

# connecting kids to healthy food in school

FoodCorps connects kids to healthy food in school. In underserved communities across the country, our AmeriCorps leaders teach students about healthy food through hands-on lessons, partner with farmers and food service workers to create nutritious and delicious school meals, and collaborate with communities to inspire a longterm culture of health.

Building on this foundation of direct impact, FoodCorps pursues systemic strategies that will benefit all of our nation's 100,000 schools.

### Our Program in Michigan

Our state partner, Michigan State University Extension's Community Food Systems Work Group, selects local sites and manages our service members across the state. FoodCorps has been in Michigan since our program launched, and it's exciting to see the progress being made there. This year, for the first time, we have a corps member who was inspired to do this work by the FoodCorps service member who taught her in Traverse City, five years ago.

This school year, in response to the lead crisis in Flint—since good nutrition is one of the few scientifically supported ways to reduce lead uptake among exposed children—we scaled up our team there, growing from two to six locally-recruited service members.

From urban Flint and Detroit to rural Petoskey, FoodCorps Michigan stitches together diverse programs across the state that all have one thing in common: making children's health a priority.

"I made zucchini noodles with tomato and spinach with a class and they loved them! Everyone came back for seconds. One student said, 'I cannot believe I just ate three vegetables.' "

-Brooke Juday, Detroit, Michigan



## Why Michigan?

Michigan, known for its mitten shape, auto industry, and tart cherries, is a place of great need as well as great promise. One in ten people in Michigan use emergency food programs. Over 57% of public school students receive free or reduced lunches. Poverty and food insecurity have led to high rates of diet related disease throughout the state, but there is a lot of hope for both human health and economic development in our local food systems.

Michigan's second largest industry is agriculture, which puts it amongst the top producers of asparagus, blueberries, cherries, and dry beans in the country. Initiatives like the Michigan Good Food Charter exemplify the energy and interest the state holds in making food a source of revitalization and development throughout the state.

FoodCorps Service Members have the opportunity to serve in a wide range of service sites. Michigan's FoodCorps members are getting their hands dirty from inner city Detroit all the way north to rural Petoskey.

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**our state impact** Our service members accomplished the following last year:











#### Where We Serve

- 1. Crim Fitness Foundation, Flint
- 2. Wayne State University Center for School Health, Detroit
- 3. Detroit Public Schools Office of School Nutrition, Detroit
- 4. Groundwork Center for Resilient Communities, Petoskey
- 5. Michigan State University Extension—Grand Traverse County, Traverse City
- 6. Muskegon Public School District, Muskegon

#### **Our State Partner**



Michigan State University

Extension's Community Food Systems Work Group is a statewide network of educators who are trusted resources in their communities engaging in the promotion of sustainable food systems through applied research and outreach programming that improves the access and availability of locally produced food.

In these capacities, the CFS educators link the local food movement to the statewide good food (healthy, green, fair, affordable) initiatives – the Michigan Good Food Charter, and are strategically positioned to connect statewide resources to the local efforts. They envision a thriving economy, equity and sustainability for all of Michigan and its people through a food system rooted in local communities and centered on good food – food that is healthy, green, fair and affordable.

"FoodCorps has given me a chance to make tangible change in the community I grew up in. It's incredibly rewarding to watch kids get excited about healthy food. Hearing 'Miss Erika, look! I ate my celery and carrots today!' makes this an experience I wish everyone could have."

-Erika Van Dyke, served in Grand Rapids, Michigan

get involved

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