

PHYSICAL ACTIVITY PARTNERS

Active Transportation Alliance

www.activetrans.org

Active Transportation Alliance is a non-profit advocacy organization that works to improve conditions for bicycling, walking and transit as well as to engage people in healthy and active ways to get around. They provide teachers and staff in CPS with curricular resources they can use as part of or a supplement to their school day or after school curricula. They offer presentations, usually to students, about bike safety procedures. They also consult with teachers, staff, and parents to address safety concerns surrounding walking and biking. They work with high school student groups and classes to help them address transportation concerns and increase active transportation (biking, walking, transit use) through advocacy.

Eric Bjorlin

312-427-3325

admin@activetrans.org

America Scores

www.americascores.org/affiliates/chicago

Founded in 2000, America SCORES Chicago inspires urban youth to lead healthy lives, be engaged students, and have the confidence and character to make a difference in the world. America SCORES partners with urban schools to provide a high quality, team-based program that integrates soccer, poetry, and service- learning. Their innovative approach improves students' health, academic achievement, and civic engagement.

312-666-0496

chicago@americascores.org

Bowlers Education

Bowler's Ed (In School Bowling) is a program that allows teachers to instruct the fundamentals of bowling in the school. In School Bowling can be taught to pre K to seniors in high school with some adaptations. The curriculum is divided into four sections: 1. Teaching objectives and rubrics; 2. lesson plans to teach the fundamentals of bowling; 3. Bowling fitness games; and 4. classroom activities that brings the sport of bowling into the classroom. The curriculum has a section for teaching special needs students bowling.

Bob Daman

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Calm Classroom

www.calmclassroom.com

Luster Learning Institute provides its school-wide "Calm Classroom" program training and year-round support services and materials to the Chicago Public Schools. Teachers are trained to facilitate short, breathing, stretching, focusing and relaxation techniques in the classroom, 3-4 times daily. Students and teachers develop the habit of using these self-reflective, self-regulatory techniques when needed in and beyond school. Student outcomes include: improved academic success, focus and stress management, and reductions in overall code of conduct violations and misbehavior.

Jai Luster

847-748-7482

jai@calmclassroom.com

Chicago Safe Routes Ambassadors

www.saferoutesambassadors.org

Chicago's Safe Routes Ambassadors are Chicago's pedestrian and bicycle safety outreach team. They meet with thousands of Chicago students each year, teaching kids about safe walking and biking behavior, talking about the benefits of active transportation, and helping communities implement Safe Routes to School activities. The Safe Routes Ambassadors are a free city service through the Chicago Department of Transportation, and are available to visit any elementary school.

Cody McChane

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Chicago Run

www.chicagorun.org

Chicago Run works with schools on an individual basis in order to help them increase the amount of physical activity their students receive on a weekly basis. Chicago Run uses physical fitness, nutrition education, and digital learning as a means to get students excited about their over-all health and wellness, as well as provide them with the opportunity to learn about surrounding communities and to take pride in their own!

773-961-8470

info@chicagorun.org

Dancing with Class

www.dancingwithclass.com

Introduces students to different forms of ballroom/partner dance. Programs bring together dance, cultural learning and character education into one seamless package.

Margot Toppen

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Girls in the Game

www.girlsinthegame.org

Girls in the Game provides and promotes sports and fitness opportunities, nutrition and health education, and leadership development to enhance the overall health and well-being of girls.

Allison Liefer

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Girls on the Run

www.girlsontherun.org

Girls on the Run is a transformational physical activity based, positive youth development program for girls in 3rd-8th grade. We teach life skills through dynamic, interactive lessons and running games. The program culminates with the girls being physically and emotionally prepared to complete a celebratory 5k running event. The goal of the program is to unleash confidence through accomplishment while establishing a lifetime appreciation of health and fitness.

Kristen Kainer-Turner

773-342-1250

kristen@gotrchicago.org

JumpBunch

www.jumpbunch.com

Sports and fitness programming for children 18 months and 12 years old. JumpBunch is a structured, year-round sports and fitness program geared for young children. It builds healthy bodies, self-esteem, and a love for sports and fitness.

