



CHSC YEAR 3

SERVING THE COMMUNITY

In Year 3 of the grant (June 1, 2023- May 31, 2024) the Creating Healthy Schools and Communities (CHSC) team continued to support a healthy Kingston through creating and supporting opportunities for nutritious food and physical activity in our community, schools, and daycares.

PARTNERSHIPS AT A GLANCE

13

Early care centers

2

Food access programs

8

Municipal buildings

13

Community &
Wellness Committees

5

Schools

A YEAR OF COLLABORATION & BUILDING ON FOUNDATIONS

After 2 years of building a foundation, the CHSC team was able to stand upon that strong support as it expanded and deepened its work. This looked like hosting repeat annual events (such as Spinach Fest and The Teaching Kitchen Training), adding new components, such as daycare gardens and a blender bike for healthier celebrations, and developing cross-strategy initiatives and expanding communications efforts, like the veggie and fruit of the month campaign, Kingston Eats.

HIGHLIGHTS

14

Policies updated

64

Education &
training activities

636

Community
partners trained

50K

Dollars in supplies
and equipment

THE TEAM

Cornell Cooperative Extension
Ulster County



FOOD SERVICE GUIDELINES

This year we focused on our food access partners, like Kingston Emergency Food Collaborative and Ulster Immigrant Defense Network food pantry, as well as incorporating values-based procurement standards into the City of Kingston’s Healthy Vending Guidelines. Building upon three years of including values-based and environmental standards into the City of Kingston’s Earth Fair Food Vending Guidelines, the City adopted more expansive vending machine standards inspired by the Good Food Purchasing Campaign. The FSG strategy also hosted its second annual farm to institution, scratch cooking training by The Teaching Kitchen.

HIGHLIGHTS

2	\$13,500
Nutrition Policies Written	Sustainability Mini-Grants
1	30
Food System Plan Planning Process Launched	Hours of technical assistance



ACTIVE FRIENDLY ROUTES

The construction of two park spaces called Post Office Park started in February. Sidewalks and concrete amenities have been created. Signs, benches, tables, trees, and shrubs, will be planted in the fall of 2024. An e-bicycle policy adopted by the Kingston Common Council. Pedestrian and bicyclists were counted with a new infrared counter and with 24 manual counts. 6 Bicycle racks were installed.

HIGHLIGHTS

1	24
E-bicycle Policy Adopted	Pedestrian and Bicycle Counts
6	210
Bicycle Racks Installed in Community	Pounds Of Photoluminescent Aggregate in Post Office Park Sidewalks



EARLY CARE & EDUCATION NUTRITION & PHYSICAL ACTIVITY

In Year 3 for Early Care & Education (ECE), we continued providing technical assistance for new daycares as well as established ones. Several daycares set and reached goals for the Heart of New York Recognition Award. Daycares and schools have been utilizing the equipment left at their programs to meet the requirements of gross motor play. CHSC also conducted taste tests and cooking activities highlighting the Kingston Eats fruit and veggie of the month.

HIGHLIGHTS

2

Hearts of New York
recognition awards

13

Cooking projects from
kid-grown gardens

13

ECE-based
gardens Planted

9

Staff trainings
hosted



SCHOOL NUTRITION & PHYSICAL ACTIVITY

This year, the school strategy onboarded Chambers Elementary School and continued to support the Kingston City School District (KCSD) Wellness committee along with 4 previous schools. The Kingston Eats fruit and vegetable of the month program became a permanent feature for the District's foodservice. A partnership between a local distributor, Rondout Valley Growers Association, was formalized for increased local food procurement and farm to school education. Building level wellness committees focused on walk to school efforts, healthier celebrations with blender bikes, increasing food access with popup farmers markets, and increasing physical activity in the classroom and during recess.

HIGHLIGHTS

2

Wellness
Committees Formed

1

Spinach Fest
hosted

166

School Faculty
Trained

1429

Students
Reached



COMMUNICATIONS & SUSTAINABILITY

COLLABORATIVE APPROACH

Parents with kids in schools may also have kids in daycares. Teachers visit community locations. We are all one community. So while sometimes the details of the systems are different, this was important to us to emphasize.

Our first initiative for this was Kingston Eats, a citywide campaign that crossed our 3 pillars of work (community, schools, and daycares) and beyond to encourage people to have fun and find joy in veggies and fruit. Piloted in the fall of 2023, we brought it back in the spring of 2024 for a more robust, lengthier campaign.



YEAR 3 SUCCESS

74 Partners throughout the year **2** Hands-on cooking workshops & meals
14 Media hits **5000** est. pounds veggies and fruit served!

SPEAKING TO THE COMMUNITY

The CHSC team was featured on the radio 10 times during Year 3! We spoke about topics like child nutrition, our bike valet and community bike rack programs, Kingston Eats, and our free cooking workshops, Kingston Cooks.

Healthy Ulster Radio

It's the Mayor with Steve Noble

Let's Talk, Kingston

The Black Meta

Family Time



Creating Healthy Schools and Communities

This project is supported with funds from the State of New York.

FOR MORE INFORMATION

<https://kingston-ny.gov/health-and-wellness/CHSC>

Kristin Kessler | kkessler@kingston-ny.gov