

San Mateo County Childhood Obesity Prevention Programs (Limited)

Name of Organization/Program	Contact Person	Phone Number	Email	Description/Comments
COMMUNITY / ENVIRONMENT / BUSINESS				
African American Community Health Advisory Committee	Gloria Brown	650-726-9059	grbrown@aachac.org	Addressing the health of the African American community in San Mateo County
Bay Area Project LEAN	Bonnie Broderick	408-792-5216	bonnie.broderick@hhs.co.santa-clara.ca.us	Promotes healthful food choices and physical activity in order to reduce nutrition related chronic disease.
California Healthy Cities and Communities, Center for Civic Partnerships	Joan Twiss, Director	916-646-8680	chcc@civicpartnerships.org	San Carlos, EPA in San Mateo Co. Cities where the "Healthy Cities and Communities" programs have been implemented; communities that promote a positive physical environment, a vital economy and a supportive social climate. Received \$2,000 in support for the annual conference "Healthy Cities and Smart growth: Planning for Healthier Communitéis" to be held on April 21-22,
Movin on the Coast	Maureen Perron	650-573-3947	omperron@comcast.net	Movin' On The Coast is a partnership of agencies dedicated to helping improve the cardiovascular health of San Mateo County coastside residents by offering fun fitness events on a regular basis, for all ages and abilities. It is a collaborative effort to increase awareness of the importance of physical activity. Regularly scheduled weekly walks which are open to all the community, special events and an annual fitness week in May are the core activates of Movin' on the Coast.
D.C. Peninsula Partnership	Irma Orantes	650-746-8305		Focus on children's well-being in San Mateo County
East Palo Alto Community Garden		650-325-9184		The garden is a collaborative project of the East Palo Alto Historical and Agricultural Society (EPA HAS) and Bay Area Action. Voluteer.
El Concilio	Ortensia Lopez, Executive Director	650-373-1080	or10sia@aol.com	Coalition of organizations and individuals committed to improving quality of life, education, employment opportunities, and health care for Latinos in San Mateo County
Get Fit EPA	Kathy Alexander	650-330-7418	Kalexander@ravenswoodfhc.org	A collaborative of 14 agencies, including Ravenswood Family Health Center, Ravenswood School District, City of East Palo Alto Community Services, El Concilio, Lucile Packard Children's Hospital, SMC Health Services, YMCA, Boys and Girls Club and other non-profit agencies. It is organizing a community campaign to promote healthy eating and fitness activities adn to increase community resources in East Palo Alto.
Global Community	Susan Stansbury	650-328-7756	sstansbury@globalcommunity.org	Resource clearinghouse for school gardens.

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Jewish Community Center (Peninsula JCC)	Todd Braman, Program	650-212-7522	tbraman@pjcc.org Web Site: www.pjcc.org	Cultural and recreational programs; early childhood centers, summer camps.
Pacifica Collaborative	Julie Lancelle	650-738-6693	jlancelle@pacificasd.org	Our mission is to foster learning, healthy growth and positive change for Pacifica's children, youth and families through community collaboration (in and out of Pacifica).
Pacific Athletic Club-Redwood City		650-593-5700 (Programs Office), 650-593-1313 (Children's Center)	info@pacclub.com	Sports club, allows children
Project READ- SSF	Valerie Sommer	650-829-3871	ssfplref@plsinfo.org	Helps adults reach their literacy goals. Free reading, writing, spelling and grammar help for adults.
Peninsula Covenant Community Center - Redwood City	Tim Sandquist, Director	650-364-6272	www.peninsulacovenant.com	Multi-sport club to meet physical, social and spritual needs.
Peninsula Bicycle & Pedestrian Coalition	Mike Nelson	650-291-7343	mnelson@michaeltneilson.com / http://PenBiPed.net/	The Peninsula Bicycle & Pedestrian Coalition is dedicated to understanding and
San Francisco Bay Trail	Laura Thompson, Project Manager	laurat@abag.ca.gov	http://baytrail.abag.ca.gov/	When complete, the Bay Trail will be a continuous 400-mile recreational corridor that will encircle the entire Bay Area, connecting communities to each other and to the Bay. It will link the shorelines of all nine counties in the Bay Area and 47 of its cities. To date, 240 miles of the Bay Trail, or more than half its ultimate length, have been developed.
New School Better Neighborhoods	David Abel, Managing Director		david@nsbn.org / http://www.nsbns.org/index.php	New Schools / Better Neighborhoods (NSBN) is a civic advocacy organization formed to promote a 21st Century vision for California's urban school districts: new schools should be centers of neighborhoods and likewise, neighborhoods and communities should serve as centers of learning. NSBN is a project of the non-profit group Community Partners.
Redwood City 2020 (Teen Resource Center and Wellness Center)		650-780-7000	mail@redwoodcity.org / http://www.redwoodcity2020.org/	The Bay Trail provides easily accessible recreational opportunities for outdoor enthusiasts, including hikers, joggers, bicyclists and skaters. It also offers a setting for wildlife viewing and environmental education, and it increases public respect and appreciation for the Bay.
Second Harvest Food Bank of Santa Clara and San Mateo Counties	Susan Takalo, Assc. Director of Programs and Services	650-610-0800 x212	stakalo@shfoodbank.com	Clearing house for donated and purchased food. Programs include: Operation Brown Bag for low-income seniors, Family Harvest for low-income families with children, Partners In Need for low-income volunteers, and Food Assistance to support nonprofit agencies.

