

Project Orange Thumb grants and garden makeovers have helped support community gardening all over the United States and Canada.

<http://www2.fiskars.com/Community/Project-Orange-Thumb>



GO GREEN NOLA

Information on starting a garden, composting, natural pest and insect control along with a list of community gardens by zip code.

<http://www.gogreennola.org/category/grow-green/>





**GROW DAT
YOUTH FARM**

Field trips and learning tours for youth.

[http://growdatyouthfarm.org/
field-trips-to-the-farm/](http://growdatyouthfarm.org/field-trips-to-the-farm/)



**THE HEALTHY
SCHOOL FOOD
COLLABORATIVE**

The Healthy School Food Collaborative (HSFC) is a signature program of KIPP New Orleans and Propeller: A Force for Social Innovation which operates school food service for forty five charter schools in the New Orleans and Baton Rouge area. HSFC is committed to providing healthy, sustainable meal choices to students, families and communities in order to improve the nutritional impact in education.

www.thehealthyschoolfoodcollaborative.com



**THE HOME
DEPOT
FOUNDATION**

Home Depot offers awards up to \$5,000 in Home Depot gift cards to 501(c)(3) nonprofit organizations.

[http://homedepotfoundation.org/page/
applying-for-a-grant](http://homedepotfoundation.org/page/applying-for-a-grant)





**HOW TO GROW
A SCHOOL
GARDEN
(HANDBOOK)**

This handbook is considered by bible of school gardening. Between the authors, parents, teachers and school administrators, the book offers schools everything they need to know to build school gardens and to develop the programs that support them.

Written by Arden Bucklin-Sporer and Rachel Kathleen Pringle



**KIDS RETHINK
NEW ORLEANS**

Food Justice and Garden Visionaries students have experience building and maintaining a garden. They are also potentially able to make presentations to other students about their work and on the history of gardening and farming in the African American community.

<http://therethinkers.com/>



**LIVING LOTS
NOLA**

Map of opportunities for land-based projects throughout the city (distinguishes between publicly-owned land, private land with a blight lien, etc), as well as pathways to accessing this land.

<http://livinglotsnola.org>



**LOWE'S
TOOLBOX FOR
EDUCATION**

Lowe's offers annual grants for between \$2,000 and \$5,000 to public schools and public school parent teacher groups to support their own projects.

<http://www.toolboxforeducation.com/>



<p>LSU AG CENTER SCHOOL GARDEN RESOURCES</p>	<p>LSU offers information on maintaining a garden, curriculum resources, nutrition information, guides and a list of national school garden grants.</p> <p>http://www.lsuagcenter.com/en/lawn_garden/school_gardens/pub-web/</p> <p>https://www.lsuagcenter.com/en/food_health/education_resources/smart_choices/</p>	    
<p>THE LUNCH BOX</p>	<p>Garden resources, recipes, curricula financial guides and technical tools all together in one websites. They also have a blog to promote partnerships in communities across the nation and information on advocacy around school health and food.</p> <p>http://www.thelunchbox.org/</p>	    
<p>NAT'L GARDENING ASSN - KIDS GARDENING</p>	<p>Regularly updated list of school garden grant opportunities.</p> <p>http://grants.kidsgardening.org</p>	    
<p>NEW ORLEANS FOOD AND FARM NETWORK</p>	<p>Their Grower's Guide contains information on starting a garden, soil, structures, planting techniques, pests and disease while their Farm Financing Reference Manual is an excellent resource for local funding pathways.</p> <p>http://www.noffn.org/</p>	    

