



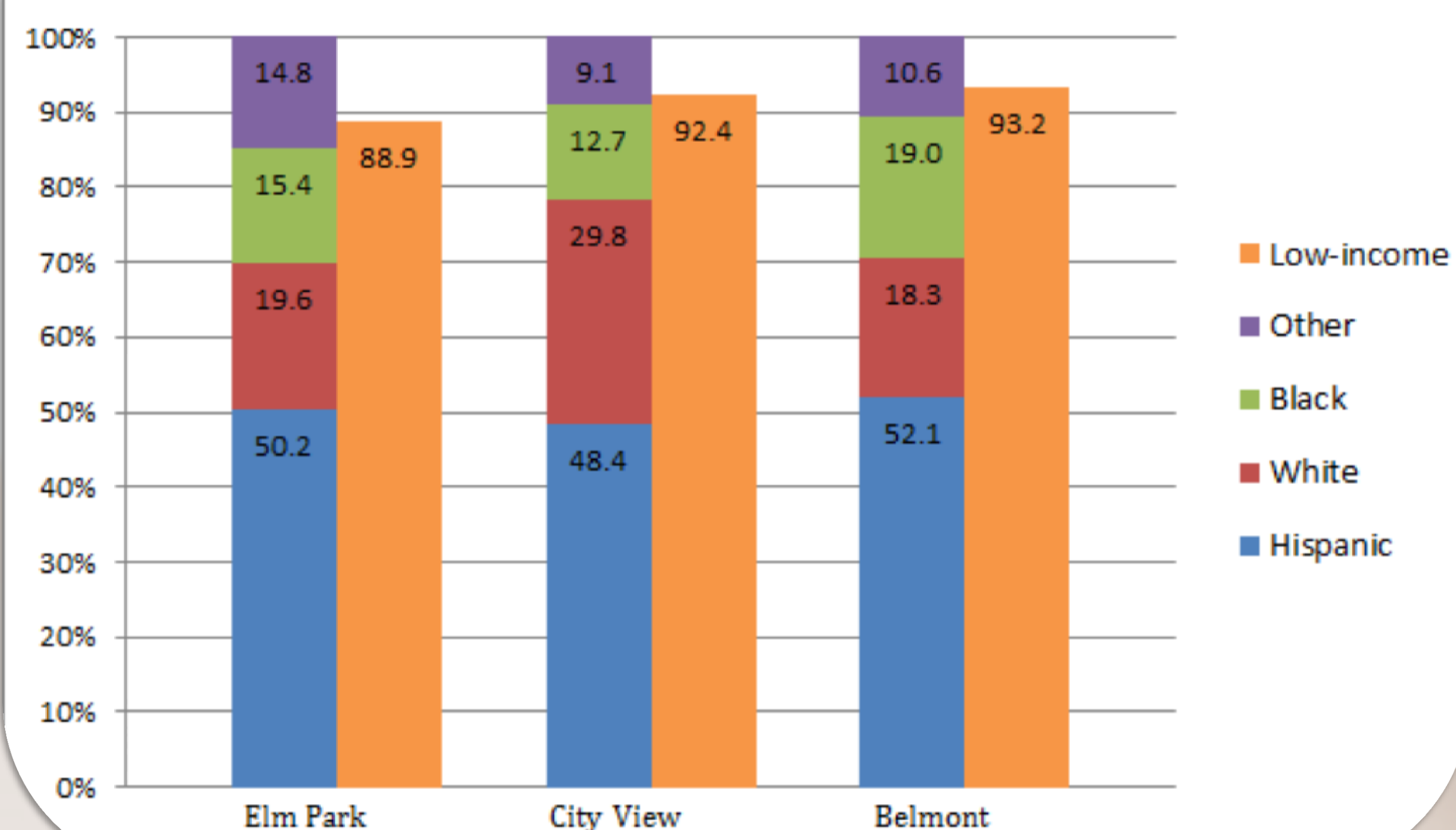
Problem Statement

Low income families suffer most from inadequate food education

Data

- Low-income families are prevalent in Worcester
- Median household income in Worcester ~\$42,000(2011)
- Healthy food is often more expensive, whereas refined grains, added sugars, and fats are generally inexpensive
- 18% of children enter school being obese in Worcester

Diversity of Children Attending Three Worcester Schools



Graph of the racial diversity and percentage of low income students in three Worcester Elementary schools

Our Solution

3-prong nutritional program in three elementary schools located in Worcester low income areas.

