

Activity & Nutrition Resources

Community Centers and Activities



RESOURCE	LOCATION	CONTACT & WEBSITE	DESCRIPTION
BikeWalkKC	1106 E. 30th St. Suite G Kansas City, MO 64109	816-205-7056 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.
Boys and Girls Club	Various Locations	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. Visit the website to find location-specific information.
Boy Scouts of America	Various Locations	816-942-9333 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 the website to find a troop.
El Centro Inc.		913-677-0100 elcentroinc.com	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.
Girl Scouts USA	Various Locations	800-728-8750 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 the website to find a troop.
Guadalupe Centers Inc.		Gym: 816-221-5226 Office: 816-421-1015 guadalupecenters.org	A 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.
Family Health Care Fitness	Southwest Blvd & 7th St. Kansas City, KS 66103	913-384-2988 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. Monday-Friday: 7am-7pm and Saturday: 8:30am-12:00pm
Kansas City, Kansas Public Library	Various Locations	913-295-8250 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.
Kansas City, Missouri Parks and Recreation	Various Locations	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.

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Kansas City, Missouri Public Library		816-701-3400 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.
Mattie Rhodes Center	148 N. Topping Ave. Kansas City, MO	816-471-2536 mattierhodes.org	Classes and groups about exercise and nutrition, as well as local farmers markets and community gardens. Cultural arts programs and youth summer camps also available. Free afterschool program for kids ages 6-14. To contact the youth recreation director, call 816-581-5656 or email agambino@mattierhodes.org
Mid-Continent Public Library		816-836-5200 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.
Police Athletic League		816-241-6816 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
Raytown Parks & Recreation		816-358-4100 raytownparks.com	Call or visit the website to find out more about youth sports activities, parks and community events in Raytown.
The Upper Room		816-363-3819 afterschool@upperroomkc.org	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 6pm
Turner Recreation Commission	831 South 55th Street 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 whatsoevercenter.org	Youth summer and after school programs. Programs include tutoring, robotics, film making, gardening, art activities, cooking, nutrition, drug prevention curriculum and boxing club. Call for more information.
YMCA of Greater Kansas City	Various Locations	816-561-9622 kansascityymca.org	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.

Score 1 for Health is a program of Kansas City University.

Contact us at **816-654-7960** or visit kansascity.edu/programs/clinical-experience/score-1-for-health

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Lifestyle Programs



RESOURCE	LOCATION	CONTACT & WEBSITE	DESCRIPTION
Black Health Care Coalition		816-444-9600 bhcckc.org	<p>Various family and individual physical activities that generally last 6-8 weeks in length.</p> <p>Includes a late winter exercise program called New Year, New You; a walking program held in Spring and again in the Fall; and more.</p> <p>Call for more details. Website is not regularly updated. Find more information and sign up on BHCC's Facebook page: facebook.com/equitynowkc</p>
Fit-Tastic!		816-353-1872 fittastic.org	<p>Contains tips for active living and local fresh food resources.</p> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  ACTIVE LIVING </div> <div style="text-align: center;">  FRESH FOOD RESOURCES </div> </div>
CHAMPS: KCU Score 1 for Health	1750 Independence Ave. Kansas City, MO 64106	816-960-8000 kansascity.edu/programs/clinical-experience/score-1-for-health	<p>Free health coaching for families.</p> <p>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.</p> <p>Email score1@kansascity.edu for more information.</p>

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Nutrition Programs



RESOURCE	WEBSITE	CONTACT	DESCRIPTION
Double Up Bucks	doubleupheartland.org	816-701-8286 info@doubleupheartland.org	<p>Visit the info booth at your local market to join Double Up Bucks!</p> <p>When you use your EBT card, every \$1 spent at participating farmers markets gets matched with another \$1, so you can buy more fresh fruits and veggies. At participating grocery stores, every \$1 spent on local produce is matched for future use.</p> <p>Available for SNAP recipients only.</p>
Family Nutrition Education Program (FNEP)	extension.missouri.edu/find-your-interest/youth-and-family/nutrition/nutrition	University of Missouri Extension FNEP Office: 816-482-5850	<p>Nutrition education is available to help individuals and families achieve lifelong health. Programs like Cooking Matters teach smart shopping and cooking skills for nutritious, low-cost meals.</p> <p>To learn more, visit extension.missouri.edu/programs/cooking-matters</p> <p>Call for general nutrition questions or to connect with a dietitian. Nutrition educators also available to speak to parent groups and after-school programs.</p> <p>Check out the Seasonal and Simple guide to find, store, and prepare fresh fruits and vegetables, with recipes and farmers' market info: seasonalandsimple.info</p>
Harvesters	harvesters.org	The Kid's Café Nutrition Line: 816-929-3000	<p>The Kids Cafe program provides free, nutritious meals to children ages 18 and under at locations such as libraries, schools, and community spaces.</p> <p>Kids Cafe partners with more than 50 sites in Harvesters' 26-county area during the school year and the summer.</p> <p>Find local results for food resources, including food pantries, drive-thru food pickups, and food kitchens: harvesters.org/getfood-assistance/food-locator</p>
Healthy Harvest Mobile Market	universityhealthkc.org/health-resources/community-health-strategyinnovation/mobile-market	Contact University Health for more details: chsi@uhkc.org 816-404-3320	<p>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.</p> <p>To view the schedule, visit: universityhealthkc.org/health-resources/community-health-strategyinnovation/mobile-market</p>

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