<p>NOLA GREEN ROOTS</p>	<p>Event calendar with classes on all aspects of gardening, as well as cooking classes.</p> <p>http://nolagreenroots.com/projects/</p>	    
<p>OCHSNER CHOP IN A BOX</p>	<p>Free after-school cooking and nutrition education toolkit that includes curriculum, recipes and kitchen equipment.</p> <p>For more information, email earceneaux@ochsner.org</p>	    
<p>ORLEANS PARISH 4-H</p>	<p>4H offers programming to support STEM education, citizenship and healthy living for young people. Their healthy living programs include Fit 4 the Future, Health Rocks! And Smart Bodies.</p> <p>http://www.lsuagcenter.com/en/4H/about_4H/programs/healthy_lifestyles/</p>	    
<p>PARKWAY PARTNERS</p>	<p>Sow & Grow Schoolyard Garden Program provides lesson planning materials and plant starts for sale on the second Saturday of every month. This program is primarily for public and charter schools.</p> <p>http://parkwaypartnersnola.org/index.php/programs/schoolyard-gardens/</p>	    



POLLINATOR PARTNERSHIP

The Partnership promotes the health of pollinators that are critical to food and ecosystems through conservation, education and research. They have helpful information on policy, gardening resources and curricula about pollinators.

<http://www.pollinator.org/>



SANKOFA CDC

Currently partners with ARISE Academy in the 9th ward to provide nutrition programming for students. Staff is willing to give advice to schools looking to build school gardens and they are able to provide information on the Mobile Market, HEAL Project and their 9th ward farm on their website.

<http://www.sankofanola.org/>



SCHOOL GARDEN WIZARD

Provides information on and tools related to creating a cost estimate worksheet, national science standards (by grade level), cross-discipline learning (by grade level), special needs gardening and tips for helping school gardens along.

<http://www.schoolgardenwizard.org>



SCHOOL GRANTS FOR HEALTHY KIDS

Provides funding for school breakfast program pilots and/or breakfast program expansions.

<http://www.actionforhealthykids.org/resources/school-grants>





USDA FARM TO SCHOOL RESOURCES

Provides informational resources on school nutrition, food safety, coalition building, garden-related curricula, sustainability and evaluation. Grants for planning, implementation, support services and conferences are also available.

<http://www.fns.usda.gov/farmtoschool/farm-school-resources>



WHOLE KIDS FOUNDATION SCHOOL AND FAMILY RESOURCE CENTER

Whole Kids, a foundation run by Whole Foods, has partnered with FoodCorps to provide a \$2,000 monetary grant to fund school gardens and related activities each Spring. Additionally, their online school resource guide offers garden building resources, grant application advice and free gardening and nutrition resources for kids.

<https://www.wholekidsfoundation.org/schools/programs/school-garden-grant-program>





PHYSICAL ACTIVITY RESOURCES

RESOURCE	DETAILS	CATEGORIES
A'S & ACES	<p>Establishes partnerships with schools to teach 'physical literacy' and introduce QuickStart Tennis to 1st and 2nd grade students while encouraging 3rd -5th graders to apply to their Dillard afterschool program that incorporates literacy and fitness.</p> <p>http://www.asandaces.org/</p>	    
ACCESS HEALTH LOUISIANA	<p>The Ruth Fertel/Tulane Community Health Center offers primary health care services and behavioral health services, and preventative care in their centrally-located clinic. They have free healthy and exercise classes on Monday from 5:30 - 6:30 or Tuesday from 12:00 - 1:00pm. They also offer a fitness class on Saturday at 9am in both Audubon Park and City Park.</p> <p>http://www.rftchc.org/index.asp</p>	    
ASHÉ CULTURAL ARTS CENTER	<p>Ashé offers health and wellness programs including Workplace Wellness Luncheons, Voices Not Forgotten, and Sistahs Making a Change and Health Nutz acting ensemble (which is available for workshops, conferences, field trips and health fairs).</p> <p>http://www.ashecac.org/main/</p>	    



BIKE EASY

Bike Easy provides informational resources on school nutrition, food safety, coalition building, garden-related curricula, sustainability and evaluation. Grants for planning, implementation, support services and conferences are also available.

<http://www.fns.usda.gov/farmentoschool/farm-school-resources>



BOYS AND GIRLS CLUB OF SOUTHEAST LOUISIANA

The Boys and Girls Club of SE Louisiana has multiple physical activity opportunities for youth at little to no cost.