Kids Choice Program:

Inexpensive school intervention program during lunch and recess

- Encourages consumption of fruits, vegetables, and healthy drinks

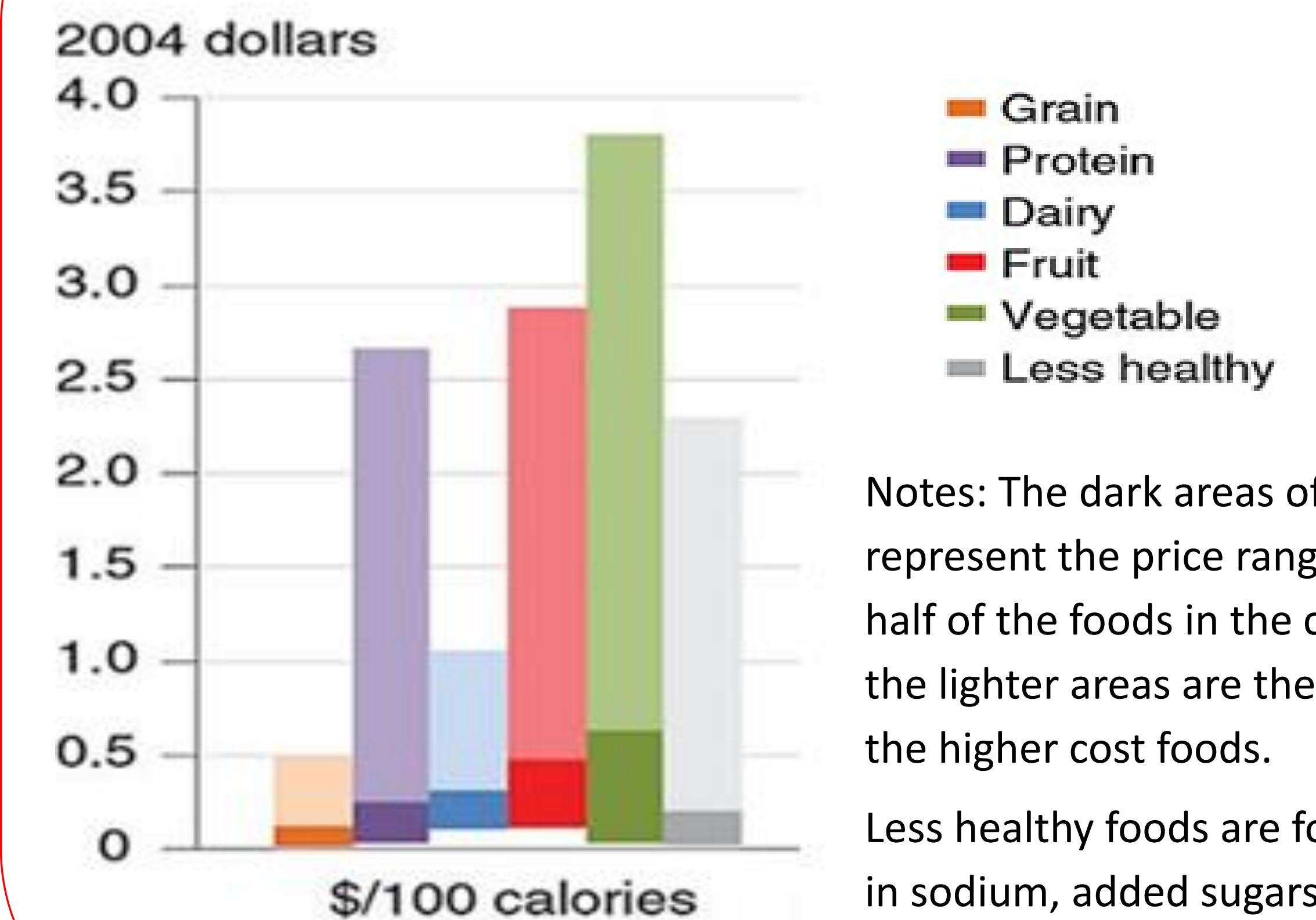
Health Curriculum:

Original curriculum based on food education, nutrition and consequences of obesity

Informational Pamphlets:

Includes summary of learned material by students and easy-to-make, inexpensive meal recipes

The Prices of Food



Notes: The dark areas of each bar represent the price range for the cheaper half of the foods in the category, while the lighter areas are the price ranges for the higher cost foods.

Less healthy foods are foods that are high in sodium, added sugars, or saturated fat, or that do not contain foods from a food group.