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California Federation of Certified Farmers' Markets		530-753-9999	contact@cafarmersmarkets.com	Information on market places for farmers and consumers
PAL (Police Athletic League), San Mateo	Officer Mike Buckle, Executive Director	650-522-7725	smpal@cityofsanmateo.org	Outdoor trips, sports leagues, martial arts, teen outings, ropes courses, etc.
YMCA, Peninsula Family (San Mateo)	Laura Bent, Executive Director	650-286-9622	rmcnamara@ymcasf.org	Offers fitness classes, sports programs, camps, youth programs, and more.
YMCA, East Palo Alto	Eli Cardenas, Branch Executive Director	650-328-9622	ecardenas@ymcamidpen.org	Offers sports programs, camps, aquatics, youth programs, and afterschool programs for youth.
YMCA, Sequoia (Redwood City)	Niel Bergquist	650-368-4168		Offers fitness classes, sports programs, camps, aquatics, youth programs, and more. Afterschool fitness and nutrition education program for Elementary children. Also has Fit Kids program (afterschool fitness and nutrition education program for Elementary children.)
Accesible Recreation Activities Program (Redwood City)	Stephanie Douglas, ARAP Coordinator	650-780-7313	SDouglas@redwoodcity.org.	Physical, social and life skills activities for ages 14 and up. Theter trips, art, drama, fitness classes and special events.
BOK Ranch	Jessica Aronson, Program Director	650-366-2265		Therapeutic horseback riding to develop physical strength, balance, control, self-confidence and self-esteem for special needs kids.
Community Association for Rehabilitation (CAR)	Lynda Joyce Steele, Executive Director	650-494-0550	lynda@c-a-r.org Website: www.c-a-r.org	Creative Recreation afterschool program in Palo Alto
Betty Wright Swim Center	Lynda Joyce Steele, Executive Director (CAR)	650-494-1480	lynda@c-a-r.org or info@c-a-r.org	Fully Accessible pool for therapy, fitness and recreation for kids with disabilities
PARCA	Jerry Martin, Director of Programs	650-312-0730	jerrym@parca.org	Provides recreational and social activities for children with disabilities and their families. REACH program, integrated before and after-school as well as summer day camp programs.
Special Needs Program (San Carlos)	Bill Klieves, Program Coordinator	650-802-4383	bklieves@cityofsancarlos.org	Offers afterschool art, cooking, bowling, sports and other activities for children and teens with physical and-or developmental challenges
Special Olympics, Northern California	Cathy Domanski, Regional Sports Director	925-944-8801	cathyd@sonc.org	A free sports program open to all persons with developmental disabilities, ages 6 and up, regardless of ability.
San Mateo County Parks		650-363-4020	Website: www.eparks.net	San Mateo County Environmental Services Agency, Parks and Recreation Division

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Collective Roots-East Palo Alto	Holly Taylor	650.704.9826	holly@collectiveroots.org	The mission of Collective Roots Garden Project (CRGP) is to actively engage students in hands-on learning that encourages healthy lifestyles, leadership skills, stewardship of the land, and a stronger sense of community.

