



Hope Artiste Village
1005 Main Street Suite 1225
Pawtucket, RI 02860
Telephone: (401) 475-9696

Kids First
*Guiding Communities to Improve the
Nutritional and Physical Well Being of
Children and Their Families*
www.kidsfirstri.org

Real Food First
*Improving the Health and Productivity
of Your Employees and Your Business*
www.realfoodfirst.org

Since 1998, the *Kids First* organization has worked to promote a healthier food environment at all levels in Rhode Island - state, community, district, school and classroom. Our model of providing education, combined with technical assistance and support, facilitates community-owned and sustainable improvements for health and wellness in our school communities.

- *Kids First* educational programs deliver hands-on, behavior-focused workshops for students, parents, teachers, administrators and food service staff.
- *Kids First* technical assistance provides customized tools, resources and strategies for the development of policies, systems and environments that support healthier eating and increased physical activity.
- *Kids First* support builds partnerships by connecting community members at the state and local level to keep healthy changes sustainable.

The organization's successful record in collaborating with all school nutrition and physical activity advocates in every Rhode Island community, using a unique method of combined education, assistance and support, has earned *Kids First* national attention as both an innovator as well as a motivator for change.

In 2010, the *Real Food First* project was launched to help worksites, hospitals and other institutions select, prepare and serve healthier foods and provide valuable and relevant nutrition education to employees as a way to cultivate a culture of wellness and increase employee productivity. Building upon the professionalism and decade-long expertise of the *Kids First* staff, the *Real Food First* team of chefs, nutrition professionals, local food foragers and healthy food advocates works closely with a company or organization to develop and successfully implement improved food practices in cafeterias, vending machines and during catered events in a way that employees and clients will accept, learn from and greatly appreciate. *Real Food First* helps implement and sustain food systems where wholesome, seasonally available, fresh and delicious real foods are the norm.

By focusing on the food adults have access to during their productive work hours, *Real Food First* expands the support system and wellness environments that *Kids First* nurtures in the schools outwards to the broader community. As we continue our work with *Kids First* in the schools, our goal at *Real Food First* is to help ensure that hospitals, worksites and other organizations demonstrate a responsive and pro-active approach to wellness for their employees, clients and visitors.