

# ABOUT US

teaching kids  
healthy habits to learn  
and live better.



In just one  
school year  
(2017-2018)...



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

### 1 COOK FOR KIDS – FEED KIDS REAL FOOD

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

### 3 GREEN FOR KIDS – GET KIDS GREEN

Bring Gardens To Schools  
Provide Garden-to-Cafeteria Tastings

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\*

WITS SCHOOLS  
OFFER & SERVE  
**76% MORE**  
WHOLE FOOD  
ENTREES THAN  
NON-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](http://wellnessintheschools.org)

[info@wellnessintheschools.org](mailto:info@wellnessintheschools.org)/212.724.2130