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HEALTH CARE				
Center for Healthy Weight-Seton Medical Center	Jan Norton	650.991.6766	jannorton@dochs.org	Improve your dietary habits and meet with our outpatient nutritionist. Physician referral required. Insurance may apply. To verify insurance coverage please contact your individual insurance carrier. If you do not have insurance, a special fee schedule may be arranged. For more information please call.
Committed to Kids-Sunnyvale			www.committedtokids.com-national-website	12 weeks of self-study weight management with books
Healthy Kids- Mills Peninsula Health Services	Carole Groom	650-696-5275	groomc@sutterhealth.org	Works with San Mateo County schools, and provides hands-on nutrition and exercise program for middle schools. Currently the program is only active in Burlingame, but is expanding to the other districts within the county.
Lifestyle Program (African American Health Advisory)	Leah Grass, Charlotte Carlson			13 week program at juvenile hall
Lucille Packard Children's Hospital Center for Health Weight	Tom Robinson, Karen Kemby	(650) 724-4398	kkemby@stanfordmed.org	a comprehensive program designed to prevent and treat overweight and obesity in children and adolescents.
Packard-Stanford Pediatric Weight Control Program	Cindy Zedeck	(650) 725-4424	czedeck@stanfordmed.org	a family-based, behavioral and educational program designed to promote healthy eating and exercise habits for overweight children and their families
San Mateo County Nutrition Services California Nutrition Network Programs	Lydia Guzman	650-573-2025	lguzman@co.sanmateo.ca.us	Teen Spa, 3N's program, Veggie Fairs, other nutrition education activities
SM County WIC	Eliana Schultz	WIC-650-573-2168	eschultz@co.sanmateo.com	Nutrition program for pregnant, postpartum, and breastfeeding women, infants, and children birth to 5
Stanford University (Vaden Health Center)	Ira M. Friedman	650-725-1365		To support prevention education targeting high-risk behaviors and conditions that have a significant impact on the student population in San Mateo County.

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Weight Management Education for South San Francisco 4th Graders-Kaiser, South San Francisco	Stephen Wahl	650 742 2329	stephan.wahl@kp.org	
3-N Program: Hikes for the whole family!	Gloria Cahuich	650-573-3665	gcahuich@co.sanmateo.ca.us	Nature, Nurture and Nourishment: discover the beauty of county parks, burn calories, feel good.
Kaiser Permanente Redwood City Medical Center	Maura Georges, MSW, MPH	650-299-4950	maura.georges@kp.org	Programs: 1) Healthy Kids, Healthy Families: overview to healthy lifestyle, healthy eating & activity for children 8-15 and their families. 2) Shapedown: Family-based 9-session weight management program for children 8-15 and their parents. Families learn skills to incorporate healthy eating and pleasurable activity into their lifestyle. 3) Farmer's Market: Kaiser holds a weekly Farmer's Market every Wednesday, from 10am-2pm, on the corner of Veterans Blvd and Maple St. The Farmers' Market was introduced to encourage our staff and patients to eat more healthy foods such as fruits, vegetables, and whole grain items. 4) Breastfeeding Education & Support: Prenatal Breastfeeding class for expectant parents; Postpartum education, instruction & advice from RN Lactation Consultants. 5) Family Educational Materials on weight management, healthy eating and physical activity available through members.kp.org and through Physician Homepages at www.permanente.net . 6) Medical Office Interventions: Periodic screenings for BMI & behavioral history (physical activity, TV viewing, soda/juice consumption, fruit/veg consumption), counseling, referral
San Mateo County Public Health Nutrition and Child Health Services	Eliana Schultz, Health Services Manager	650-573-3511	eschultz@co.sanmateo.com	Programs include: California Nutrition Network (Teen Spa); Women, Infants and Children (WIC); SHAPTEDOWN; PRIMETIME Chronic Disease Prevention Program (including supermarket tours)
Child Health & Disability Prevention Program (CHCP)	Yvette Bedrosian, MS, RD	650-573-3924	ybedrosian@co.sanmateo.ca.us	Nutrition information and referral for children under age 21
Head Start	Amy Liew, Executive Program Director	650-871-5613	info@ihsdinc.org	Offers a child and family development program for low-income families. Serves children age 5 or under and includes nutrition classes
Prenatal to Three Program (PRE TO THREE)	Tami Whelen, RD Ana Miramon, RD	650-573-2502	Twhelen@co.sanmateo.ca.us / Ami	Provides information, support, and care for families with pregnant women and children under 5
Prenatal Advantage: Black Infant Health Project	Bernestine Benton	650-363-7850, 650-599-3879	Bbenton@co.sanmateo.ca.us	Provides prenatal care referrals & health education classes, including nutrition education to pregnant African American women and teens

