



Healthy Cooking with Kids, Inc. (HCK, Inc.) was established in 2008 to improve access to fresh healthy foods and increase nutrition education by offering a comprehensive nutrition education program at the Benicia Unified School District. Since then, HCK, Inc. has grown to include working with school gardens and joined other organizations in establishing coalitions to improve policies on health and wellness. Although HCK, Inc. is a small organization comprised of seven staff members, the programs and work of HCK, Inc. serves Solano and Napa counties. A 100% healthy beverage policy was passed by HCK, Inc. The staff of HCK, Inc. has always had a healthy drink and food mentality. By passing the policy, it made this mentality an official culture norm of the organization. However, the healthy beverage policy was extended to the Healthy Bodies Coalition meetings and have expanded to include active transportation with 1/3 of the members accomplishing this goal. A physical activity component is included as well. The Healthy Body Coalition is a partnership of over 50 organizations working to create a culture of health, where everyone has equal access and awareness of nutritious food and a safe environment to be active and thrive. Currently, HCK, Inc. is also involved with the Napa Valley Unified School District to develop a wellness policy for their students and can use the policy passed within the organization as a template to help develop the new policy.



*(Photo: The staff of HCK, Inc. on a nature hike.)*

“Now that we have an established policy, we can pass on the knowledge to other organizations we partner with. We are the facilitators of the Healthy Body Coalition and we can educate those organizations on developing a worksite wellness policy.” - Norma Lisenko

