



THE SYLVIA CENTER

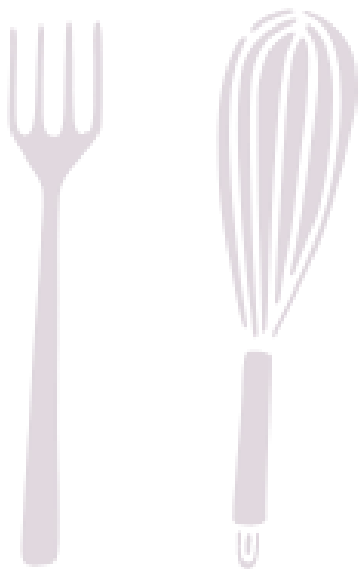


It Starts in the Kitchen!

The Sylvia Center's mission is to open new possibilities for more young people by increasing knowledge of and desire for healthy foods.

Every child and adolescent, regardless of income, should have access to healthy meals and be able to achieve their full potential.

The Sylvia Center is part of a growing movement to empower the next generation of healthy eaters and cooks. The problem may be big, and the stakes high, but together we can lift up young people to take their own place at the table.



Why Our Work is Critical

Young people today need opportunities to learn skills and gain positive experiences - so that they can sustain healthy habits for a lifetime. Our approach empowers students to take ownership of their food choices, and to become positive role models for healthier communities.

In the communities we serve:



Are overweight or obese



Consume at least one
sugary beverage daily



Eat less than the
recommended daily serving of
fruits and vegetables

While we often think of food insecurity as a lack of food, it is more specifically a problem of access to nutritious food. Nearly 1 in 4 young people in New York City and Columbia County live with food insecurity. Diet-related diseases in children and teens are on the rise. Our programs enable young people to make healthy choices and get the most out of their family food dollars.

Many overlooked communities have an overabundance of fast food options – high-salt, high-fat, and low-nutrient meals. Reliance on these foods can lead to both immediate and long-term adverse health outcomes that impact lifetime productivity.



At the Sylvia Center, we believe every child deserves a healthy future, and one of the best ways to secure that future is to empower young people with the skills to cook and knowledge about healthy eating.

- Cindy Edelson, Board Chair



Our Programs in Action

Through our programs, young people learn essential skills in the kitchen and gain the confidence to make healthier choices now, and in the future. Young people are applying the skills they learn in our cooking classes to other areas of their life and becoming advocates for healthy communities.

When young people learn how to cook with the Sylvia Center, they:



Learn essential skills in the kitchen, so they can cook simple, healthy meals at home.



Gain confidence through cooking and doing something that's good for them and their families.



Make healthy choices. Now, and in the future.



Apply skills they learn in cooking class to other areas of their lives. Skills, such as: teamwork, problem solving, and time management.



Become advocates for healthy eating by teaching others and demonstrating leadership in their own communities.

We provide both direct services and capacity-building training to improve our local food system. Our programming is delivered by our educational staff and community chefs, who live and work in the communities they serve.

Fresh Food



Tailored for our youngest students, our Fresh Food programming focuses on exposing them to fresh, healthy foods. By increasing their openness to trying new foods, we are able to pique their curiosity and lay a foundation for long-term healthy eating.

Full Plate



Geared toward our elementary and middle school students, our Full Plate programming focuses on building confidence in the kitchen through nutrition education and learning fundamental cooking skills. This includes our core **Cooks for Health** program.

Community Table



Our Community Table programming aims to expose our high school students to opportunities that connect their passion for food with long-term career development. This programming, which includes our **Teen Culinary Apprenticeship**, teaches our students advanced cooking skills and the principles of nutrition education, as well as provides job-readiness training and soft-skill development.



The Sylvia Center provided opportunities for me to master the tools needed to be successful. Thanks to this program, I am a healthy food advocate for my family, my community, and - most importantly - for myself.

- Precious Richards, 2019

Our 2018-2019 Impact

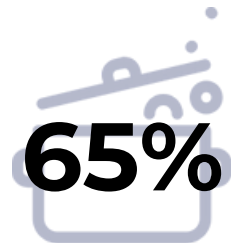
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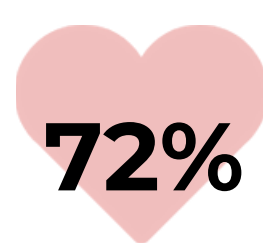
Improve their diet by eating more fruits and vegetables



Significantly improve their cooking skills



Understand how to make a healthy meal for themselves



Really "LOVE TO COOK!"



Since our founding, the Sylvia Center has served **more than 23,000 young people** and our impact has been significant.

With the generous support of our incredible donors, in our most recently completed year, we served:



1,711

Young people in Columbia County



2,372

Young people in New York City

Total Served: **4,083**

Your support of the Sylvia Center enables a growing number of children and families to cook with us in community kitchens across New York.