

# Educate Access Thrive



At Elevate Youth, we understand how critical eating healthy food and practicing a healthy lifestyle is for setting children on the right track. Our new E.A.T. initiative is committed to addressing these issues through our three progressive pillars.

# Educate



As part of our holistic approach to mentorship, we realize the importance of integrating healthy eating options and education into our curriculum as an essential component to creating a long-term impact in a child's life. Specifically, we will:

- Lead trips to local farms
- Provide lessons on urban agriculture.
- Host virtual cooking classes with local chefs
- Promote regular exercise through regular hiking clubs.
- Expand our virtual program to include yoga, exercise classes, and other movement-based activities.



# Access



It is not enough to simply provide programming. To fight systemic food insecurity in Boston, Elevate Youth will:

- Offer tasty, healthy snacks on all our outings.
- Host meal drives.
- Deliver fresh local groceries and recipes to our families in need.
- Host virtual enrichment sessions with community advocates for food security.



# Thrive



We believe in providing youth the tools to empower themselves and realize their full potential. In other words, we seek a holistic impact by combining outdoor education with physical and mental health.

We believe this can be accomplished through:

- Project based learning
- Engaging the family unit
- Strong partnerships with community advocates.
- Consistency and FUN.

