

Activity and Nutrition Resources

Resource	Contact	Description
LIFESTYLE PROGRAMS		
KCU Score 1 for Health: CHAMPS	816-654-7975 https://www.kansascity.edu/programs/clinical-experience/score-1-for-health	Free health coaching for families. Learn how making small changes to your family's current eating habits and physical activity levels can lead to a healthier lifestyle. Meet with 2 student doctors, trained as health behavior coaches, for 6-8 individual sessions at a convenient time and location. https://kansascity.edu/programs/clinical-experience/score-1-for-health/score-1-resources-and-clinics
Black Health Care Coalition	816.444.9600 http://www.bhccck.org/	Various family and individual physical activities that generally last 6-8 weeks in length. Includes a late winter exercise program called New Year, New You; a walking program held in Spring and again in the Fall; and more. Call for more details; website is not regularly updated. Find more information and sign up on BHCC's Facebook page: https://www.facebook.com/equitynowkc
COMMUNITY CENTERS & ACTIVITIES		
Kansas City, MO Parks and Recreation	816-513-7500 kcparks.org/	Community centers offer many wellness and fitness activities for youth. Some have youth flag football, open gyms, sports programs, aerobics, after-school programs, dance classes, and swim classes. Call each community center for specific details.
Raytown Parks & Recreation	816-358-4100 www.raytownparks.com	Call for more information or visit the website to find out more about youth sports activities, parks, and community events in Raytown.
YMCA of Greater Kansas City	816.561.9622 https://kansascityymca.org/	YMCA of Greater Kansas City: The "Y is a place for children to learn, grow and thrive, where kids and teens develop the skills and values that lead to positive behaviors, better health and educational achievement." Call or visit the website for more information.
Public Library Kansas City KS	913-295-8250 http://kckl.ent.sirsi.net/	Your local public library may offer free or low-cost activities for the entire family. Call or visit each location for more information.
Public Library Kansas City MO	816-701-3400 www.kclibrary.org	Your local public library may offer free or low-cost activities for the entire family. Call or visit each location for more information.
Mid-Continent Public Library	816-836-5200 www.mymcpl.org	Your local public library may offer free or low-cost activities for the entire family. Call or visit each location for more information.
Family Health Care Fitness	Southwest Blvd & 7 th St KCK 66103 913-384-2988 https://fhcfitness.weebly.com/	Exercise opportunities include aerobics, yoga, karate, Zumba, boot camp, and boxing classes that are provided six days weekly. A well-equipped fitness center with bicycles, treadmills, steppers and weights is staffed by certified personal trainers and exercise instructors. Open Monday-Friday 7 am-7 pm, Saturday 8:30 - 12:00 p.m.
Turner Recreation Commission	831 S 55 th St Kansas City, KS 66106 913-287-2111 turnerrecreation.org/	Full-service recreation center. Program offerings include: dance, tumbling, karate, ju jitsu, boxing, wrestling, youth and adult sports, swim lessons, health & wellness, community special events, before & after school program, and more!
Whatsoever Community Center	1201 Ewing Ave. Kansas City, MO 64126 816-231-0227	Youth summer and after school programs. Programs can include tutoring, robotics, film making, gardening, art activities, cooking, nutrition, drug prevention curriculum, and boxing club. Call for more information. https://www.whatsoevercenter.org/
The Upper Room	afterschool@upperroom.org or call 816-363-3819	After school enrichment program providing hot meals, tutoring and homework sessions, as well as courses from organizations and individuals teaching specialized enrichment topics like art, music, scouting, and more! Program runs until 6 PM
BikeWalkKC	1106 East 30th Street, Suite G, Kansas City, MO 64109 816-205-7056 https://bikewalkkc.org/	BikeWalkKC is the regional bicycle/pedestrian advocacy organization concerned with making Kansas City a more walkable, bikeable and healthier place to live. Youth and Adult education programs available. BikeWalkKC's mission is to redefine our streets as places for people to build a culture of active living.
Mattie Rhodes Center	www.mattierhodes.org 148 N Topping Ave, Kansas City, MO 816-471-2536	Classes and groups about exercise and nutrition, as well as local farmer markets and community gardens; cultural arts programs and youth summer camps available as well. Soccer for Success program: Free afterschool program for kids ages 6-14. Contact Youth Recreation Director 816-581-5656 or Email: agambino@mattierhodes.org
Girl Scouts USA	816-358-5714 (Fax) 800-728-8750 (Phone) gsksmo.org/	Daisies grades K-1, Brownies 2-3, Juniors 4-5. "For every girl, everywhere—where today's girls can become tomorrow's leaders." Call or visit website to find a troop.

