



Here a Lime, There a Lime, Everywhere a Lime— Biking to Build A Stronger, Healthier Yonkers

Creating Healthy Schools and Communities

Across New York, there is a dedicated group of community champions on a mission to help build resilient and livable communities - one street at a time. From policy development to implementation, Complete Streets are a priority of Creating Healthy Schools and Communities (CHSC), a New York State Department of Health funded initiative which aims to create places that support healthy behaviors. The Living Your Fullest Everyday (LYFE) coalition, a 75-organization collective impact coalition led by YMCA and Nepperhan Community leaders, is among the 25 CHSC teams across New York taking part in this initiative.

Yonkers Streets Take on a New Life

Complete Streets provide safe access for all users, including pedestrians, bicyclists, motorists and transit riders of all ages and abilities. They offer opportunities for residents to be more physically active through their daily routines; help prevent crashes that occur alongside roadways; connect people to their jobs, neighborhood businesses, churches, healthcare providers, and schools; and stimulate the economy.

For years, some streets in Yonkers have been unsafe and inaccessible, making it unappealing and challenging for approximately 200,000 residents to walk and bike through their neighborhoods. In an effort to increase usability and safety of their streets, the LYFE coalition hosted listening sessions to engage community

members in creating actionable steps for making the streets inviting to all users. On September 27th, 2016, the City Council approved a Complete Streets Policy making a more resilient and livable Yonkers a reality. With the backing of a Complete Streets Policy, Yonker's streets have begun to take on a new life with bike lanes, audible pedestrian signals and other safety initiatives for residents of all abilities. There is still more work to be done. To further support equitable transportation in Yonkers, the city has partnered with Lime (formerly LimeBike), a dock-free bike sharing program.



Mayor Spano & Staff; CHSC & LYFE Leaders,
Elected Officials & Community Partners at
LIME Bike Launch, May 2018

A Lime a Day Keeps the Doctor Away

Like residents in other big NYS cities, Yonkers residents have not received equitable resources and bear a disproportionate burden of chronic disease, such as diabetes and obesity. Bicycling is an effective—and equitable—way to increase daily physical activity. Spending less money on transportation-related costs frees up a family's



CHSC | Yonkers Success Story

budget for other necessities. Being active on a regular basis also helps promote health.

To support residents' health and mobility, the City of Yonkers partnered with Lime, a transportation rental program that provides affordable and healthy options to move about a community. LYFE leaders have identified locations and worked with the City of Yonkers to install bike racks at schools and key sites in the city including libraries, train stations and community centers. LYFE has launched a few supplemental programs to support the use of this healthy transportation option and to ensure safety. An educational campaign aims to increase awareness of Lime and to provide safety tips including the need for helmets. Riders have also been invited to convert their bike miles into the physical activity walk challenge sponsored by community partner Yonkers on the Move for recognition and prizes at City Hall with Mayor Spano.

“Partnering with Lime will provide us the opportunity to travel our city with ease and convenience all while being healthier, more sustainable and economical – and once again proving Yonkers is a great city to live, work and play.”

~Mayor Mike Spano

Yonkers is a Little Greener

Lime's sustainable system not only provides affordable first and last-mile transportation solutions, the usage of Lime bikes will greatly enhance quality of life in Yonkers due to the health benefits from active travel and decreased car emissions.

Since its launch in May 2018, Lime has averaged 1,000 trips per day in Yonkers. Over 40,000 rides took place in the first two months after the bikes were made available. A large portion of these rides have taken place among residents of lower income neighborhoods in Yonkers.

Lime joins Yonkers at a time when the city is also teaming up with 511NY Rideshare in becoming a Clean Air NY Community Partner—linking residents to a free ride-match program and offering resources and information for residents to go 'green' on their daily commute.

“As we work together, we look forward to the community-wide benefits in Yonkers of getting more residents on bikes, and we hope this partnership is just the beginning of expanding access to equitable transportation in the region.”

~Gil Kazimirov, Lime New York General Manager

Through programming, events, and education, residents have more access to active transportation options. Not only have residents become more confident riding on the street, the focus on biking is expected to help advance support for infrastructure, policy, and community changes aligned with Complete Streets.



To learn more about our work or to get involved, contact us:

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Real Food, Not Junk Food

We consume a lot of calories at home. Unfortunately, home has become the place for fast food and snack food convenience. While not ideal, home is where we grab the candy bar or bag of chips and sit in front of the television. Home is where we sit down to eat after stopping at the drive-thru. But it doesn't have to be. The steps below will give you specific actions that you can take to turn your home into a healthy environment for your entire family.

