



Finger Lakes **Eat Smart New York**

fingerlakeseatSMARTNewYork.org

Recruiting Elementary Schools Interested in CATCH

mail mb333@cornell.edu by **November 11, 2017**

CATCH (Coordinated Approach To Child Health) is a school-based health program designed to promote physical activity and healthy food choices. CATCH transforms a child's environment by coordinating child health efforts across all aspects of the educational experience: classroom, food services, physical education, and family. Research shows that CATCH:

- Improves academic achievement
- Produces lasting positive changes in dietary and physical activity behavior
- Reduces overweight and obesity

Finger Lakes Eat Smart New York (FLESNY) is bringing this opportunity to elementary schools in our area that are interested in taking the next step in making school environments places where students learn and practice healthy food choices and have daily opportunities to be physically active. FLESNY has funding to hire the CATCH Global Foundation to sponsor this two-day training in 2017 for teams of 3 to 4 from eligible elementary schools, provide support in CATCH implementation once the training is completed, stipend to cover the cost of substitute teachers and travel to the training, and purchase of CATCH resources.

Elementary schools with 50% or more children eligible for free/reduced school meals and located in one of our eleven counties, would be eligible. The eleven counties are Monroe, Ontario, Wayne, Chemung, Steuben, Cayuga, Tompkins, Seneca, Schuyler, Yates and Livingston.

If your elementary school is interested in this opportunity, contact Mary Lee Bourbeau, FLESNY Project Director at mb333@cornell.edu or 315-331-8415 by **November 11, 2017** for more information.



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