Ali Anjum

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Mindful Practices

<http://www.mindfulpracticesyoga.com/>

Mindful Practices offers innovative professional development, after school and recess programming in yoga and wellness strategies. They work with schools across the country to honor the needs of the whole child through mindful classroom management practices that bring relaxation, movement and breath work to the classroom. Their program offerings for early elementary, elementary, middle school and high school include: Hip-Hop Yoga, Cool Corps, Kindness Lab and Cool Down Club which is a specialized program for students with aggressive behavior and/or special needs. All of their programs are offered as options for recess, after school or embedded day programs. They also offer effective and engaging professional development workshops for faculty, staff and parents.

708-997-2179

admin@mindfulpracticesyoga.com

Playworks Chicago

<http://www.playworks.org/>

Playworks is a national nonprofit organization that transforms schools by providing play and physical activity at recess and throughout the school day. Through their on-site direct service and trainer-led professional development workshops, Playworks restores valuable teaching time, reduces bullying, increases physical activity and improves the school and learning environment. Playworks teaches children to resolve their own conflicts that arise at recess and carry over to the classroom, improving school climate both on and off the playground. They help transform recess into a safe, fun and inclusive time that gets students active and engaged so they can return to the classroom focused and ready to learn.

Colleen Harvey

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charvey@playworks.org

Stretch-n-Grow North, Inc.

<http://www.stretchngrownorth.com>

Stretch-n-Grow is a fun fitness and nutrition program for children ages 2-13. Kids work up a sweat to upbeat music as they learn about the importance of living a healthy lifestyle. The Stretch-n-Grow Program covers health topics including proper nutrition, hygiene, sleep and more.

773-486-3540

sngrow@yahoo.com

Urban Initiatives

<http://www.urbaninitiatives.org/>

Urban Initiatives offers sports-based youth development programming including a health and education soccer program, structured recess program, and a 4-week soccer camp. Their mission is to motivate Chicago's children to improve their academic performance, physical fitness, health, and character through collaborative programs.

April Lillstrom

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4MFG

A yoga based fitness program helps build physical strength while developing mental awareness. Their children's program draws from the basic tenets of yoga fitness, and employs a thematic approach providing students with an improved physical and emotional understanding of self. Students from preschool through 8th grade have enjoyed their yoga program to help improve their physical fitness, increase awareness of the mind-body connection, and alleviate stress.

Diane Steinert

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NUTRITION EDUCATION PARTNERS

American Cancer Society

<http://www.cancer.org/>

The American Cancer Society is a nationwide, community-based, voluntary health organization dedicated to eliminating cancer as a major health problem by preventing cancer, saving lives, and diminishing the suffering from cancer, through research, education, advocacy, and service.

Tanya Kimber

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Chicago Partnership for Health Promotion

<http://www.uic-cphp.org/default.aspx>

CPHP, founded in 2002, is a unit of the UIC Great Cities Neighborhoods Initiative representing a network of community based interventions designed to improve nutrition and reduce disparities in outcomes associated with nutritional diseases. CPHP provides high quality, age, gender and culturally tailored nutrition education in a variety of venues across the city.

Daylan Dufelmeier

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Common Threads

<http://www.commonthreads.org/>

Common Threads is a national nonprofit organization that is committed to educating communities about healthy food choices through the power of cooking. For 10 years, they have been teaching school-based nutrition and health education programs to under-served communities.

312-277-9517

classes@commonthreads.org

Cooking Matters Illinois

<http://cookingmatters.org/>

Share Our Strength's Cooking Matters empowers families at risk of hunger with the skills, knowledge and confidence to make healthy and affordable meals. Through hands-on classes taught by volunteer culinary and nutrition experts, course participants learn how to select nutritious and low-cost ingredients and prepare them in ways that provide the best nourishment possible to their families. Cooking Matters play a critical role in Share Our Strength's No Kid Hungry Campaign, a national effort to end childhood hunger in America by 2015.

312-491-8161

lhandler@ilmaternal.org

Irv and Shelly's

www.FreshPicks.com

Irv & Shelly's Fresh Picks can support school's wellness efforts to increase access to fresh fruits and veggies. Schools can choose from Healthy School Fundraiser or Discounted Food Bundle Programs. They deliver healthy foods to school families for better eating and cooking at home.

Healthy School Fundraiser donates 10% of every order of fruits, vegetables, seasonal boxes, meats, dairy, eggs and grocery items all year round. Discounted Food Bundle Program are bags of fruits and vegetables which can be purchased by families for a discounted price.

