



Apple Corps
is a program of



Apple Corps meets growing needs

Obesity and other nutrition-related preventable diseases have increased in Washington State, especially among children. If families and schools do not intervene, children are at risk of a lifetime of health and academic problems.

Apple Corps responds to these growing health crises by placing a team of AmeriCorps National Service Members in school and community organizations directly serving children and families to raise nutrition and fitness awareness.

We also develop schools' and local organizations' resources to sustainably implement nutrition and fitness programs. Apple Corps adapts services to the needs of specific communities — so no two projects are exactly the same.

To volunteer, make a donation or inquire about partnering with Apple Corps at your school or community organization, contact:

Apple Corps — 206.694.6711

We believe...

- Our community has the resources, will and ability to end poverty.
- All people have the right to food, shelter, social justice and opportunities.
- Racism perpetuates poverty. To end poverty, we must undo racism.

We believe that together, we can build a community free from poverty, prejudice and neglect in which all members stand on Solid Ground with the skills and confidence needed to achieve their dreams.

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Promoting healthy nutrition & fitness among King County youth, families & communities

Connecting kids with good nutrition & fitness for life!

Apple Corps addresses food insecurity, obesity and other nutrition-related, preventable diseases by increasing access to

healthy foods. We

engage

youth and

families

in the

practice

and awareness

of good nutrition, physical activity

and healthy lifestyle habits.



How Apple Corps makes a difference

Apple Corps Members bring many levels of the community together for conversations and activities related to food security, nutrition and fitness. We:

- Develop school wellness policies.
- Provide structured recess activities.
- Lead school gardening initiatives.
- Host family nights.
- Evaluate our work's impact in the communities we serve.

Through Apple Corps, children directly see, touch and taste nutritious foods. Parents learn alongside their children, bringing healthy ideas into their homes. Schools and community agencies implement healthy, long-lasting practices and policies. Community organizations receive staff support for health initiatives.

"Go back to the lunch line and get some vegetables!"

~Van Asselt Elementary student (to the Principal)

"These vegetables are great! I'm going to ask my mom to cook them."

~Apple Corps student

"This program opened our teachers' eyes to the importance of nutrition and is helping to make our school a healthier place, so our students can be better learners."

~John Muir Elementary Principal

Comprehensive school-based intervention

Apple Corps collaborates with school and agency administrations to design activities, events and curricula that most benefit each group's youth and community needs. Children learn how to prepare and eat new fruits and vegetables, dairy and whole grains.

After-school programs & family events

Working with school and agency staff members, Apple Corps designs and implements after-school programs focusing on nutrition, fitness and cooking. We also partner with schools and community members to design events, activities and panels for families, promoting nutrition at home and in our neighborhoods.

Community collaboration

Apple Corps partners with community organizations including health agencies, neighborhood programs and schools — engaging community members, and building capacity and support to create sustainable nutrition and fitness programs.