



Helping communities raise healthy families and prevent childhood obesity.

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We have years of experience bringing healthy lifestyle programs to families, schools, farmers markets, food pantries, and other community venue. Our vision is that all New Mexico's children, prenatally to graduation, have access to a system of healthy food and physical experiences that contributes to their overall health and well-being and effectively addresses the childhood obesity epidemic. **We will draw on our collective expertise to quickly and efficiently help you implement customized, evidence-based programs and wellness policies.**

How we can help:

- **Facilitating or training your facilitators to implement healthy lifestyle classes.** Our trainings are designed for Community Health Workers and Community Health Representatives, teachers (K-12, Head Start, and other pre-school teachers), health and WIC clinic staff, community/senior center staff, service-learning students, other members of you local workforce, and community volunteers.
 - ✓ **Kids Cook! classes (through 9th grade):** Our hands on curricula in nutrition, cooking and physical activity is tied to New Mexico educational standards; research shows a strong link between physical activity and retention of curriculum. Parents, students, teachers and principals have raved about Kids Cook! for 15 years.
 - ✓ **Fit Families classes for community venues:** Our hands-on classes in nutrition, cooking, physical activity, and family dynamics can be customized for health/WIC clinics, community centers, Farmer's Markets, schools, etc. We can meet the unique needs of your target populations such as tribal communities, pregnant and breastfeeding women, grandparents taking care of grandchildren, families with young children, and teen parents.
- Training and support to plan and implement **healthy lifestyle special events for your school or community.**
- Building family, school, and community **gardens** - including developing water harvesting systems.
- Developing **innovative solutions to increasing your constituents' access to fruits and vegetables**
- Providing **specialized trainings and on-going telehealth consultation** on topics such as identifying and addressing barriers to adopting healthy lifestyles, childhood nutrition and obesity prevention, the impact of child temperament (from birth) on obesity, using music to help families adopt healthy lifestyle practices during early childhood, and school and community wellness policies.
- **Assessing needs, identifying funding, preparing grants, and community engagement/marketing** to support Fit Family projects.
- Providing a full spectrum of community services through our **Fit Families Community School Model.**



GET HEALTHY Network Partners

- Kids Cook! and Associates
- FAM JAM/Music Together (birth to 7 years)
- UNM: Project ECHO & Community Health Worker Initiative (Office of Community Health)
- NM Association of Food Banks
- NM Farmer's Market Association
- Engineers without Borders
- Soda Creek Consulting - Community Engagement/Marketing
- NM Community Data Collaborative (NM DOH)
- Roadrunner Food Bank
- And more!

Kids Cook!

Since 2000 Kids Cook! has provided evidence-based, hands-on healthy eating, cooking, and physical activity experiential learning classes, primarily in low-income, Title 1 elementary schools. Kids Cook! has received enthusiastic support from parents and teachers. We also provide tasting and cooking programs for families and children in community venues such as WIC clinics, community and senior centers, and Farmers Markets, help develop school and community gardens, and train volunteers, service providers, and students to teach nutrition and healthy cooking classes.