Shelly Herman

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The Kid's Table

www.kids-table.com/joomla/index.php

The school programs are designed to promote healthy eating by teaching age-appropriate culinary skills, exposing kids ages 4-18 to a variety of wholesome ingredients and encouraging good food choices. Students get to participate in every part of the process – from chopping, grating and rolling, to enjoying the fruits of their labor. With lots of smelling, touching and tasting along the way, even the pickiest students are tempted by their creations!

Elena Marre

773-235-COOK (2665)

elena@kids-table.com

Purple Asparagus

<http://purpleasparagus.com/>

Purple Asparagus educates children, families, and the community about eating that's good for the body and the planet. They bring delicious, nutritious hands-on adventures to schools, community organizations, and farmers' markets throughout Chicagoland.

Melissa Graham

773-991-1920

info@purpleasparagus.com

Seven Generations Ahead

<http://www.sevengenerationsahead.org/>

Founded in 2001, Seven Generations Ahead's mission is to promote the development of ecologically sustainable and healthy communities. SGA works with local government, community and private sector leaders to help communities make the changes they need to create a healthy and sustainable future. Through community-wide sustainability planning and implementation, educational conferences and consulting, school-based zero waste, and farm to school programming and consulting, SGA is a catalyst for local community solutions to global environmental issues.

Lydia Mills

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lydia@sevengenerationsahead.org

PHYSICAL AND NUTRITION EDUCATION PARTNERS

Action for Healthy Kids

<http://www.actionforhealthykids.org/>

Action for Healthy Kids addresses childhood obesity, undernourishment and physical inactivity by working with schools to help kids learn to eat right and be active every day. This focus is based on the unique position and influence that schools have on children and their families. Specifically, the schools responsibility to provide nutrition and physical education to children as well as the many opportunities schools have to promote healthy eating and active living.

Heidi Knoblock

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Alliance for a Healthier Generation

www.schools.healthiergeneration.org/

Alliance's Healthy Schools Program takes a comprehensive approach to helping schools create healthier environments by working with them to improve access to healthier foods, increase physical activity opportunities before, during and after school, enhance nutrition education, and establish school employee wellness programs.

Erin Rasler

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erin.rasler@healthiergeneration.org

Midwest Dairy Council

www.school.fueluptoplay60.com/home.php

Midwest Dairy Council®, an affiliate of National Dairy Council, is dedicated to dairy nutrition research and education, and is committed to child health and wellness through our collaborative program, Fuel Up to Play 60 -- an in-school nutrition and physical activity program, designed to engage and empower youth to take action for their own health by implementing long-term, positive changes for themselves and their schools.

Sandra Brown

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The Institute for America's Health

www.healthy-america.org

Wellness, Academics & You (WAY) is a set of classroom resources designed specifically for elementary aged children. The lessons are carefully designed to meet state standards in core subjects while providing health and wellness messages. The WAY program is brought to elementary schools across the city, FREE of charge! Teachers are provided training, lesson plans, classroom exercises, all required materials, as well as on-going support throughout the year by a staff of attentive coordinators.

Natalie Sneed

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University of Illinois Extension

www.web.extension.illinois.edu/cook/

University of Illinois Extension Cook County is an outreach effort of the University of Illinois at Urbana-Champaign. Illinois Nutrition Education Program (INEP) staff work with a variety of community organizations to ensure that low-income families have access to information on good nutrition and physical activity. INEP staff provides classes that teach participants how to use their food dollars wisely, select healthy foods for their families, prepare and store food safely, and balance food intake with physical activity. INEP offers nutrition education for PreK-5th grade students and adults.

Michele Crawford

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Westside Health Authority

www.healthauthority.org

The Health Promotions Program at Westside Health Authority (WHA) focuses on seven health priorities to enhance the overall health and well-being of the community: Active Lifestyles, Nutrition Education and Healthy Eating, Breast Health, Sexual Health, Health Literacy, and Diabetes and School Health. Their Move "N" Crunch program is a model fitness and nutrition program for schools. The "move" component is led by their partner organization, Chicago Run, who implements free running programs with the help of on-site school staff. The "crunch" component is led by WHA and includes 12 nutrition classes focused on how a specific fruit or vegetable is grown, why it benefits our bodies, and how it tastes.

