

schools for food



Wellness in
the Schools

the problem

- 43% of NYC public elementary school students are overweight, and more than half of these are obese. This translates to over one million young people in New York, with many more are at risk of becoming obese as a result of poor eating and exercise habits.
- Obesity is associated with an increased risk of Type 2 diabetes, asthma, heart disease, stroke, hypertension, breathing problems, high blood cholesterol and other illnesses.
- The childhood obesity crisis is fueling a health care cost crisis, with an estimated annual \$242 million in medical costs attributed to these children.
- In 2003, adult obesity related costs were estimated at nearly \$6.1 billion in New York.
- New York City SchoolFood serves over 860,000 meals daily. These meals are the main staple for most children in New York City. Unfortunately, the meals are primarily frozen, highly processed and require little to no cooking.

the solution

Schools play a key role in reversing the child obesity epidemic in New York.

Wellness in the Schools, in partnership with chef/restaurant owner Bill Telepan proposes to reduce the use of frozen, processed items and to train SchoolFood managers to cook, using seasonal, local produce whenever possible. We will begin a pilot training program for SchoolFood managers in three schools for the remainder of the 2008-2009 school year. In the fall of 2009, we will roll out the program into the five boroughs.

Our training program will use SchoolFood recipes that are rarely seen on the menu because they require more preparation time and more skill. Chef Telepan will help SchoolFood chefs train managers as they introduce these recipes and demonstrate that children will eat healthy food, if prepared properly. In doing so, we will:

- **Make delicious, nutritious, seasonal and sustainable food a priority**
- **Cook non-processed foods from scratch while, eliminating all highly processed menu items**
- **Make salad bars with a majority of fresh items in every school**
- **Serve fresh fruits and vegetables daily**
- **Prepare whole wheat or whole grain bread and bread products**
- **Eliminate sweetened milks**
- **Introduce antibiotic and hormone free milk**
- **Introduce antibiotic and hormone free meats**
- **Purchase with a high priority on local, regional foods from small local companies.**

learn more at www.wellnessintheschools.org

schools for food continued



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who are we?

Wellness in the Schools (WITS) is a 501(c)(3) grass roots organization dedicated to children's environmental health, nutrition and fitness in the NYC public schools. Chef Bill Telepan is an advisor to WITS. Nancy Easton is a founder.

bill telepan

Chef Bill Telepan, a graduate of The Culinary Institute of America, he apprenticed with the legendary Alain Chapel at his eponymous three-Michelin-star restaurant outside Lyons and worked under Daniel Boulud at Le Cirque, Gilbert Le Coze at Le Bernardin, and Alfred Portale at Gotham Bar and Grill. He was the executive chef of New York's JUDson Grill until 2004, and in 2005 opened his own restaurant, Telepan, on Manhattan's Upper West Side. "I wanted it to be a neighborhood spot, but also to excite diners with food that was beyond the ordinary," he says. The neighborhood has embraced the restaurant, and in 2007 it was voted "Best Newcomer" in the New York City Zagat Survey. Bill lives on the Upper West Side with his wife, Beverly & their daughter, Leah, who is a student at PS 87.

nancy e. easton

Nancy E. Easton is a founder of Wellness in the Schools and a former New York City public school teacher, mentor and principal. Nancy was previously a partner of The Learning Project (TLP), a nonprofit organization that designs and manages schools. She earned her undergraduate degree from Princeton University, her Master's Degree from Bank Street College of Education, and her Administration and Supervision certification from City College and Fordham University. Nancy is a founding board member of Girls on the Run Manhattan, a nonprofit organization that uses the power of running to change the way girls see themselves and their opportunities. She also serves on the board of Friends of Princeton Track and the Samara Fund. Nancy is a competitive athlete, having completed several marathons and triathlons, including the Ironman distance triathlon. Nancy lives in New York City with her husband and three children, who attend New York City public schools.

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