

*Empowering healthy habits and transforming environments where children live, learn and play*



## WHO WE ARE

HealthMPowers is a nonprofit 501(c)(3) organization that promotes healthy habits to build a better future for children. By bringing nutrition education and physical activity into everyday life and learning, we create a culture that supports healthy choices.

## PROGRAM MODEL

Our program model is built on the Centers for Disease Control and Prevention's evidence-based guidelines for improving health and wellness. In every school, center or community where we work, we strive to improve the health of children through our highly supportive and incremental approach to change.

## WHO WE SERVE

**Early Care Centers**  
**Elementary Schools**  
**Secondary Schools**  
**Out of School Time Sites**  
**Families & Communities**



## Out of School Time: 2019-20 Outcomes

**28**  
Sites  
Reached in  
2019-20

**5,165**  
Youth  
Served

- Sites implemented a total of 85 new policies and processes to improve nutrition and physical activity
- 2,434 youth had improved access to free, quality water
- 1,609 youth participated in farm-to-table activities
- 1,782 youth had access to structured physical activity programs
- Youth participating in the Cooking Matters program reported a 40% increase in eating non-fried vegetables more than one time a day, and a 14% increase in eating fruit more than one time a day

*Become an Empowered Out of School Time Site!*

*On average, participating sites receive \$16,005 in resources and services, including:*

- Direct Services
- Cooking Matters 6-week series, supply kit & cart
- Taste Test Experiences
- Garden Supply Kit
- Gardening for 3 growing seasons (if site has garden)
- Double Dutch and Jump Rope service
- Jump Rope kit
- Parent Engagements
- Rethink your drink
- Power Up for 30
- Professional development for Out-of-School Time to HEPA standards
- Retractable and hanging healthy messages banners Game Locker of physical activity games
- Water tasting demo kit
- Water bottles



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