



# Community-Health-Education-Friendship

Jan. 2018

## CHEF Programs & Community Partner Descriptions

**CHEF for a Day** allows more students to experience PB&J through field trips. Currently, the program's emphasis is on two groups: (1) Third Graders from area City and County elementary schools with a higher percentage of students eligible for Free & Reduced Meals and (2) Students in City and County preschool programs which provide comprehensive early-childhood learning experiences for students with risk factors that may prevent early academic success. CHEF for a Day serves two purposes, introducing more kids to our teaching kitchen and motivating them to come back. Hands-on lessons are directly tied to the appropriate Standards of Learning (3<sup>rd</sup>) and early childhood developmental domains (PreK). Each CHEF for a Day class welcomes a new group of excited students, most of whom are experiencing PB&J programming for the very first time, along with their classroom teachers.

- **Charlottesville City Schools** (3<sup>rd</sup> graders from priority schools)
- **Albemarle County Public Schools** (3<sup>rd</sup> graders from priority schools)
- **Charlottesville City Preschool program** (Citywide)
- **ACPS Bright Stars pre-K program** (Countywide)

**CHEF Families** allows us to extend our reach and work closely with parents and families, highlighting affordable and healthful shopping and eating, incorporating children in meal preparation, and emphasizing the emotional and social benefits of family meal time. Each adult takes home the groceries to fix the meal at home for the entire family. PB&J partners with area non-profits and health clinics to address childhood nutrition and food insecurity in our community.

- **ReadyKids** gets kids ready for school, ready for relationships, and ready for life. The **ReadySteps** program at ReadyKids hosts early learning playgroups in community spaces around the Charlottesville area. Since parents and caregivers attend with their children, this provides a unique opportunity for parent education AND early childhood education all in one place, as well as bringing together a community of parents. <http://www.readykidscville.org/readysteps/>
- **YoungLives** is a program in which volunteer mentors build relationships with teen moms, offering guidance in matters of faith, parenting and self-worth. This investment of time and heart has empowered positive, sustainable change in the lives of these beautiful families for more than 20 years. YoungLives club activities provide a safe place for teen moms to come together to build friendships. Food, activities and childcare make club a fun place to learn and grow. <https://www.younglife.org/ForEveryKid/YoungLives>
- **Fresh Farmacy** is a *Fruit and Veggie Prescription Program* through a partnership between Local Food Hub and three area health clinics that "prescribes" patients a biweekly supply of fresh fruits and vegetables, grown by Local Food Hub partner farms. Family-oriented cooking classes help to encourage home cooking and develop familiarity with new foods. The program seeks to develop a culture of healthful living in our community by addressing food access and public health issues. The program runs May-November, the local growing season. <https://www.localfoodhub.org/fresh-farmacy-fruit-and-veggie-prescription-program/>

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**CHEF Kids** is for youth participants, usually between the ages of 8 and 13. Our CHEF Kids programming is curriculum-based, with units that have a theme and gradually build on safety, culinary, mathematical and nutritional skills. “CHEF Teens” falls within CHEF Kids but is used to designate a class made up entirely of teenaged students. This program partners with local community organizations to bring students into the PB&J kitchen for enrichment learning.

- **Big Brothers Big sisters of the Central Blue Ridge** operates under the belief that inherent in every child is the ability to succeed and thrive in life. As the area’s leading provider of evidence-based mentoring, our agency makes meaningful, monitored matches between adult volunteer mentors (“Bigs”) and children (“Littles”), ages 6 through 18, in the Charlottesville and Albemarle communities.  
<http://www.blueridgebigs.org/>
- **Boys and Girls Clubs of Central Virginia** enables all young people, especially those who need us most, to realize their full potential as productive, responsible, and caring citizens. <http://bgclubcva.org/>
  - **Cherry Avenue Club** - the largest of the six Central Virginia Clubs, with 24,000 square feet. Located adjacent to Buford Middle School, this facility opened in 2010 and serves 850 Club members.
  - **Jack Jouett Club** - Open since 2003 and currently serves more than 200 members before and after school. Members include students of Jack Jouett Middle School and neighboring Greer Elementary.
  - **Southwood Club** - located in the Southwood Mobile Home Park off 5th Street Extended, near the Covenant Upper School and the County of Albemarle office facility. This Club opened in 2000, and currently serves 200 members, with an average daily attendance of more than 100 members, ages 6-18.
- **City of Promise Charlottesville** is a Promise Neighborhood initiative designed to create a continuum of solutions with the potential to significantly improve the educational and developmental outcomes of children and youth in the **10th and Page, Westhaven, and Star Hill** neighborhoods. Modeled loosely after the **Harlem Children’s Zone** in New York, City of Promise is a collaborative effort of public agencies, nonprofits, public schools and neighborhood residents to “change the game”—building a community where all children get what they need to succeed in school, work and life. <http://cityofpromise.com/>
- **Lugo-McGinness Academy** is a small, non-traditional academy that serves Charlottesville City Schools students in grades 7-12. Students may self-select or be referred for admission to the program. The academy provides a therapeutic, supportive environment to meet students’ social and emotional needs.  
<http://charlottesvilleschools.org/lma>
- **Charlottesville High School** students from Family Life classes will be taking part in PB&J programming this spring as supplement to their course work.
- **Greenstone/CHP** <https://www.communityhousingpartners.org/599/191/greenstone-on-5th-apartments.html>
- **Friendship Court** <http://piedmonthousingalliance.org/friendship-court-apartments/>