

# SHAPE UP SAN FRANCISCO

10

YEAR ANNIVERSARY

10.13.16 | The Green Room at the SF War Memorial

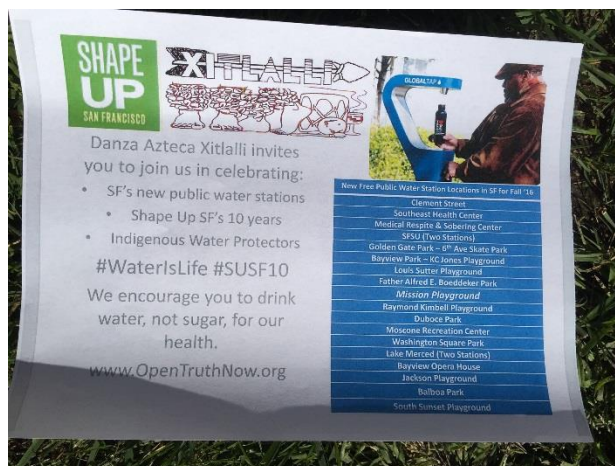
## HEAL WEEK SUMMARY

Shape Up SF celebrated its 10 year anniversary in October 2016. To shine a spotlight on chronic disease prevention, Shape Up SF offered mini-grants ranging from \$500-\$1500 for community organizations to host activities and events that promote Healthy Eating and Active Living (HEAL). Together, these activities reached over 1,200 San Franciscans.





## WATER IS LIFE



**Danza Azteca Xitlalli** has been in San Francisco since 1984, promoting Aztec dance and culture, and providing free classes in Aztec dance and music in the Mission District.

On Sunday, October 9<sup>th</sup>, Danza Azteca Xitlalli convened more than a dozen dancers to provide a presentation on 24<sup>th</sup> and Mission to celebrate and publicize the installation of SF's Hydration Stations. The theme for the event was #WaterIsLife. The dancers talked about the value of public water over bottled or sugary water, and connected this to the wisdom and

practices of our ancestors. The event was emceed in English and Spanish, and performers provided handouts in both languages that listed the sites of the new Hydration Stations, and provided SSB 101.

Danza Azteca Xitlalli also announced their solidarity with the native tribes at Standing Rock, North Dakota, in their efforts to protect their clean drinking water. All this, on the day before Indigenous People's day, the start of Chronic Disease Prevention Week, and the week of the Shape Up 10 year anniversary. #SUSF10 #WaterIsLife

## Urban Sprouts Fall Celebration



On Thursday, October 13<sup>th</sup>, **Urban Sprouts** and the **SF-Marin Food Bank** hosted a fall celebration at the Mission Community Market. Shoppers received education about healthy food while having fun. Promotoras led 3 cooking demonstrations, and over 200 shoppers left with lentil salad samples and bilingual recipe books. Interns from June Jordan School for Equity sold plant starts and herb, and they provided technical assistance on how to start and maintain backyard gardens. SF-Marin Food Bank outreach workers distributed multilingual resource sheets to shoppers and answered CalFresh questions. Arts and crafts stations were set up around the market. Stations included silk screening, face painting, and a fruit and vegetable photo booth. Over 1,000 shoppers were engaged!



## Mission Passport



On Friday, October 14<sup>th</sup>, **Good Samaritan** hosted an urban exploration event in the Mission District with students from Everett Middle School, John O'Connell High School, and International High School. Students travelled to different locations to participate in healthy lifestyle choices workshops. In a healthy eating workshop, students learned how to make Atole de Elote, a warm corn-based drink without refined sugar. Students also made anti-diabetes Sugar Skulls out of Amaranto, a high protein seed. Instead of decorating the skulls with sugary frosting, they used almonds, flax seeds, chia, and dried fruit. In another workshop, students learned how to destress through art. Together, students created a poster with the word "Felicidad" or Happiness, and created paper flowers to fill in the letters and background. Good Samaritan partnered with **Bicis Del Pueblo** and the **SF Food Bank** for the Bike Blender Smoothie workshop. Students made smoothies out of a beautiful assortment of fresh fruit from Whole Foods. Over 100 students were engaged!

## Cooking Matters at the Store



On Saturday, October 15<sup>th</sup>, **18 Reasons** and the **Tenderloin Healthy Corner Store Coalition** held an event at Radman's and Amigo's market. Teen and adult peer educators led 32 participants through a shopping tour. Participants learned shopping, cooking, and budgeting skills like how to compare prices, how to read ingredient labels, and how to compare fresh, frozen, and canned produce. At the end of the tour, participants were given a piece of fruit and a survey to complete. Based upon the survey results, all of the participants enjoyed the tour and would recommend it to a friend.

## Safe Passage Senior Healthy Walks



**Tenderloin Safe Passage** hosted three events as part of Shape Up SF's HEAL Week: 2 safe-escorted walking groups and a walking aid visual enhancement session. To facilitate these activities, they collaborated with **San Francisco Senior Center**, **Curry Senior Center**, and **Little Brothers/Friends of the Elderly**. The walking groups were very successful with 8 seniors being escorted by Safe Passage Corner Captains and OCEIA Community Ambassadors on a vigorous walk that ended with a tour of the Tenderloin Museum, and 10 seniors from Curry Senior Center walking to Boeddeker Park for a healthy and engaging exercise session.

Following the second walking group, a Walking Aid Visual Enhancement session was held at Curry Senior Center where attendees decorated their canes, walkers, and wheelchairs with colored reflective tape and adhesive colored "stick-ons". Four seniors participated in the activity and all enjoyed making their walking aids more visible to motorists. Additional such sessions will be scheduled in the near future.

At both walking groups, attendees were encouraged to express interest in additional or on-going walking groups. Currently, one group at Curry Senior Center has begun regular weekly walks, and efforts to organize a group at San Francisco Senior Center is underway.



Special thanks to our sponsors for making this week of HEALing possible.

