**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

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