



# CHSC YEAR 3

## SERVING THE COMMUNITY

In Year 3 of the grant (May 31, 2023- June 1, 2024) the Creating Healthy Schools and Communities (CHSC) team continued to support a healthy Kingston through creating and supporting opportunities for nutritious food and physical activity in our community, schools, and daycares.

### PARTNERSHIPS AT A GLANCE

**13**

Early care centers

**2**

Food access programs

**8**

Municipal buildings

**13**

Community &  
Wellness Committees

**5**

Schools

### HIGHLIGHTS

**14**

Policies updated

**64**

Education &  
training activities

**636**

Community  
partners trained

**50K**

Dollars in supplies  
and equipment

### A YEAR OF COLLABORATION & BUILDING ON FOUNDATIONS

After 2 years of building a foundation, the CHSC team was able to stand upon that strong support as it expanded and deepened its work. This looked like hosting repeat annual events (such as Spinach Fest and The Teaching Kitchen Training), adding new components, such as daycare gardens and a blender bike for healthier celebrations, and developing cross-strategy initiatives and expanding communications efforts, like the veggie and fruit of the month campaign, Kingston Eats.

### THE TEAM

**Cornell Cooperative Extension**  
Ulster County



# FOOD SERVICE GUIDELINES

This year we focused on our food access partners, like Kingston Emergency Food Collaborative and Ulster Immigrant Defense Network food pantry, as well as incorporating values-based procurement standards into the City of Kingston's Healthy Vending Guidelines. Building upon three years of including values-based and environmental standards into the City of Kingston's Earth Fair Food Vending Guidelines, the City adopted more expansive vending machine standards inspired by the Good Food Purchasing Campaign. The FSG strategy also hosted its second annual farm to institution, scratch cooking training by The Teaching Kitchen.

## HIGHLIGHTS

**2**

Nutrition Policies  
Written

**\$13,500**

Sustainability  
Mini-Grants

**1**

Food System Plan  
Planning Process  
Launched

**30**

Hours of technical  
assistance



# ACTIVE FRIENDLY ROUTES

The construction of two park spaces called Post Office Park started in February. Sidewalks and concrete amenities have been created. Signs, benches, tables, trees, and shrubs, will be planted in the fall of 2024. An e-bicycle policy adopted by the Kingston Common Council. Pedestrian and bicyclists were counted with a new infrared counter and with 24 manual counts. 6 Bicycle racks were installed.

## HIGHLIGHTS

**1**

E-bicycle Policy  
Adopted

**24**

Pedestrian and  
Bicycle Counts

**6**

Bicycle Racks  
Installed in  
Community

**210**

Pounds Of  
Photoluminescent  
Aggregate in Post  
Office Park Sidewalks





## EARLY CARE & EDUCATION NUTRITION & PHYSICAL ACTIVITY

In Year 3 for Early Care & Education (ECE), we continued providing technical assistance for new daycares as well as established ones. Several daycares set and reached goals for the Heart of New York Recognition Award. Daycares and schools have been utilizing the equipment left at their programs to meet the requirements of gross motor play. CHSC also conducted taste tests and cooking activities highlighting the Kingston Eats fruit and veggie of the month.

### HIGHLIGHTS

**2**

Hearts of New York recognition awards

**13**

Cooking projects from kid-grown gardens

**13**

ECE-based gardens Planted

**9**

Staff trainings hosted



## SCHOOL NUTRITION & PHYSICAL ACTIVITY

This year, the school strategy onboarded Chambers Elementary School and continued to support the Kingston City School District (KCSD) Wellness committee along with 4 previous schools. The Kingston Eats fruit and vegetable of the month program became a permanent feature for the District's foodservice. A partnership between a local distributor, Rondout Valley Growers Association, was formalized for increased local food procurement and farm to school education. Building level wellness committees focused on walk to school efforts, healthier celebrations with blender bikes, increasing food access with popup farmers markets, and increasing physical activity in the classroom and during recess.

### HIGHLIGHTS

**2**

Wellness Committees Formed

**1**

Spinach Fest hosted

**166**

School Faculty Trained

**1429**

Students Reached



# COMMUNICATIONS & SUSTAINABILITY

## COLLABORATIVE APPROACH

Parents with kids in schools may also have kids in daycares. Teachers visit community locations. We are all one community. So while sometimes the details of the systems are different, this was important to us to emphasize.

Our first initiative for this was Kingston Eats, a citywide campaign that crossed our 3 pillars of work (community, schools, and daycares) and beyond to encourage people to have fun and find joy in veggies and fruit. Piloted in the fall of 2023, we brought it back in the spring of 2024 for a more robust, lengthier campaign.



## YEAR 3 SUCCESS

**74** Partners throughout the year    **2** Hands-on cooking workshops & meals  
**14** Media hits    **5000** est. pounds veggies and fruit served!

## SPEAKING TO THE COMMUNITY

The CHSC team was featured on the radio 10 times during Year 3! We spoke about topics like child nutrition, our bike valet and community bike rack programs, Kingston Eats, and our free cooking workshops, Kingston Cooks.

### Healthy Ulster Radio

**It's the Mayor with Steve Noble**

**Let's Talk, Kingston**

**The Black Meta**

**Family Time**



**Creating Healthy Schools and Communities**

This project is supported with funds from the State of New York.

### FOR MORE INFORMATION

<https://kingston-ny.gov/health-and-wellness/CHSC>

Kristin Kessler | [kkessler@kingston-ny.gov](mailto:kkessler@kingston-ny.gov)