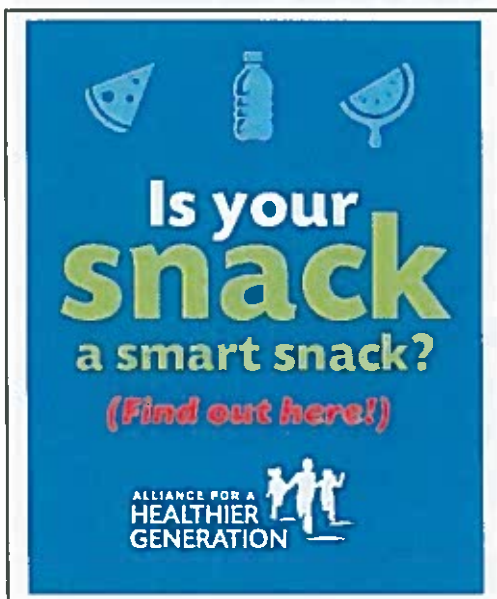
Make Real Food Easy

Healthy foods should be the easy snacking options around the house. We grab for chips or cookies because chips and cookies are there. If fruit is sitting in a bowl on the counter, we would grab for that instead. Real foods



should also be the easy meal

options around the house. This takes planning. We often stop at the drive-thru for a quick dinner instead of going to the grocery store to pick up food to prepare. Make your trips to the grocery store last for the week. Plan out the meals you will eat every night so that the quick fast food stop is not even a temptation.



Smart Snacks

Are the snacks at your child's school smart snacks? The U.S. Department of Agriculture (USDA) released updated nutrition standards for snacks and drinks

served throughout the school building, in vending machines, school stores, snack carts and a la carte lines. This means we must all work together to help all our schools meet these new guidelines. Our [Smart Snacks Calculator](#) takes the guesswork out of determining if the snack, side or entrée item being served in school meets the new guidelines. Simply enter the product information and answer a few questions. You'll get an immediate answer if your product is approved or not.

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Set Food Rules

Decide which junk foods you simply do not want in the house and make a rule to keep them out.

- No non-nutrient snacks in the house
- Our house is a “no fry zone”
- No sugar-sweetened drinks in the house
- Only whole foods in the refrigerator
- Half of our grain servings will be whole-grains
- Whole-grains will be the first ingredient on the nutrition label

Create Healthy Traditions

Show respect to any traditional meals prepared for your family, and show respect to your family by making those meals good for their health. Infuse your traditional dishes with fresh produce and spices and consider growing all the veggies and herbs you need in a family garden.

Some of our favorite meals often include meat. By replacing fatty meats with lean meat and grilling instead of frying you can quickly cut down the calories of your family’s favorites.

In Your Own Backyard

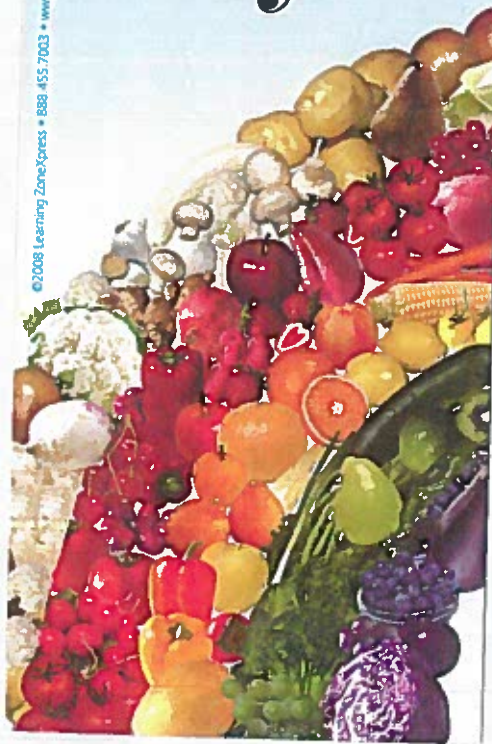
Introduce your family to the idea of farm-to-table foods, or better yet, family-garden-to-family-table foods. Your family will have a stronger connection to the healthy foods they eat when they feel a sense of ownership over the fruits and vegetables they’ve helped plant, watched grow, and prepared for their meals.

Growing your own fruits and vegetables will keep your family attuned to what’s fresh and what’s out of season. The vibrant colors and flavors of your seasonal produce can encourage you to try new recipes and healthy recreations of old recipes.

www.healthiergeneration.org

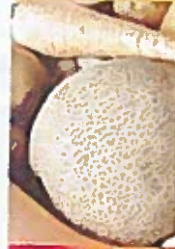
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rainbow
of colors
every
day!**



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Eat a rainbow of superfoods every day!



garlic
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oranges
cantaloupe
sweet potatoes
carrots
butternut squash



strawberries
tomatoes
red peppers
pomegranates
cranberries
raspberries



broccoli
lettuce
spinach
avocados



blueberries
blackberries

