

about us



Wellness in
the Schools

Wellness in the Schools (WITS) is a grassroots organization dedicated to improving children's environmental health, nutrition and fitness within the New York City public schools. Our goal is simple: we want NYC public school students to have the best possible environment in which to learn.

We work to achieve this goal through the following programs:

Chef-in-Residence

Volunteer chefs teach weekly cooking classes and create balanced meals with local and healthy foods purchased from a farmer's market and/or a local farm. Chef-in-Residence students learn how to cook and prepare nutritious meals and learn the value of a well balanced diet.

Lunch Break Sports

Trained coaches teach organized sports during recess hours. Children need at least 60 minutes of activity each day, a benchmark for optimal health that NYC public schools do not meet. In partnership with Fast Break Kids, WITS brings trained coaches into the recess yard to get the least active children off the bench and into the game.

Wellness Café

WITS works with NYC SchoolFood, parents, local chefs and students to put the café back into cafeteria. We make school lunch something students want to eat and parents know is nutritious. Our lunches reduce the use of frozen items in school lunch and focus on fresh local produce whenever possible. We work with individual school wellness committees to change their cafeterias according to their own needs. In addition to getting healthier food, we support the partnership meetings with parents, students, and cafeteria staff in order to help each school obtain what it needs for an optimal cafeteria experience.

Clean, Green Schools

WITS spearheaded NYC public school's first bio-based green cleaning program called NYC Clean, Green Schools. Clean, Green Schools has the support of NYC Council Member Gale Brewer, NYC Council Member Robert Jackson, NYC Council Member Genarro, NYCAP, West Harlem Environmental Action (WEACT) and Riverkeeper.

Advocacy

WITS works to make policy changes in partnership with Department of Education administrators and city and state legislators.

learn more at www.wellnessintheschools.org