



HAPPY NEW YEAR

JANUARY 2020

COALITION CO-CHAIR CORNER

Healthy Chesapeake has established many community connections since our inception in 2016. The success we share is built from a backbone of broad partner cooperation and support from our local government, agencies, institutions, businesses and individuals. *Every one* is the key to maintain the momentum into 2020.

In a new form of coalition collaboration, the **Southeastern Virginia Training Center** (2100 Steppingstone Square) will host the next Healthy Chesapeake Coalition meeting on January 9, 2020.

The discussion will focus on community resources and transportation. **Hampton Roads Transit, Virginia 211, 382-CITY, Kin and Kids Consulting, Access Partnership,** and the **Chesapeake Fire Department's Mobile Integrated Health Program** will contribute, and your voice is needed, too. Please note the change of location: we don't want to miss you!

Happy New Year,
Beth and Wendy

SPOTLIGHT on HEALTHY CHEF

To help local citizens learn to prepare healthier food, we offer the **Healthy Chef** program which teaches nutrition education and cooking techniques. We are happy to highlight some of these events.



As part of their holiday festival on December 7, the **Major Hillard Branch** of the **Chesapeake Public Library** hosted their first Healthy Cooking demonstrations. Participants discovered healthy holiday food preparation using one of our mobile kitchen carts. (Pictured above: *Roasted Salmon, Beurre Blanc, Stir-Fry Asparagus, Green Beans & Snow Peas, & Roasted Potatoes w/Herbs & Garlic*)

We also partnered with the **Culinary Institute of Virginia** and the **United States Coast Guard Communications Command (COMMCOM)** in Chesapeake to deliver a Healthy Cooking Thanksgiving Food Prep and Demo while they hosted their holiday support event. Approximately 40 service members learned healthier ways to prepare Thanksgiving dinner.

CONGRATULATIONS



Healthy Chesapeake received the 2019 Helping Those in Need grant from Glick Philanthropies. The \$7500 award will assist in sustaining existing community gardens, developing a new garden at Deep Creek High School, and launching regular healthy cooking classes.

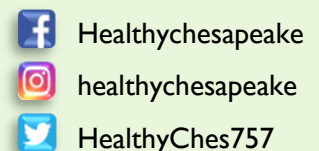
A huge thanks to our wonderful partners at **Cambridge Square Apartments** for the nomination.

Please see the press release at: <https://glickphilanthropies.org/media/press-releases/>



Population Health Arm for the Chesapeake Health Department

www.healthychesapeake.org



PROGRAM ACTIVITIES



Garden2Table

Atlantic Shores Christian School (Shores Outdoors) also used one of our mobile kitchen carts to practice their knife skills and prepare meals using the food they've grown.



Grown items included kale, Swiss chard, mustard greens, beet greens, and purple sweet potatoes. Jill Stiles, Shores Outdoors, ASCS, said, "Every class is eating the potatoes baked.



They were so sweet they needed nothing on them! Over 40 pounds were harvested with over 270 tasters. Many took the potatoes home."

Shout out to **Boy Scout Troop #862!** In conjunction with **Messiah United Methodist Church**, leftover produce was harvested and donated to a local food pantry.

FIT

We are currently working on program expansion and modifications for the youth engagement program with the **Boys and Girls Club of South Norfolk**. We continue to plan a 3rd cohort with LIFT Fitness Foundation and will be adding a swimming component for the Summer of 2020. Stay tuned.

SPARK Youth: So proud of our partners, **Juju Drum** and dance team for their performance at the annual Back to School event and Boys and Girls Club Banquet. The kids' hard work showed!



SPARK Seniors: We supported **Senior Services of Southeastern Virginia** at their Art of Healthy Aging Expo in November. Seniors from the Art of the Healthy Brain program showcased their work and hosted mini art lessons.



We also worked with our new friends at the **Kemet House**, assisting their seniors on a Christmas "Shopping" Event. We look forward to building this new relationship.

HUB

We continue operation of HUB services – our diabetes and hypertension education and support program – in South Norfolk. Our partnership with **Chesapeake Regional Healthcare, EMS, and Chesapeake Health Department** addresses the medical, transportation, and social needs of referred clients. Thanks to the **Foodbank of Southeastern Virginia**, an average of 40 pounds of food per client is being distributed each visit. Approximately 1,000 pounds of food has been distributed to date.

EVENTS

NEW LOCATION

Next Coalition Meeting

January 9, 2020

9:00am – 12:00pm

Arrive 8:30am for
networking and
refreshments

Southeastern Virginia Training
Center

2100 Steppingstone Square,
Chesapeake

Partner-led discussion on community resources and transportation. Come participate and work with us!



We couldn't do this without you!

Healthy Chesapeake is a coalition committed to building a culture of wellness that supports, sustains, and advocates for a healthier Chesapeake. For more information call (757) 690-8970 or email info@healthychesapeake.org