

## Healthy U

### Junior League of Kansas City, Missouri Community Impact Signature Project

The Junior League of Kansas City, Missouri is pleased to launch **Healthy U**, the League's new Community Impact signature program.

The **Healthy U** program includes several layers of programming focused on Nutrition and Undernourishment, Healthy Choices, Eating on a Budget and Fitness programming – all focused on building a healthier Kansas City Community.

Through the League's **Healthy U** program, the Junior League of Kansas City, Missouri is adopting University Academy in conjunction with our new impact area of Children's Nutrition & Fitness.

University Academy is a K-12 college preparatory public charter academy that emphasizes college preparation, career development, community service and leadership.

The signature project will bring layers of programming focused through one school community over the next five years. The Junior League's programs will focus on fighting food insecurity, student nutrition education, parent nutrition and cooking education, obesity prevention programming and fitness programming at all levels of the University Academy.

#### 7 Ways the League's Healthy U program is making an impact at University Academy

<b>Fighting Food Insecurity</b>	<b>BackSnack Program for the Lower School</b> - Providing 230 students with the BackSnack program through Harvesters commencing in the Fall of 2010 with supplemental materials provided to all Lower School students through the school year
<b>Making Healthy Food Choices</b>	<b>Teen Eats</b> - Partnering with Harvesters to educate 200 middle school students through a 6-week cooking and nutrition program
<b>Family Healthy Food Education</b>	<b>Side By Side</b> - Developing classes for 50 parents to participate in the adult cooking and nutrition program through Harvesters on Sunday afternoons and evenings at University Academy. The League will organize activities for school age children during the course time and provide family dinner to all participants on a weekly basis during the program;
<b>Healthy Food Education</b>	<b>Community Garden</b> - Building a community garden on the grounds of University Academy
<b>Healthy Lifestyle Programming</b>	<b>Fitness &amp; Exercise Programming</b> - Providing innovative fitness programming to the students of University Academy
<b>Healthy Cooking &amp; Food Education</b>	<b>Kids in the Kitchen</b> - Providing additional nutrition and cooking education through the Junior League's Kids in the Kitchen programming to the students of University Academy
<b>Healthy Programming Integration</b>	<b>Classroom Adoption Program</b> - Adopting lower school classrooms in conjunction with the Junior League's new member class promoting Healthy U

The Junior League believes it is the responsibility of the organization to ensure the viability of its programming beyond the length of the five year impact area. We are working with individual and corporate sponsors to partner with the League's Signature Project to help secure this program at University Academy and build momentum in the greater Kansas City area. Please join the Junior League's Signature Project and step up for a healthier Kansas City!