



Inspiring social change through sustainable health

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Here's what Crown Heights, Brooklyn, 4th and 5th graders say:

"I love working at Seeds in the Middle because I get to plant and be a part of a group of people who are trying to change the world. I learned that Seeds in the Middle is not just about planting and being healthy, it is to fight bad things that crawl into people such as cancer," said one fourth grader. "I want more people to help us out because it does not hurt for a couple of more hands to come in."

"I learned that we need to eat healthy and be healthy. We are planting vegetables and fruits because we want to be healthy. It helped me during science, math and other subjects," writes one nine year old, fourth grader, who said she eats fruits and veggies more often, and exercises more.

"I learned how to make a compost, plant seeds and I learned how to make more healthy things," Joshua, 10, fourth grade, who also says he eats more fruits and vegetables.

"I learned that it is important for us to eat on a healthy diet and that we should make sure our community is clean," said a fifth-grader, who also says she eats fruits and veggies more often.

"Before Hip2B Healthy came, I was trying to change my weight. I felt sad about my weight because my brother kept teasing me. Now that the Hip2B Healthy Market came, I think he is jealous," said Ashley, 9. "I would like more of less weight and less of obesity. I would like people's blood pressure improved." She reported eating less junk food, making healthier choices and taking part in decisions at the grocery store.

"I want to start eating healthy everyday. I would like more apples and broccoli. We get healthy so we don't have diabetes," said fourth-grade girl.

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"What I learned is that you should not eat junk food every day and make healthy choices and to eat vegetables and fruits to have a healthy body so I don't get diabetes," Ryan, 9, fourth grade. He talks about health more and makes healthier food choices.

"They help you stay healthy with fun events. I would like to see people eating healthy," said a 10-year-old boy.