

HEALTHY WEST CHICAGO



Our Mission

To ensure all residents of West Chicago have access to an optimal state of health and wellness.



Nutrition Programs

Healthy West Chicago is working to bring together stakeholders from schools, businesses, stakeholders from the park district, and public health professionals, gardeners, health practitioners, and community residents to create a place where access to healthy and local foods is easy and affordable. We work in collaboration with our partners to shape local policies and improve the food system so that fresh and healthy foods are accessible and affordable to everyone living and working in the City of West Chicago.

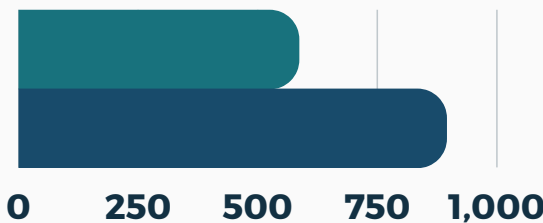
Objective 1: Increased knowledge of nutrition and cooking healthy meals and snacks.

Objective 2: Availability of healthy foods to include locally grown products.



Participants Served

■ 2021 ■ 2022



*Percent increase in participants served.



Food kits contain ingredients for one healthy meal with recipe, apron, and small cooking tools.



*School-based programs supplemented by District 33 funding.

Physical Activity Programs

Healthy West Chicago works in collaboration with our partners to shape local policies and improve the built environment and systems so that opportunities for physical activity are accessible and affordable to everyone living and working in the City of West Chicago.

Objective 1: Increase the availability of opportunities for physical activity that are affordable and accessible throughout the community.

Objective 2: Increase the knowledge of residents about the availability and importance of physical activity opportunities.

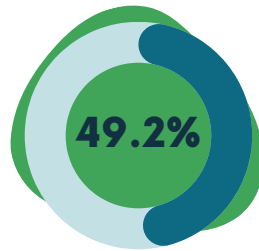
29
Opportunities Offered

312
Physical Activity Participants



Wellness Opportunities

94
Total Wellness Opportunities Offered



Percent increase in wellness opportunities offered.

2022 Donors

PLATINUM LEVEL SPONSORS



GOLD LEVEL SPONSORS



BRONZE LEVEL SPONSORS



Program Specific Sponsors



Initiatives

- Virtual Cook Along Cooking Classes with Food Kits
- In-Person Nutrition Cooking Demos with Food Kits
- Virtual Nutrition Demos
- Grocery Gift Cards
- In-Person Kids Cooking Clubs
- Virtual Family Cooking Classes
- Rethink Your Drink Education
- Community Garden Build
- Flu Shot Clinics
- COVID-19 Vaccine Clinic
- Blood Pressure Clinic
- Food Distribution Assistance
- In-Person Yoga Classes
- In-Person Zumba Classes
- In-Person & Virtual 5K
- Wellness Challenge App
- D33 Wellness Nights
- Sensory Walks
- Walks Through History
- Alebrijes Scavenger Hunt
- 5k Fun Run
- 1 Mile Youth Run

Advisory Board:

City of West Chicago
Community Member at Large
DuPage County Health Department
Educare of Western DuPage
Mexican Cultural Center
Northwestern Medicine
People Made Visible

WeGo Together for Kids
West Chicago Community High School District 94
West Chicago Elementary School District 33
West Chicago Park District
West Chicago Public Library District
Western DuPage Chamber of Commerce