



SERVING THE COMMUNITY

In Year 4 of the grant (June 1, 2024- May 31, 2025) 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 early care centers.

PARTNERSHIPS AT A GLANCE

16

Early care centers

2

Food access programs

8

Municipal buildings

3

Schools

BLOSSOMING INTO FRUITION

This fiscal year saw the blossoming of seed after seed planted, nurtured, and cultivated as longer term goals and strategies came to fruition, sometimes quite literally as gardens at early care centers, food pantries, and schools bloomed. As our partners watched the fruits of their labor grow into foods nutritious and delicious, they also centered joyful movement. Whether it was bubble play at early care centers, walking trails or gaga pits at schools, or taking a multi-faceted approach to safe active transportation across our whole community, CHSC worked in tandem with partners for a healthy Kingston by fostering opportunities for an active Kingston.

HIGHLIGHTS

18

Policies updated

248

Education & training activities

259

Community partners trained

53K

Dollars in supplies and equipment

THE TEAM

Cornell Cooperative Extension
Ulster County



FOOD SERVICE GUIDELINES

With a solid foundation of partnerships and trust, we continued to invest in our partners by further building capacity, such as seeing through the expenditures of the mini-grants awarded to 5 partners, which funded items such as support for free fridges, a food pantry garden, a smoothie bar, and new kitchen equipment for healthy meals. We hosted a trauma-informed nutrition training to provide our community partners with the knowledge and tools to support our neighbors with compassion. We also brought on new partners who were eager to join the nourishing food cultural movement, such as a food pantry that revitalized their intergenerational garden.

HIGHLIGHTS

6

Vending machines
Installed

17

People trained in
trauma-informed
nutrition

10

Pantry garden
beds planted

30

Hours of technical
assistance



ACTIVE FRIENDLY ROUTES

The construction of Post Office Park continued. Hundreds of native plants, including shrubs, grasses, perennials and trees, were planted. Three picnic tables, two art pedestals, and one ping-pong table were installed. Two new planning projects started: a Clean Mobility Plan, which will design how a shared (e)bicycle system could work, and a Sidewalk Improvement Plan, which will explore how sidewalk improvements could be funded. The Complete Street Advisory Council created 30 street safety yard signs.

HIGHLIGHTS

1

Ping pong table
installed

2

New planning
projects

30

Yard signs
placed

20

Community
meetings



EARLY CARE & EDUCATION NUTRITION & PHYSICAL ACTIVITY

Many of the year's activities centered around playful learning—particularly with bubbles! Bubble play helps children develop hand-eye coordination, large and fine motor skills, and even early language. Cooking projects were another success, using vegetables grown in their own gardens and connecting children to the full cycle of food from seed to plate. These hands-on experiences reinforced healthy eating habits and allowed children to explore new foods. We're also proud to share that another child care center received the Heart of New York Recognition Award.

HIGHLIGHTS

10

Big bubbles play

16

Garden trainings

12

Garden plantings
from seeds

11

Cooking projects



SCHOOL NUTRITION & PHYSICAL ACTIVITY

Schools focused on creative strategies to get students and staff moving. Chambers Elementary built a walking trail with 18 activity stations—one for each classroom—which will be incorporated into their 2025–2026 Comprehensive School Education Plan. Myer Elementary enhanced recess by updating their recess plan, adding 4-square courts, purchasing new equipment, and launching a mindful walking club. Their efforts were recognized with the America's Healthiest Schools Award in Fall 2024. Crosby Elementary expanded opportunities for physical activity by installing a gaga ball pit, introducing the game in PE classes, and encouraging its use during recess, after-school programs, and as a classroom reward.

HIGHLIGHTS

3

Walking trails &
clubs

1

Gaga ball pit

1

America's Healthiest
Schools Award

32

Harvest of the Month
menu appearances



COMMUNICATIONS & SUSTAINABILITY

HARVESTING SEEDS OF COLLABORATION

This year, the CHSC team kept communicating! We spoke to each other, to community members, to the media, to other professionals, and to elected officials.

In tune with the overall theme of our work this fiscal year, our Kingston Eats project truly began to blossom this year, thanks in part to many partnerships and collaborations.

With support from a local nonprofit, we piloted a digital passport featuring augmented reality from local teen farmers and a chef intern. This was a fun way to encourage folks to visit the 16 participating locations across the city. The app created connections to how food is grown along with culinary inspiration for how to get it onto the plate.

During 2025, we decided to lean into our area's rich agricultural resources and identity by shifting to a "Harvest(s) of the Month" guided by our local growing partners, both of the school garden-based education variety and farms for production. We partnered with a local nonprofit to develop a gorgeous series of Kingston Eats posters with tips on how to best store each harvest, in both English and Spanish.



YEAR 4 SUCCESS

47,000 Pounds (estimated) veggies and fruit served!

55 Partners throughout the year

6 Hands-on cooking workshops & meals



**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>

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