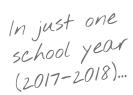
# **ABOUT US**

teaching kids healthy habits to learn and live better.











80,000+ WITS students learned to cook healthy & delicious recipes

250+ WITS school cooks participated in our chef training program

wits kids engaged in 19,000+ hours of play

founded in 2005, today we reach 70,000 kids, in 140 schools across 4 states

#### HOW

We partner with public schools to provide nutrition and fitness education, healthy meals and active recess periods. Our approach drives systemic, long-term change.

#### WHY

Over one-third of U.S. children are overweight or obese. Children spend about 12,000 hours in school between kindergarten and high school graduation, making schools the ideal environment to shape their wellness behavior.

### **OUR PROGRAMS**

Overhaul Menus + Introduce Salad Bars
Train School Cooks
Teach Kids Cooking and Nutrition Classes

- 2 COACH FOR KIDS LET KIDS PLAY
  Overhaul Recess + Train Recess Staff
  Lead Structured and Fun Recess Games
- GREEN FOR KIDS GET KIDS GREEN
  Bring Gardens To Schools
  Provide Garden-to-Cafeteria Tastings

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KIDS IN WITS SCHOOLS EAT

40% MORE FRUITS AND VEGETABLES VS. KIDS IN NON-WITS SCHOOLS\*

10x
INCREASE IN
STUDENTS WHO
ARE VIGOROUSLY
ACTIVE DURING
INDOOR RECESS
AT WITS SCHOOLS\*

76% MORE
WHOLE FOOD
ENTREES THAN
NON-WITS
SCHOOLS\*

WITS SCHOOLS

58%
DECREASE
IN TIME TO
GET BACK ON
TASK AFTER A
WITS LUNCH
AND RECESS\*

With varied programming that provides nutritional education to NYC's students, WITS brings important resources where they are needed most.

- Kirsten Gillibrand, US Senator (NY)

## learn more at wellnessintheschools.org

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