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Women, Infants & Children Services (WIC PROGRAM)	Eliana Schultz	650-573-3511	eschultz@co.sanmateo.com	A nutrition program for pregnant, postpartum, and breast-feeding women, infants and children from birth to 5 years of age.
Lucile Salter Packard Children's Hospital at Stanford	Grace Shih, MS, RD, CNSD	650-497-8292		Provides individual counseling for all eating disorders. No group counseling available. English/Chinese. MEDI-CAL not accepted
ANAD Eating Disorder Support Group	Lisa Bograd	415-820-3920		Free eating disorders support group for anorexics, bulimics, and compulsive eaters. Meets at Women's Health Source Center, at 3698 California Street San Francisco, on the 2nd and 4th Tuesday of the month, from 6:00-7:30 pm.
Overeaters' Anonymous		650-375-0724	Website: www.overeatersanonymous.org	Offers help in dealing with both the physical and emotional symptoms of compulsive overeating, anorexia and bulimia. Call for locations, dates, and times.
TOPS (Take-Off Pounds Sensibly)	June Hodsoll (retiring) Loretta Bloxham	510-656-0468	craftyjune@aol.com , area393@aol.com	An international nonprofit weight loss support group. TOPS provides members with information, motivation, and fellowship in attaining and maintaining their physician-prescribed weight goals. \$20 annual fee. In the process of setting up a childrens program.
Optifast Program-Sequoia Hospital	Tricia Halimah, Coordinator	(650) 482-6065	THalimah@chw.edu	Sequoia Hospital has provided comprehensive weight management services since 1989. Our programs include: An initial evaluation of your health and weight management needs, including a health history and medical screening, a review of your weight management history, and establishment of healthy lifestyle and weight loss goals, Weekly medical monitoring, Individual nutrition and activity consultations, Weekly group meetings covering the skills needed to build a healthy lifestyle
Make Time for Fitness Walking Courses (Sequoia Hospital)	Marie Violet	650-367-5995	mviolet@chw.edu	Partnership with Sequoia Hospital and SF Giants. Walking courses painted on Redwood City and San Carlos School playgrounds. Laps are measured to equal 1 mile. Goal is to provide a fun environment to promote physical activity.
Kids Are Giants Too (Sequoia Hospital)	Marie Violet	650-367-5995	mviolet@chw.edu	Partnership with Sequoia Hospital and SF Giants for Fourth Grade students in Redwood City and San Carlos. "Eat Healthy, Stay Active, and Be Tobacco Free". Program includes an activity book and fieldtrip to SBC Park.