<http://bgcsela.org/>



BROADMOOR EDUCATION CORRIDOR

Broadmoor Education Corridor houses the Broadmoor Basketball Club, the New Orleans Ballet Association, Hey Now Hooping and Zumba Fitness.

http://broadmoorimprovement.com/BIA/Education_Corridor.html



COMMUNITY WORKS OF LOUISIANA

Community Works offers afterschool, summer, and enrichment programs in multiple forms of dance and recreation, including swimming, basketball, softball, football, and gymnastics.

<http://www.communityworksla.org/>





DANCING GROUNDS	<p>Dancing Grounds offers dance classes at their own facility as well as classes in afterschool programs, summer camps, and youth workshops.</p> <p>http://dancinggrounds.org/</p>	    
DIRECTED INITIATIVES FOR YOUTH/EXCITE ALLSTARS	<p>DIY holds numerous fitness camps and events for kids, including Super Saturdays, summer Kiddie Camp, summer Teen Camp, Kazzies Kidz! And seasonal sports clinics.</p> <p>http://exciteallstars.org/</p>	    
FITNOLA PARKS	<p>FitNOLA Parks host family friendly activities, increased park security, and healthy concessions at 3 neighborhood parks. Events such as Zumba, yoga, and Boot Camp are offered at no cost to New Orleanians of all ages.</p> <p>http://nola.gov/nordc/fit-nola-parks/</p>	    
FUEL UP TO PLAY 60	<p>Fuel Up to Play 60 was founded by the National Dairy Council and the NFL to. They offer up to \$4,000 per year for qualifying K-12 schools enrolled in Fuel Up to Play 60.</p> <p>http://school.fueluptoplay60.com/playbook/</p>	    



GIRLS FIRST

Girls First is a summer fitness camps for girls held at Tulane University.

<http://girlsfirst.info/>



GIRLS ON THE RUN

Girls on the Run offers afterschool running clubs and events for girls in grades 3-5 and 6-8.

<http://gotrnola.org/>



GROW (GREAT RESOURCES WHEREYAT)

GRoW is a network designed to support healthy lifestyle choices for youth and adults alike in the New Orleans community. They offer yoga, karate, basketball, dance, and Zumba classes in venues that are accessible to the community.

<http://grownola.org/>



INSTANT RECESS

Instant Recess is an approach to physical activity that guides students and adults through 10 minutes of movement during a physical activity break to promote movement and healthy lifestyle choices. School Health Connection (see page 22) can provide training to school faculty and staff on how to implement Instant Recess and other physical activity breaks.

<http://www.instantrecess.com>





KIDSWALK COALITION

KidsWalk Coalition produced a report entitled Stepping to School: An Assessment of Neighborhood Walkability and Solutions for a Safer, Healthier New Orleans, which is available online. The report shows how walkable New Orleans schools are, along with recommendations on how to make New Orleans communities safer and more pedestrian- and bicycle-friendly.

<http://kidswalknola.org>



LA OUTDOORS OUTREACH PROGRAM

LOOP provides outdoor educational and recreational programs, activities and services to elementary, middle and high school students in Orleans Parish. Different programs include activities like hiking, canoeing, swimming and wildlife education.

www.crt.state.la.us/louisiana-state-parks/louisiana-outdoors-outreach-program/loop-new-orleans/index



LADY D

Lady D is a professional Line Dancing instructor from New Orleans who can work with small groups, large groups, young and old. She also teaches classes in Gretna and at the Sojourner Truth Neighborhood Center.

<https://www.facebook.com/LineDancinwithLadyD/info>





**MID-CITY
MINISTRIES**

Mid-City Ministries, although not overtly dedicated to physical activity, has advocated in the Mid City community for the development of a new playground and often takes groups of young people on camping trips where they hike, swim and spend time together outdoors.

<http://midcityministries.org/>



**NATIONAL
FOOTBALL
LEAGUE**

The NFL Foundation awards grants to non-profit organizations aimed at making a big difference in communities nationwide through programs and infrastructure that support fitness, including Play 60, Super Bowl Legacy Grants and NFL Youth Education Town Grants.

