

Wellness For Kids and Teens

We provide services to children in the afterschool program that uses the B’N fit curriculum to teach kids more about the **7 target behaviors** that lead to improved health.

1. Tower garden

Students learn how to grow greens, herbs, fruits and veggies, while learning about healthy eating and the benefits of fruit and vegetables



2. Nutrition Education/Healthy cooking

We partner with different organizations such as stop & shop to teach kids how to prepare healthy snacks



3. Fit Kids Physical Activity:

Kids choose to participate in at least three hours of physical activity each week including dance, basketball, yoga, zumba, Volleyball, fitness, and baseball.



4. Healthy snacks and beverages

We offer limited juice and mostly water at all wellness events. Schools provide healthy snacks during the first hour of programming such as cheese & apples, Pretzel and Hummus, Yogurt & granola.