Assessment plan

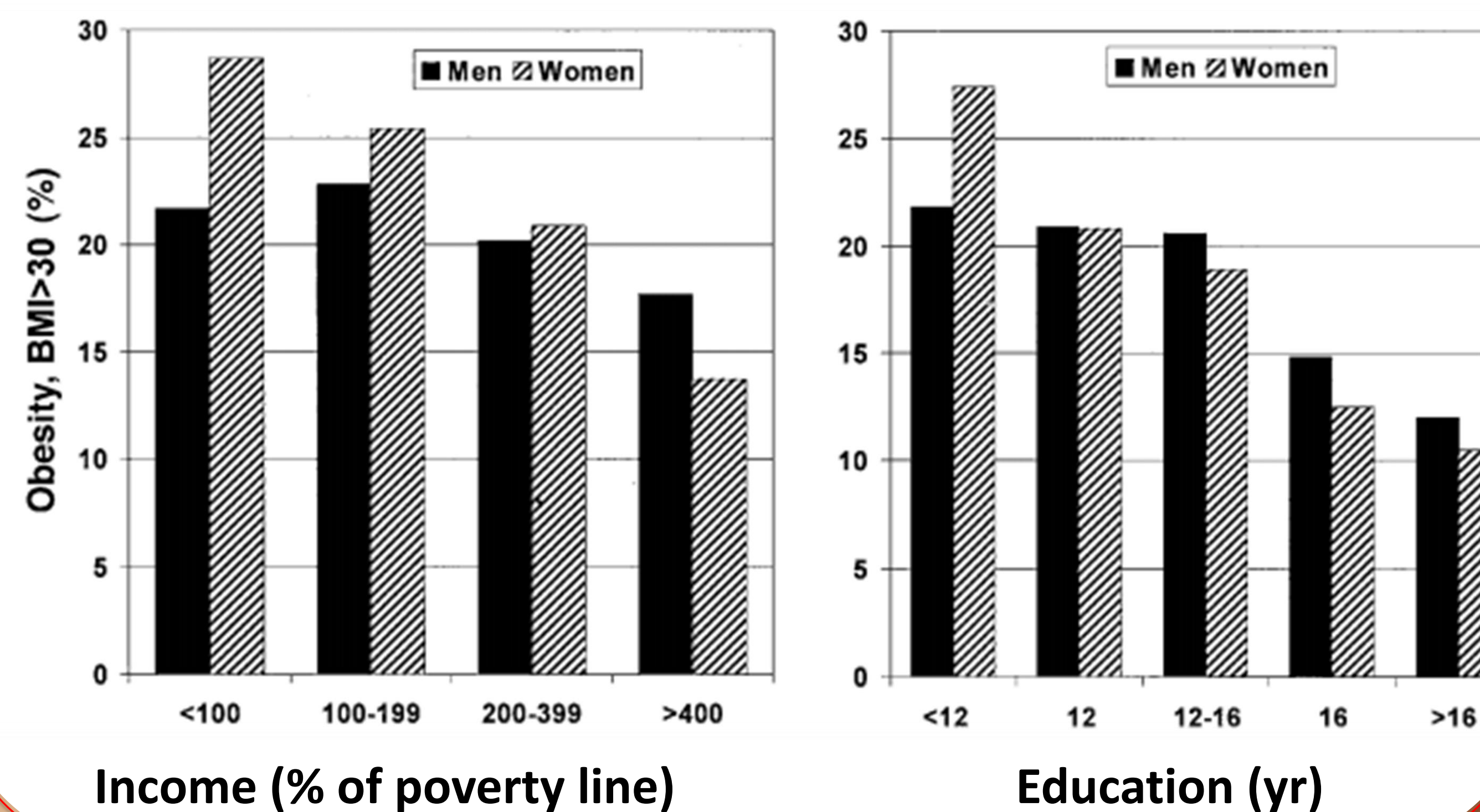
The average weight of students (collected by the school) every 2 years is compared with previous data

Assessment tests and observations of lunch choices determine the effectiveness of the plan

Baseline Data

10 Days | 20 Days | 30 Days

Poverty, Obesity, and Diet Costs



References

Wallpaper - http://www.hdwallpapers.in/cute_kids_cute_play-wallpapers.html

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Hendy, H. (2011, 04). Kid's choice program improves weight management behaviors and weight status in school children.

Drewnowski, A. (2013, April 1). Poverty and obesity: the role of energy density and energy costs. The American Journal of Clinical Nutrition. Retrieved December 8, 2013

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