[http://www.nflfoundation.org/
community](http://www.nflfoundation.org/community)



**NEW ORLEANS
SAINTS**

The Saints community arm provides information on national NFL fitness initiatives and information on New Orleans Saints programs, including the Junior Training Camp, Punt, Pass and Kick, NFL Flag Leagues, Football Equipment Grant and NFL Tackle leagues.

[http://www.neworleanssaints.com/
youth-programs/index.html](http://www.neworleanssaints.com/youth-programs/index.html)



**NOLA FOR
LIFE**

NOLA for Life hosts Midnight Basketball at rotating facilities throughout New Orleans during the Spring.

<http://www.nolaforlife.org/>





NORDC	<p>New Orleans Recreation Development Commission (NORDC) manages rec centers and playgrounds across New Orleans and holds athletic programs for youth and adults, as well as summer camps, booster clubs and free fitness classes through Fit NOLA parks.</p> <p>http://www.nola.gov/nordc/</p>	     
OCHSNER	<p>Online resources for physical activity and fitness and free mobile fitness unit available for school and community events.</p> <p>http://www.ochsner.org/programs/physical_activity_education/</p>	     
PLAY NOLA	<p>PlayNOLA is an online resource for adults, such as teachers and parents, to find sports leagues and exercise classes around the city.</p> <p>http://playnola.com/</p>	     
YMCA	<p>YMCA New Orleans offers summer camps, fitness classes and afterschool programming for youth in New Orleans.</p> <p>http://www.ymcaneorleans.org/</p>	     



YOUTH RUN NOLA

Youth Run NOLA combats the obstacles facing our youth — many of whom cope with unsafe, unhealthy, and unsupportive circumstances — with positive, structured after-school engagement. They empower underserved youth through running, with an intensive eight-month guided training program of twice weekly practices and monthly supervised events.

www.yrnola.org





ADVOCACY RESOURCES

RESOURCE	DETAILS	CATEGORIES
<p>BODYWORKS</p>	<p>BodyWorks provides informational resources for parents and caregivers of young people to improve family eating and activity habits. They also offer training for program leaders to lead 8-week BodyWorks program with families.</p> <p>http://www.womenshealth.gov/bodyworks/</p>	    
<p>LEAGUE OF AMERICAN CYCLISTS</p>	<p>The League aims to create safer roads, stronger communities and a 'bicycle-friendly' America through information, advocacy, tools and promotion.</p> <p>http://bikeleague.org/</p>	    
<p>NOLA WOMEN ON BIKES</p>	<p>NOLA Women on Bikes is dedicated to breaking down barriers to biking among women-identified people of all backgrounds and ages in Greater New Orleans. They host bicycle events, skill shares and peer-to-peer exchanges and develop job training and mentorship opportunities.</p> <p>http://nolawomenonbikes.wix.com/website</p>	    



RECIRCULATING FARMS COALITION

Headquartered in New Orleans, the Recirculating Farms Coalition is a national non-profit advocacy group of farmers, educators, non-profits and many others committed to building local sources of healthy, accessible food through eco-efficient farms using clean recycled water. They prioritize reducing barriers for schools in procuring local, fresh and sustainable food for their cafeterias and educational programming.

<http://www.recirculatingfarms.org>



SCHOOL HEALTH CONNECTION

School Health Connection provides support and technical assistance to schools and school-based health centers in the greater New Orleans area. SHC works with schools around comprehensive school wellness programs, in-class physical activity breaks, comprehensive sexual health education, healthy food, and more.

www.schoolhealthconnection.org



VIETNAMESE INITIATIVES IN ECONOMIC TRAINING

VIET works with youth in New Orleans East on their Healthy Young Voices Council to combat childhood obesity and increase public awareness and with the community-at-large to support walking and biking to school through their grant from Safe Routes to School.

www.vietno.org





WELL-AHEAD

Well-Ahead is a program created by the Louisiana Department of Health and Hospitals to recognize workplaces, schools and other locations that have made voluntary changes to the environment to support health and wellness.

<http://www.dhh.louisiana.gov/index>.





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