



Healthy Eating Active Living Coalition (HEAL)

Healthy Eating Active Living Coalition (HEAL) uses Cesar Chavez K-8 School as the central point of community organizing to address disparities in overweight and obesity found in its low income neighborhood located in Portsmouth, North Portland. HEAL programs and campaigns include:

Healthy Eating

- Healthy Cooking Class in September
- Harvest of the Month Program
- Healthy Eating Coaches Training
- Healthy Corner Stores Initiative
- Community Garden
- Fruit and Veggie Month in June

Active Living

- International Walk to School day in October
- Monthly Walk to School days on Late Opening dates (Wednesdays)
- Weekly Walking Bus days (Mondays)
- Bike and Pedestrian Safety Training
- Screen Turnoff Week in April
- Walk and Bike Challenge Month in May

School Wellness Policy

- Promote implementation of District Wellness Policies
- Convene weekly meetings to coordinate parent support for implementation of policies

School Site Closures

- Support HEAL community partners' efforts to draft policy recommendations
- Involve parent volunteers in advocacy for policy adoption
- Motivate parents to participate in school site development

Healthy Active Schools Program Staff

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