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Boy Scouts of America	816-942-9333 www.hoac-bsa.org	Cub Scouts grades 1-5, Boy Scouts ages 11-17. Programs build character, foster mental and physical fitness and teach citizenship. Call or visit website to find a troop.
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Boys and Girls Club	Kansas City Locations https://bgc-gkc.org/	The Boys & Girls Clubs of Greater Kansas City provides a fun, safe environment for kids to learn, play, grow and meet new friend. From sports to education and group activities, the clubs are located in MO & KS. Visit the website to find location-specific information.
PAL (Police Athletic League)	816-241-6816 www.kcpal.org	Offers youth the opportunity to interact with Kansas City police officers by participating in cultural, character development and sports programs such as football, softball, or boxing. Summer program available. Email Douglas.Cox@kcpd.org
El Centro Inc.	www.elcentroinc.com 913-677-0100	The after-school program operates during the school year Monday through Friday. The program offers tutoring and cultural programming. Summer enrichment includes mentoring and field trips. Call for more information.
Guadalupe Centers Inc.	Gym: 816-221-5226 Office: 816-421-1015 www.guadalupecenters.org	Youth Recreation Program is offered throughout the year for different seasons: basketball, baseball, football, soccer, and volleyball. Fee and registration times vary. Please call for more information.
NUTRITION PROGRAMS		
Healthy Harvest Mobile Market	816-404-3320 chsi@uhkc.org University Health https://www.universityhealthkc.org/health-resources/community-health-strategy-innovation/mobile-market/ Contact University Health for more details.	Shop for fresh fruits and healthy foods weekly as the Healthy Harvest Mobile Market bus travels near your Kansas City neighborhood. The Mobile Market bus will be at the Jackson County Courthouse, Don Bosco School of English, Samuel U. Rodgers Health Center, Westport House, MCC-Penn Valley, Armour Corridor, Linwood YMCA, Fairmount Plaza and local schools on a weekly basis through spring, summer and early fall.
Double Up Bucks	https://www.doubleupheartland.org/ 816-701-8286 info@doubleupheartland.org Visit the information booth at your local market to participate	Double Up Bucks will match every \$1 you spend with EBT card at participating farmers market with another \$1 FREE so you can buy more fruits and vegetables at that visit. In participating grocery stores Double Up Bucks will match every \$1 you spend on fresh, local produce so you can use the Double Up rewards to get FREE fresh, local produce at a later date. (For SNAP recipients)
Family Nutrition Education Program (FNEP)	University of Missouri-Extension FNEP Office: 816-482-5850 https://extension.missouri.edu/find-your-interest/youth-and-family/nutrition-and-health-education/nutrition	Nutrition education is available for individuals and families with a goal of helping them to achieve lifelong health and fitness. Nutrition educators host several programs, most notably the Cooking Matters program offered for parents, children, and families. Cooking Matters teaches smart shopping strategies and healthy cooking skills that can help you prepare nutritious, low-cost meals and snacks at home. https://extension.missouri.edu/programs/cooking-matters You may call with general nutrition questions or if you need to be directed to a nutrition/dietitian resource. Nutrition educators are also available to speak with parent groups or after school programs. Adults and youth programs offered. Seasonal and Simple: http://seasonalandsimple.info/ A guide to help you find, select, store, and prepare fresh fruits and vegetables. This site also includes recipes and information about farmers' markets. (Missouri)
Harvesters	The Kid's Café Nutrition Line 816.929.3000 https://www.harvesters.org/ 3801 Topping Avenue Kansas City, MO 64129	The Kids Cafe program provides free, nutritious meals to children ages 18 and under at locations such as libraries, schools, and community spaces. Kids Cafe partners with more than 50 sites in Harvesters' 26-county area during the school year and the summer. Food Assistance Locator: Find local results for food resources, including food pantries, drive-thru food pickups, and food kitchens. https://www.harvesters.org/get-food-assistance/food-locator
Children's Mercy: Kids Eat Free!	Summer Meal Program 816-234-3000 https://www.childrensmercy.org/in-the-community/community-programs-with-childrens-mercy/kids-eat-free/	Children's Mercy participates in the USDA Summer Food Service Program. Free meals are provided daily throughout the summer at varying locations across the Kansas City Metro. To learn about when and where meals are offered, email kidseatfree@cmh.edu , or call Children's Mercy at: 816-234-3000, or 866-512-2168 (Toll-free).