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Shapedown- SM County CHDP	Yvette Bedrosian	650-573-3924	ybedrosian@co.sanmateo.ca.us	Weight Loss and Management Program for County. Also located at Kaiser RWC, UCSF Med Center, Palo Alto Medical Clinic

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AFTER SCHOOL				
Regional Parks and Rec District IV Obesity Taskforce	Chris Beth	650-780-7253	cbeth@redwoodcity.org	Sequoia Hospital works with Redwood City schools to provide nutritional information, along with a fitness program.
AYSO Soccer	Tom Robinson Karen Kemby	650-876-0750	arangel@aol.com	Youth Soccer league, which runs from late August into mid November. Available for children aged 4.5 to 18.
Kids Nutrition Club- San Carlos Parks and Rec	Carolyn McDowell	650-802-4166	cmcdowell@cityofsancarlos.org	Children are taught about nutrition in the after-school setting.
Latina Curves-Sequoia HS/ Youth and Family Enrichment Services/ Kaiser	Anne Hipskind	650-591-9623 ext. 108	anne.hipskind@yfes.org	
Peninsula Pop Warner	Joseph Tobia	408-778-9305	pwpiqskin@yahoo.com	Youth Football and Cheerleading
Peninsula Athletic League	Terry Stogner, Commissioner	650-802-5454	tstogner@smcoe.k12.ca.us	School-based athletic leagues
Scouting	Dave Ernst	650-341-5633	Website: http://www.pacsky.org	Education program for boys: building character, citizenship training, personal fitness
SPORT Program- LPCH in East Palo Alto	Dana Weintraub	650-724-4019	dana-weintraub@yahoo.com	Homework and Sports Program for overweight children.
Go Girls! (Peninsula Covenant Community Center)	Tim Sandquist, Director	650-364-6272	www.peninsulacovenant.com	Focus on body image, nutrition, physical activity
Reikes Center- Menlo Park	John Cohen	650-364-2509	info@reikes.org	Athletics, creative arts, nature studies
Parks and Recreation- Belmont	Mary Dougherty	650-595-7441	mdorhtey@ci.belmont.ca.us	Pedometer Program
Parks and Recreation- Brisbane	Jim Skeels	415-467-6330	jskeels@ci.brisbane.ca.us	City Parks and Recreation
Parks and Recreation- Burlingame	Randy Schwartz	650-558-7300	rschwartz@burlingame.org	City Parks and Recreation

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Parks and Recreation-Daly City	Ed Barney	650-991-8001	ebarney@dajycity.org	Hip-hop dance classes at Westlake School of Performing Arts. After school recreation for 6-12 yo. Summer youth recreation programs. Power Hour-HW assistance & PA. Mini Hoops League (1-2 gr). Youth B-Ball League (3-8 gr). Softball (5-18 yo). Flag football (3-6 gr).
Parks and Recreation-East Palo Alto	Paemla Reliford	650-853-3140	preliford@cityofepa.org	City Parks and Recreation
Parks and Recreation-Foster City	Kevin Miller	650-286-3380	kmiller@fostercity.org	City Parks and Recreation
Parks and Recreation-Half Moon Bay	Phillip McCoy	650-726-8297	phillipm@ci.half-moon-bay.ca.us	City Parks and Recreation
Parks and Recreation-Menlo Park	Bob Roessler	650-330-2200	bbroessler@menlopark.org	City Parks and Recreation
Parks and Recreation-Millbrae	Randy Schwartz	650-259-2360	rschwartz@ci.millbrae.ca.us	City Parks and Recreation
Parks and Recreation-Pacifica	Michael Perez	650-738-7381	perezm@ci.pacifica.ca.us	City Parks and Recreation
Parks and Recreation-Redwood City	Chris Beth	650-780-7250	cbeth@redwoodcity.org	City Parks and Recreation
Parks and Recreation-San Bruno	Larry Mazzuca	650-616-7180	lmazzuca@ci.sanbruno.ca.us	City Parks and Recreation
Parks and Recreation-San Carlos	Jeri Fujimoto	650-802-4382	jfujimoto@cityofsancarlos.org	City Parks and Recreation
Parks and Recreation-San Mateo	Shiela Canzian	650-522-7400	scanzian@cityofsanmateo.org	City Parks and Recreation
Parks and Recreation-South San Francisco	Elaine Porter	650-829-3800	elaine.porter@ssf.net	City Parks and Recreation - accepted funds in the amount of \$30,000 from the Friends fo Parks and Receptions, available through Kaiser Permanente to implement FRESH program. Program will address the issue of childhood obesity and focus on teaching the importance of healthy eating and active living.
Boys and Girls Club-Mid-Peninsula (San Mateo, Daly City) - Nutrition and Physical Fitness Project		650-347-9891	Website: www.midpenbgc.org	To improve the nutrition and physical fitness status of low-income, underserved youth and adults of the Bayshore community of Daly City through a nutrition education and physical fitness project located in the fitness center of a new community center.

