



Education & Community Resource Guide



Nutrition

Organization Name	Description	Contact	
Brainfood	Brainfood uses food and cooking as tools to promote healthy living in a fun, creative and safe environment. Its afterschool program helps teens learn about food, nutrition, cooking and jobs in the food industry by participating in activities, restaurant visits and by cooking with guest chefs.	http://www.brain-food.org/	202.667.5515
Bread for the City	The mission of Bread for the City is to provide vulnerable residents of Washington, DC with comprehensive services, including food, clothing, medical care, and legal and social services, in an atmosphere of dignity and respect.	http://www.breadforthecity.org/	202.265.2400
Capital Area Food Bank	With the assistance of a volunteer Chef instructor, Capital Area Food Bank offers a Cooking Matters program that teaches hands on meal preparation, nutrition and food budgeting. Participants receive recipes and a bag of groceries each week so they can practice what they learned at home. The mission of the Food bank is to empower families at risk of hunger with the knowledge, skills, and confidence to prepare healthy, affordable meals.	http://www.capitalareafoodbank.org/	202.644.9827
Field of Dreams	The Greater Washington Fields of Dreams is an afterschool program focused on homework assistance, academic enrichment, nutrition awareness, character education and baseball instruction. They provide programs at Ludlow Taylor ES, Kimball ES and Moten @ Wilkinson ES, Turner @ Green ES, Simon ES, Malcolm X ES, Johnson MS and Sousa MS.	http://www.fieldofdreamsdc.org/	202.331.1550 ext. 14
Fightlady Fitness	Fightlady Fitness introduces girls to the exercise of boxing, which will aid them in discipline, image enhancement, character building and healthy lifestyles. Fightlady provides education on boxing, diet, exercise, nutrition, weight discipline and health. It encourages and inspires females to realize their full potential in life and to pursue a career in professional boxing industry or in a healthier way of living.	http://www.fightlady.org/	202.412.3339
Food & Friends	The mission of Food & Friends is to foster a community caring for men, women and children living with HIV/AIDS, cancer and other life-challenging illnesses by preparing and delivering specialized meals and groceries in conjunction with nutrition counseling.	http://www.foodandfriends.org/	202-269-2277
Food for Fuel	Food for Fuel, together with International Fitness Diplomats, develops student athletes both mentally and physically by offering advice and programs about food choices.	http://www.internationalfitnessdiplomats.com/	202.332.5503



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	International Fitness Diplomats' nutrition programs focus on food consumption: why we eat, what we eat, how it affects the body and the economic impact. This program also offers an interactive computer program to further illustrate how the body responds to certain foods		
Healthcorps	Healthcorps is a proactive health program fighting the obesity crisis by getting students to take charge of their health. The HealthCorps curriculum is composed of three sections aimed at educating students and providing a relevant view of the important role health plays in their lives.	http://www.healthcorps.net/	212.742.2875
Infinity Wellness Foundation (IWF)	IWF focuses on reducing childhood obesity in DC Public Schools. This is done using an interdisciplinary WELLKIDS Program for elementary school students. Each program is based off of a Total Wellness Model, allowing students to learn different ways to become more active, healthy and improve their lifestyle skills.	http://www.infinitywellness.org/	847.971.8994
Kid Power	Kid Power provides academic, artistic, nutritional and service-learning opportunities for youth in under-served neighborhoods in DC. Kid Power's mission is to empower youth to become informed and engaged advocates for change in their own lives and in their communities. Kid Power provides one hour of rigorous academics daily, after which youth engage in a variety of enrichment activities including art, dance, drama, yoga, skating, poetry, cooking/gardening, and other exciting activities.	http://www.kidpowerdc.org/	202.383.4543
Martha's Table	Martha's table has worked to build a better future for children, their families, and many neighbors in Washington, DC by increasing access to healthy starts, healthy eating, and healthy connections. They address emergency needs with food and clothing programs, and work to assist children and families as they break the cycle of poverty through education and family support services.	http://marthastable.org/	202-328-6608
MEND Foundation	The MEND Foundation inspires children to lead and sustain fitter, healthier and happier lives. MEND empowers 7-13 year olds to maintain a healthy weight by helping families change unhealthy attitudes about food and activity (Mind), keep physically active (Exercise), learn how to choose foods that are healthy, tasty and nutritious (Nutrition) and take action to maintain a healthy lifestyle for life.	http://www.mendfoundation.org/	201.248.9724
National Organization of Concerned Black Men	Saving Lives and Minds (SLAM) is an afterschool program that enhances the academic and social development of children by providing homework assistance, reading and math instruction, test taking skills and enrichment activities that center on improving standardized test scores, promoting higher achievement and encouraging the pursuit of	http://www.cbmnational.org/	202.783.0101



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	higher education. Specific activities include: science and environmental experiments, dance, poetry, quilting, American Sign Language, health and nutrition, life skills, rugby and cultural enrichment excursions		
So Others Might Eat	SOME (So Others Might Eat) is an interfaith, community-based organization that exists to help the poor and homeless of our nation's capital. We meet the immediate daily needs of the people we serve with food, clothing, and health care. We help break the cycle of homelessness by offering services, such as affordable housing, job training, addiction treatment, and counseling, to the poor, the elderly and individuals with mental illness.	http://some.org/	202-797-8806