



Kingsbridge Heights Community Center

Nutrition and Garden Program

Food Connections Internship

The Food Connections Internship is an innovative and informative program for young adults, combining gardening and nutrition with technology, culture and art. Spring participants will install a WiFi enabled web based irrigation system, allowing them to control and schedule the watering of the garden from any computer or mobile phone. They will also mentor younger gardeners and provide fresh produce to the community. We will have a minimum of 16 participants in this program in 2016. (Ages 15 - 18)

Inter-generational Program

The Inter-generational Program is a collaboration between KHCC, Riverdale Senior Services and Bon Secours Health Systems. It is an opportunity for seniors and children to come together twice monthly to garden, learn, share knowledge and socialize in a fun and inclusive environment. Participants come from a diverse range of cultures and backgrounds and are invigorated by the experience of sharing time with one another. (Ages 3 – 84)

The Selfie Project

This project is in collaboration with Residency Unlimited and Artist Kristin McIver who will commission an innovative art installation. This will include the construction of an edible wall with data and recycled material. The process will include translating students' face recognition data (generated by software to identify faces in digital photographs), ultimately combining gardening, technology, art and sustainability to build a wider understanding of food and the environment. This project will involve 10 participants selected from the KHCC Community. (Ages 13 – 18)

Feet in Soil Program

This program engages participants in the Pre-K, Mothers Group, After School and Special Needs Programs in garden adventures and cooking workshops. It has 145 participants per week and runs all year. The salad bar will become part of the meal eaten by 260 children daily and will add an abundance of fresh produce to their diet. (Ages 0 – 16)

KH Quick Cook

"KH Quick Cook" is a food box that includes a healthy recipe and fresh produce for a choice of meals for up to four people. It will be sold online throughout New York City. For every box sold, a free meal will be given to the Kingsbridge Heights community. This product will be packaged and distributed by members of our community and produce will be sourced from local growers and suppliers. This initiative will contribute to the sustainability of the program while providing a source of fresh produce to the community.

Making Place Kitchen Workshops

This is a new initiative that will bring families and adult members of the community together to cook and socialize. It will involve a community chef from a local restaurant running culturally appropriate, healthy cooking workshops. Participants will be supported to share the knowledge and recipes that they have acquired by hosting a dinner party in their home or at the community center with the same recipes from the workshops. The chef will be encouraged to put the recipes on their restaurant menu so that there are more healthy meal options out in the community. (Ages 10 - 80)