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Boys and Girls Club-North San Mateo Co. (S. San Francisco, Pacifica)		650-589-7090	Website: www.theclubs.org	
Boys and Girls Club-Coastside (Half Moon Bay)		650-712-9710	Website: www.bgc-coastside.org	
Boys and Girls Club of the Peninsula (East Palo Alto, Menlo Park, Redwood City)		650-322-8065	Website: www.bgcp.org	
PAL (Police Athletic League) Judo Program, Foster City	Officer Mike Buckle	650-286-330	smpal@cityofsanmateo.org	Training in Japanese martial arts for kids ages 5 and up.
Girl Scouts	Yacine Bell, Community Development Director	510-562-8470	yacine@girlscoutsbayarea.org Website: www.girlscoutsbayarea.org	Camps, recreation activities, social and leadership development for girls ages 5-17.
Girls on the Run (East Palo Alto Charter School)	Susan Roberts, Program Director	415-863-8942	sroberts@gotrsf.org Website: www.gotrsf.org	After-school running program for girls in 3rd through 8th grade designed to encourage emotional, social, mental and physical development.
Junior Giants-Daly City	Denise Patch	650-991-9004, 650-746-8345 (Summer)		Free non-competitive summer baseball program for kids (ages vary by program). Open to all boys and girls, regardless of income.
Junior Giants-East Palo Alto	Raymond Askew	650-207-1943		Free non-competitive summer baseball program for kids (ages vary by program). Open to all boys and girls, regardless of income.
Junior Giants-Redwood City	Chris Rasmussen	650-556-1650		Free non-competitive summer baseball program for kids (ages vary by program). Open to all boys and girls, regardless of income.
Junior Giants-San Bruno	Bob Greenburg	65-873-0856		Free non-competitive summer baseball program for kids (ages vary by program). Open to all boys and girls, regardless of income.
Junior Giants-San Carlos	Don Davenport	650-802-4277		Free non-competitive summer baseball program for kids (ages vary by program). Open to all boys and girls, regardless of income.
Junior Giants-San Mateo	Amber Shong	650-522-7553		Free non-competitive summer baseball program for kids (ages vary by program). Open to all boys and girls, regardless of income.
Junior Giants-South SF		650-589-1090x21		Free non-competitive summer baseball program for kids (ages vary by program). Open to all boys and girls, regardless of income.
Youth Sports League of Redwood City (Redwood City PAL)	Chris Rasmussen	650-556-1650		Camps, basketball, boxing, karate, flag football, soccer, street hockey and volleyball programs.

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Swimming Pool, Public (Belmont)	George Brunson	650-595-7441	gbrunson@ci.belmont.ca.us	Summer time only: Swim Lessons (all ages) 10:00am-12:00pm & 3:00pm-5:00pm (M-F) Recreational Swim (all ages) 1:00pm-3:00pm (M-F)
Swimming Pool, Public (Brisbane)	Neal Block	415-657-4321	nblock@ci.brisbane.ca.us	
Swimming Pool, Public (Daly City)	Jennifer Tom	650-991-8001	jtom@dalycity.org	
Swimming Pool, Public (Burlingame)	Lindsay Caldwell	650-558-7322	lcaldwell@burlingame.org	
Swimming Pool, Public (Pacifica)	Vicki Russo	650-738-7381	russov@ci.pacifica.ca.us	Pacifica Parks & Rec. offer a year round swim team that works out daily, Monday through Friday, between the hours of 4 and 6 PM. The Pacifica Sea Lions Swim Team is an age group team for children ages 4 to 18 and affiliated with USA Swimming. Daily workouts are structured to the child's ability and age. Workouts include stroke development, a high quality of aerobic endurance, and development in all major muscle groups, enhances natural flexibility, and develops superior coordination. Swimming is noted as the most injury-free children's sport and it is a sport that can last a lifetime.
Swimming Pool, Public (Redwood City)	Eric Newby	650-780-7250	enewby@redwoodcity.org	
Swimming Pool, Public (San Bruno)	Danielle Fabela	650-616-7180	dfabela@ci.sanbruno.ca.us	
Swimming Pool, Public (San Mateo)	George Musante	650-522-7460, 650-341-5471, 650-522-7465	gmusante@cityofsanmateo.org	
Swimming Pool, Public (South San Francisco)	Gus Vellis	650-875-6973	gus.vellis@ssf.net	
Afterschool Youth Recreation Program (Daly City)		650-991-8254		Free drop-in program, 9 sites in Daly City. 1st-6th grades.
New Perspectives @ Ravenswood School Dist. (East Palo Alto)		650-321-1013		Sports, arts and crafts, environmental education, lifeskills developmental lessons, drug and alcohol prevention, team building and leadership activities.
Belle Haven After School Program		650-330-2297		

