

The Friends of Crown Heights Educational Centers Inc., (FOCH), is a New York State registered 501(C)3 not-for-profit, community-based organization, with headquarters located at 671 Prospect Place, Brooklyn, NY 11216.

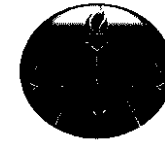
For more than four decades, Friends of Crown Heights has been a premier provider of exemplary child care and early childhood education services in the City of New York. Founded amid the progressive social transformations of the mid-1970s, FOCH was one of the first such multicultural community based organizations established in the predominantly working-class neighborhoods of Central Brooklyn. Today, the organization is among New York's largest and most comprehensive providers of group day care, Universal Pre-Kindergarten and after-school programs in some 15 full-service centers across the borough of Brooklyn and beyond. In addition, FOCH also administers the highly popular Summer in the City program for children aged 5 to 12, as well as the critical Child and Adult Care Food Program - CACFP -- a nutrition education and meal reimbursement program helping providers serve nutritious and safely prepared meals and snacks to children and adults in day care settings.

Friends of Crown Heights

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Friends of
Crown Heights
EDUCATIONAL CENTERS



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Childhood Obesity

Mission statement

Friends of Crown Heights is a child care and child education institution that prides itself on elevating a child's academic success as well as promoting a safe and healthy environment that helps sustain their success. Nurturing a safe and healthy environment is a priority for us, and one of the ways we facilitate this is by providing healthy and nutritious lunches and snacks. We recognize that even though we provide healthy snacks if there are not also healthy eating at home, a child cannot truly benefit. So, it is our duty as a child education institution that we inform parents of the importance of healthy eating and the impact of obesity.



Statistics on obesity

According to the CDC:

- The prevalence of obesity was 18.5% and affected about 13.7 million children and adolescents.
- Obesity prevalence was 13.9% among 2- to 5-year-olds, 18.4% among 6- to 11-year-olds, and 20.6% among 12- to 19-year-olds. Childhood obesity is also more common among certain populations.
- Hispanics (25.8%) and non-Hispanic blacks (22.0%) had higher obesity prevalence than non-Hispanic whites (14.1%).
- Non-Hispanic Asians (11.0%) had lower obesity prevalence than non-Hispanic blacks and Hispanics.

Effects of obesity:

- All-causes of death (mortality)
- High blood pressure (Hypertension)
- High LDL cholesterol, low HDL cholesterol, or high levels of triglycerides (Dyslipidemia)
- Type 2 diabetes
- Coronary heart disease
- Stroke
- Gallbladder disease
- Osteoarthritis (a breakdown of cartilage and bone within a joint)
- Sleep apnea and breathing problems
- Some cancers (endometrial, breast, colon, kidney, gallbladder, and liver)
- Low quality of life
- Mental illness such as clinical depression, anxiety, and other mental disorders
- Body pain and difficulty with physical functioning

TIPS AND TRICKS

- Provide plenty of vegetables, fruits, and whole-grain products.



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- Include low-fat or non-fat milk or dairy products.
- Choose lean meats, poultry, fish, lentils, and beans for protein.
- Serve reasonably-sized portions.

Portion Distortion

What you're served



1/2 lb. cheeseburger, French fries, 5/4 cup lettuce, tomato slice and lettuce.
6,365 calories
83 grams fat

What's one serving



1/4 lb. cheeseburger, half the French fries, 2 tablespoons lettuce, tomato slice and lettuce.
600 calories
33 grams fat

- Encourage your family to drink lots of water.
- Limit sugar-sweetened beverages.
- Limit consumption of sugar and saturated fat.