

# The Eating Good in the Neighborhood Project

## Y-PLAN Roadmap



# Background and Site Analysis:

Detroit has:

- Some of the highest rates of diabetes nationally
- Some of the highest rates of obesity nationally
- Some of the highest illiteracy rates nationally
- Some of the lowest performing school nationally



# Why is this important?

- Diets rich in fruits and vegetables increase academic performance and resilience to chronic illness



# Project Clients

- Detroit Public School Community District
- Detroit Housing Commission



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# Findings

- 100% of the participants reported they would eat more fruits and vegetables daily than fast food if they were more accessible.
- 90% of the participants report a willingness continue to engage in physically active daily, now that they know what type of exercise they like and can do at home.



# Top Policy Changes

- Make food tasting and quick meal preparation awareness monthly workshop.
- Circulate a monthly newsletter highlighting local venues within walking distance where fresh fruits and vegetable can be purchase inexpensively.



# Top Environmental Changes

- Provide incentives for gas stations, mini-marts and schools that provide fresh fruits and vegetables routinely.
- Build more gardens for growing and selling fruits and vegetables



# Top System Changes

- Offer two different fruits or vegetable daily as part of afterschool and onsite programs.
- Plan family outings to Whole Foods once a week throughout the year, to get inspiration to cook meals made from different fruits and vegetables.





# Questions

