



5 OR MORE FRUITS AND
VEGETABLES



2 HOURS OR LESS
OF RECREATIONAL
SCREEN TIME



GENERATION WITH PROMISE

Move More. Eat Better. Change Lives!



GWP empowers youth and families to increase their consumption of healthy foods and to increase their physical activity through interactive nutrition education, cooking demonstrations, physical activity promotion, and youth leadership development delivered in low-income schools and community- and faith-based organizations in metro Detroit.

Youth Leadership

Student Action Teams: groups within schools

Principals and other school personnel select representative students to represent their classmates across grade levels and racial groups.

SATs participate in:

- nutrition and peer education
- leadership training
- physical activity promotion
- spreading 5-2-1-0 message
- attend the GWP Youth Summit



Youth Leadership

Youth Wellness Ambassadors: students from GWP schools

GWP has 20 YWAs that meet weekly after school in order to:

- find solutions for problems in community
- share Instant Recess
- share 5-2-1-0 campaign
- lead the GWP Youth Summit





“I was so used to being in the background...Miss Dee asked why wasn't I a Youth Wellness Ambassador and I responded, 'I don't know.' She sent me the application. Her vote of confidence meant the world to me.”

- Albert, YWA



“At first, I feared [being in front of the students] but I knew I had to do something...We got through to them and they started asking questions...We helped them learn. It felt magical. Leading them to live better life felt great.”

- Angela, YWA



“I saw how this epidemic of obesity affected my friends, personally. They lost confidence in themselves I finally found a way to help my friends and the other kids struggling with their weight through GWP.”

- Travis, YWA



“Every year I look forward to GWP’s Youth Summit. The best part is being the teacher for a day. It really clicked for me that I was making a difference. I felt that my work has a purpose.”

-Xavier, YWA

GWP Youth Summit



The Youth Summit is the pinnacle of the GWP year. On this day, Youth Wellness Ambassadors lead the Student Action Teams from all of the participating schools in community problem-solving collaborations, ending with a charge to implement steps at each of their schools.

Cooking Matters



GWP conducts cooking demonstrations and nutrition education that focus on increasing consumption of fresh fruits and vegetables, in particular the items that are available seasonally and locally in the Detroit Community Markets.

The presenters, a chef and dietitian, share practical tips on purchasing, storing and preparing healthy ingredients while maximizing food dollars - teaching participants that making changes to your diet can be easy, tasty, and cost effective!

Dreams

- **Youth Summits – funds to keep a good thing going! Hosting the GWP Youth Summit is one of our largest expenses, yet we could not do without these annual gatherings that are the highlight of the GWP year.**
- **A GWP van to transport students to and from meetings and events wrapped in 5-2-1-0 art work! For many of our students, transportation is a barrier to participation. Also, the van would share the healthy 5-2-1-0 message throughout the community which is great PR.**
- **Stipends for Youth Wellness Ambassadors! We ask YWAs to consider this work their job, they spend enough time at it and forego other employment opportunities to be a part of this vital team, missing out on income they and their families would otherwise rely upon.**

Dreams

- **Take-home groceries for Cooking Matters participants! Participants learn how to prepare the food and sample the final product. Receiving a bag filled with the ingredients so families can make the recipe at home reinforces the healthy eating message.**
- **A mini-grant program where students apply for grants to make a difference in their community! Youth Wellness Ambassadors (YWA) are great at recognizing challenges and identifying solutions. What they need are small amounts of dollars to effect change. Plus, they learn about citizenship, community action, and advocacy.**

Generation With Promise at Henry Ford Health System is so grateful for your past support. Knowing you believe in this work, **we respectfully request consideration of a gift in the amount of \$100,000 pledged over five years to keep it going.**

Your donation will improve the health and wellness of low-income families living in metropolitan Detroit. Your generosity will develop skills in our youth that will last a lifetime.

Join us in seeding the dreams of tomorrow's leaders!



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