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Pacifica After School Program		650-738-7381		
After School Grant Programs (Redwood City)		650-780-7315		Free afterschool programs available at many Redwood City School District schools.
Kids Club After School Recreation (San Bruno)		650-616-7180		At Allen, Belle Air, and Portola Schools. Grades 4-6.
San Carlos Youth Center		650-802-4471		Free drop-in programs afterschool and weekends.

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PRESCHOOL / DAYCARE				
Jewish Family and Children's Services (Early Childhood Mental Health Project)	Laurel K.		LaurelK@jfcs.org	Received \$50,000 in second-year support for the Early Childhood Mental Health Project at two Peninsula childcare sites and the San Mateo County Early Head Start/Head Start program.
East Palo Alto Head Start/Stanford University	Janine Bishop	650-725-0923	jbishop@stanford.edu	
RWC Even Start (CA Endowment Grant: Active Kids)	Gloria Nudelman	650-569-2332	gnudelman@rcsd.k12.ca.us	Two year grant totaling \$378,000 for prevention of childhood obesity. Primary outcomes are increasing children's activity to an hour a day, reducing children's television viewing, providing parent nutrition institutes, utilizing parents as teachers in the after school program, and improving the nutritional content of school food.
SCHOOL				
Coastside Health Committee (Hatch School HEAL Project)	Maureen Perron	650-726-6445	coastsidehealth@coastside.net	This program involves a school garden curriculum, noontime fitness and farm to school components targeting six second and third grade classrooms at Hatch Elementary School in Half Moon Bay.
RWC School District (John Gill School Active Kids)	Gloria Nudelman	650-569-2332	gnudelman@rcsd.k12.ca.us	To support a comprehensive obesity prevention pilot program for infants and toddlers, pre-school, elementary and middle school students and their parents in the Redwood City school district of San Mateo County.
San Mateo County Office of Education (Obesity Reduction and Fitness Advocacy Project)	Alicia Goldstein	650-802-5342	agoldstein@smcoe.k12.ca.us	To support a student-driven advocacy intervention to address the issues of unhealthy eating and physical inactivity among youth in San Mateo County.

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Ravenswood School District	Laurie Bauer	650-329-2800 x143	lbauer@ravenswood.k12.ca.us	<p>SMART(Student Media Awareness to Reduce Television) Program - 16-Lesson curriculum developed by Stanford Prevention Research Center and Dr. Tom Robinson designed to motivate students to monitor their own viewing habits and then set a goal to reduce TV and video game use.</p> <p>Collective Roots-The mission of Collective Roots Garden Project (CRGP) is to actively engage students in hands-on learning that encourages healthy lifestyles, leadership skills, stewardship of the land, and a stronger sense of community.</p> <p>Reading Across My Pyramid- Reading Across MyPyramid is a nutrition and literacy program developed for Kindergarten through Third Grade. Children learn about food and nutrition by having children’s storybooks with food-related themes read to them and then participating in hands-on nutrition activities.</p>