Morris Reed

773- 378-1878

McCormick YMCA

www.ymcachicago.org/mccormicktribune

The McCormick Tribune YMCA's Active Green Space seeks to impact health and wellness with a focus on childhood obesity and diabetes in the Logan Square, Humboldt Park and Hermosa neighborhoods of Chicago. The Active Green Space has created a "hybrid space", combining a physical activity area, an outdoor classroom, a community garden and a green energy education component. The Active Green Space project is critical to positively impacting health and wellness now and in the future.

Adriana Stanovici

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YMCA of Metropolitan Chicago

www.ymcachicago.org

The YMCA of Metropolitan Chicago is an inclusive, charitable association, founded on Christian principles and dedicated to building strong kids, strong families and strong communities through programs that develop spirit, mind and body. Their programs include Nutrition Education, Physical Activity/Fitness, Health Education, Family Life, Diabetes, Character development, and Values-based leadership development.

312-932-1200

SCHOOL GARDEN PARTNERS

Angelic Organics Learning Center

www.learn-grow-connect.org/about/mission

Angelic Organics empowers people to create sustainable communities of soils, plants, animals and people through educational, creative, and experiential programs. The Learning Center, a nonprofit organization, is the educational partner to Angelic Organics, a vibrant Biodynamic community supported farm.

Martha Boyd

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Chicago Botanic Garden

www.chicagobotanic.org

The Chicago Botanic Garden's Green Youth Farm program focuses on youth leadership that builds confidence, teamwork, problem-solving skills and work-readiness. Students gain a strong understanding of sustainable gardening, vermicomposting, urban farming, nutrition and food preparation, and green businesses.

Kathy Johnson

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kjohnson@chicagobotanic.org

Christy Webber Landscapes

www.christywebber.com

Christy Webber Landscapes enhances outdoor spaces with highly customizable services to span the whole growing season or just as a supplement for the summer. Christy Webber installs, maintains, waters, harvests, and monitors school garden to help guide educators through this experience.

Kelly Bolger

312-545-9892

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Freedom Games

www.freedomgames.org

Freedom Games' mission is to make high impact learning games and tools in partnership with youth and teacher leaders. PlanetLab is a fun, game-like science platform for classrooms and students. We work with partner organizations to curate interactive STE(A)M resources, including open educational resources for school gardeners. Planet Lab content fosters project-based learning in STE(A)M subjects, integrating standards aligned materials with opportunities for students to serve people and the planet as they learn collaboratively.

Eve Tulbert

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The Gardeneers

www.gardeneers.org

Gardeneers is an exciting new school gardening program that brings professionals into your school to work with students to start and maintain a school garden. Gardeneers seeks to close the achievement gap by improving student nutrition and engaging students in social emotional learning.

Adam Zmick

847-421-7074

adam@gardeneers.org

Slow Food Chicago

www.slowfoodchicago.org

Slow Food's Ark of Taste is a living catalog of delicious and distinctive foods facing extinction. By identifying and championing these foods we keep them in production and on our plates. Slow Food grows Ark of Taste products in our preSERVE Garden in North Lawndale, and works with school garden groups to grow out those plants in other gardens around the city. Slow Food Chicago hosts a variety of family friendly events throughout the year, including monthly preSERVE Garden volunteer days, our annual Summer Solstice Potluck in June, and other activities.

Cortney Ahern

cortney.ahern@gmail.com

Southside Education and Economic Development Systems, Inc. (SEEDS)

www.seedschicago.org

SEEDS installs and maintains edible schools gardens to build sustainable urban communities, one student, one job, and one school at a time. SEEDS currently works with CPS local school in Roseland to install and maintain an all-natural vegetable garden. SEEDS meets with teachers to develop plans to work with their class curriculum for science, math and english.

Paula Roderick

312-342-0575

info@seedschicago.org

The Kitchen [Community]

<http://www.thekitchencommunity.org/>

Established in 2011 as the philanthropic arm of The Kitchen restaurants, the purpose is to connect kids to nutritious food by creating Learning Gardens in schools and community organizations across America. Jen Lewin Studios designed the Learning Garden as an easy, affordable, scalable school garden solution; it is an attractive outdoor classroom and experiential play space with edible vegetables. Learning Gardens are designed to be places kids want to play and teachers want to teach, thereby helping to decrease childhood obesity, improve academic performance, and strengthen communities.

