

Healthy, affordable food...

If we don't have access to healthy options, we can't make healthy choices.

- Boston is a city rich in resources, yet there is still a notable disparity in healthy food options available to racially, ethnically, and economically diverse communities.
- In some communities, local, fresh and healthy foods may not be available or, if available, may have prices that are not affordable for most residents.
- When we have the opportunity to eat nutritious foods and be active, our health and our quality of life improve.



Photo courtesy of The Food Project

Safe places for physical activities and play...

Where we live, learn, play, and work can impact our health.



- Boston is famed for its parks and open space, from the Emerald Necklace to the Harbor Islands, yet there are neighborhoods that lack safe and inviting opportunities to play and be physically active.
- Poorly maintained sidewalks discourage us from walking in our neighborhoods; poorly maintained parks and play areas discourage play and can contribute to the perception that a neighborhood is not safe.
- Improving the way our communities are built will allow all children and families to have safer places to be active and flourish.

For everyone!

Collaboration is key to transforming our communities.

- The Boston Collaborative for Food & Fitness is positioned to address the many underlying systems that prevent residents from having equal access to healthy food and active living.
- Together, we will create vibrant, connected communities that support children and families.



Photo courtesy of Boston Steps / BPHC

Why Boston?

- Boston is one of nine sites selected nationally for funding through this W.K. Kellogg initiative. Our city was chosen for
- Our commitment to collaboration,
 - Our capacity to transform our communities,
 - High levels of civic engagement, and
 - Enormous community assets.

Youth /Adult Partnership

Engaging youth and community leaders is central to achieving the mission of BCFF.



Photo by Manikka Bowman

- Youth offer us new and profound perspectives on how to improve our food and fitness environments.
- Adults bring their experience and a deep understanding of community strengths and community needs.
- Innovation and vision emerge when youth and adults bring their unique gifts and talents together for a great cause!
- Genuine participation across all socioeconomic levels, ages, and ethnic and racial groups ensures that all community members have a voice in determining the future of our neighborhoods.

Members

Blue Cross Blue Shield of Massachusetts; BOLD Teens; Boston Alliance for Community Health; Boston Black Women's Health Institute; Boston Center for Community and Justice; Boston Children's Museum; **Boston Medical Center**; Boston Natural Areas Network; Boston Organization of Nutritionists and Dieticians of Color; **Boston Public Health Commission**; Boston Public Market Association; Bowdoin Street Health Center; Brigham and Women's Hospital; Brookwood Community Farm; Cherishing Our Hearts and Souls Coalition; Children in Balance/ Tufts University; **Children's Hospital Boston**; City Mission Society; Boston Center for Youth and Families; Boston Parks and Recreation Dept.; Boston Public Schools; Clean Catch; Dole and Bailey; Dotwell; East Boston Neighborhood Health Center; Family Services of Greater Boston; Farm Aid; Federation of Massachusetts Farmers Markets; Greater Boston Food Bank; Growing Fit; Harvard Pilgrim HealthCare Foundation; **HSPH Prevention Research Center**; **Hyde Square Task Force**; MA Coalition of School-based Health Centers; MA Dept. of Agricultural Resources; MA Assoc. for Health, Physical Education, Recreation and Dance; Mass General Hospital; MA League of Community Health Centers; Mattapan Food and Fitness Coalition; Mission Works; Neighborhood of Affordable Housing; New England Scores; **Office of the Mayor**; Oral Health Foundation; Project Bread; Project Right; **Red Tomato**; **Sociedad Latina**; **The Food Project**; **The Medical Foundation**; Tufts University Agriculture, Food and Environment Program; **UMass Extension**; Urban Edge; Urban Youth Sports/Center for the Study of Sport in Society; **Walk Boston**; **WGBH Educational Foundation**; Youth and Family Enrichment Services.

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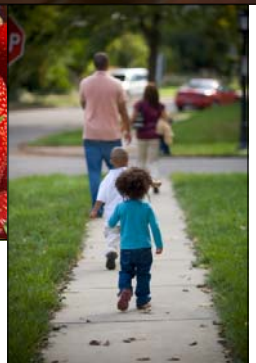
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Boston Collaborative for Food & Fitness

Creating vibrant communities that support access to locally grown, healthy, affordable food and safe places for physical activity & play— for everyone!



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