

Healthy Chelsea in the Schools

Community Mission: Healthy Chelsea is a citywide coalition with a long-term vision to change environmental and social conditions in Chelsea so that healthy eating and active living will become a regular part of everyday life. When Healthy Chelsea is successful, residents of Chelsea – as diverse as they are – will walk, play, and exercise on a regular basis, eat healthy foods as the norm, and realize the benefits of improved overall health and life expectancy.

School Food

We facilitate a unique partnership between Healthy Chelsea, Chelsea Food Services, Chelsea Public Schools, and Northbound Ventures to continuously improve school meals in the district. Main projects include:

- The Youth Food Movement (YFM) internship program, which allows high school and middle school students to advocate for higher quality food in their school
- An annual school food satisfaction survey at CHS organized by YFM
- Regular cafeteria taste tests to try "Harvest of the Month" recipes and other new items



School Gardens

Our FoodCorps service members have helped build and teach in gardens at the ELC, Berkowitz, Kelly, Sokolowski, and Hooks schools over the past couple years. During science classes and after school programs, students have access to hands-on learning (and snacking) in their garden.



Wellness Committee and Physical Activity

Healthy Chelsea staff members with a CPS representative co-chair the district Wellness Committee. Along with enforcing nutrition standards, the district's Wellness Policy requires physical activity in the classroom through "fit minutes". The elementary schools have access to GoNoodle software, which makes it easier to incorporate these movement breaks into the school day and track usage.

Contact Us!



Madelyn Herzog, Healthy Chelsea
School Programs Coordinator
mherzog@partners.org
617-887-4153