Sam Koepentopp

sam@thekitchencommunity.org

[773-550-0652](tel:773-550-0652)

OTHER WELLNESS PARTNERS

American Heart Association

www.heart.org/HEARTORG/

Jump Rope For Heart and Hoops For Heart are national education and fundraising events sponsored by the American Heart Association and the American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD). These events engage elementary and middle school students in jumping rope or playing basketball while empowering them to improve their own health and help other kids with heart-health issues. Both programs are great ways to satisfy the physical education standards as determined by NASPE (National Association for Sport and Physical Education) and AAHE (American Association for Health Education).

Brian Shields

312-476-7330

brian.shields@heart.org

Brighton Park Neighborhood Council (BPNC)

<http://www.bpncchicago.org/>

Brighton Park Neighborhood Council provides full service community programming provided afterschool. In addition, BPNC follows a nutrition and health agenda at each school to address the needs of the community through working with students and parents in the community.

Mariela Estrada

773-523-7110

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Chicago Fire Foundation

Chicago Fire Foundation provides game tickets to school children and gives them the opportunity to attend Chicago Fire game at Toyota Park. In addition they also provide gently used or new soccer equipment through their Passback Program to schools who are in need which allows for youth to participate in the game of soccer.

Jessica Yavitz

708-496-6740

jyavitz@chicago-fire.com

Consortium to Lower Obesity in Chicago Children

<http://www.clocc.net/>

The Consortium to Lower Obesity in Chicago Children (CLOCC) is a nationally recognized childhood obesity prevention program. CLOCC's mission is to confront the childhood obesity epidemic by promoting healthy and active lifestyles for children throughout the Chicago metropolitan area. CLOCC creates and sustains the types of multi-sector collaboration recommended by our nation's health leaders.

Anna Barnes

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abarnes@luriechildrens.org

Frida Kahlo Community Organization

Frida Kahlo Community Organization is a community-based organization serving CPS school communities since 2002 in the areas of education, self-development, health and wellness, and fitness. FKCO has worked with thousands of CPS families and students via parent meetings, after-school programs and school community events and looks forward to serving many more in the years to come.

Jesus Esquivel

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Gilda's Club

<http://www.gildasclubchicago.org/>

Gilda's Club Chicago offers FREE programs for men, women, teens and children, as well as their family and friends whose lives have been touched by any kind of cancer. Their mission is to ensure that all people, impacted by cancer, are empowered by knowledge, strengthened by action and sustained by community.

Elizabeth Healy

312-464-9900

elizabethhealy@gildasclubchicago.org

Greater Chicago Food Depository

<http://www.chicagosfoodbank.org>

The Greater Chicago Food Depository, Chicago's food bank, is a nonprofit food distribution and training center providing food for hungry people while striving to end hunger in our community. The Food Depository distributes donated and purchased food through a network of food programs.

Nicole Ramos

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nramos@gcfd.org

Healthy Schools Campaign

<http://healthyschoolscampaign.org/>

Healthy Schools Campaign, an independent not-for-profit organization, advocates for policies and practices that allow all students, teachers and staff to learn and work in a healthy school environment.

Guillermo Gomez

312-419-1810

ggomez@healthyschoolscampaign.org

Illinois Public Health Institute

The Illinois Public Health Institute works through partnerships to promote prevention and improve public health systems that maximize health and quality of life for the people of Illinois.

312-850-4744

info@iphionline.org

Mikva Challenge

www.mikvachallenge.org/policymaking

Mikva's Teen Health Council, formed in the summer of 2008, meets weekly to research, debate and report on policy recommendations that significantly impact youth on issues ranging from nutrition to mental and sexual health. The Teen Health Council works in collaboration with the Chicago Department of Health.

Joshua Prudowsky

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Real Men Charities

www.realmencook.com

Real Men, Building Healthy Kids and Strengthening Families, a program of Real Men Charities, Inc., has delivered measurable results in changing behaviors and attitudes that will reduce and prevent obesity and other food-related disease and address childhood trauma, using psychiatrist Dr. Carl Bell's "7 Principles/Keys to Bringing Peace in the Hood". Sponsorship of the Real Men Charities healthy initiatives is listed as an accomplishment of First Lady Michelle Obama on her Career Accomplishments bio. Real Men Charities, Inc. is the nonprofit created from the Real Men Cook annual Father's Day celebrations, with a mission to build healthy families and communities. 2012 and 2013 programming has focused on ten Englewood schools, delivered by Real Men to children including fresh food education and fitness as well as a focus on the Eat to Live Urban Garden and Farm Development at 70th & Princeton.

Yvette Moyo

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