

weigh in

Act Locally: A Guide to Philadelphia Resources for Families

Many parents struggle with how to discuss weight and health with their children. *“Weigh In: Talking to Your Children about Weight and Health,”* is a free guide developed by the Strategies to Overcome and Prevent (STOP) Obesity Alliance and the Alliance for a Healthier Generation that offers parents “real-world” situations and plain language responses to questions they may get from their children. You can view the guide at <http://weighinonobesity.org>.

While the guide includes recommendations on what to say, this resource is meant to help turn those recommendations into Philadelphia-specific activities. Below are some suggestions of resources available to all Philadelphia families. For even more ideas, we suggest visiting Food Fit Philly (<http://foodfitphilly.org>) and CAP4Kids (<http://www.cap4kids.org/philadelphia>) for additional resources. Have another idea? Email us at weighinphilly@jefferson.edu.



Increase the number of minutes of physical activity in a day

- Encourage children to participate in physical activity clubs before, during and after school.
- Start on-going walking initiatives at your child’s school. Safe Routes Philly outlines several methods and types of walking activities that students at your school can use for transportation and fitness.
 - Safe Routes Philly: <http://saferoutesphilly.org/>
Phone: (215) 242-9253 Ext. 309
- Check out the Schuylkill River Trail, a bike path with an eight-mile loop between Center City and East Falls. From Schuylkill Banks to East Falls, the trail is a wide paved surface suitable for rollerblading, walking, running and cycling.
 - Schuylkill River Trail: <http://www.schuylkillrivertrail.com/>
Phone: (215) 683-0200
Printable map of trails: http://www.schuylkillrivertrail.com/pdfs/Phila_section.pdf
- Take the family to Franklin Square, which was recently named one of the top five playgrounds in the United States by Yahoo.com! Franklin Square features the Philadelphia Park Liberty Carousel, a Philadelphia-themed miniature golf course and playgrounds centered around the Franklin Square fountain.
 - Franklin Square: <http://www.historicphiladelphia.org>
Address: 200 N 6th St, Philadelphia, PA 19106
Phone: (215) 629-4026
- Try out the renovated Seger Park Playground. The park regularly holds family-friendly community events and features tennis courts, a dog run, basketball courts and a recreation center.
 - Seger Park Playground: <http://friendsofseger.org/>
Address: 1020 Lombard Street, Philadelphia, PA 19147
Phone: (267) 507-5558



Create family play time and increase outdoor play time

- Head to Fairmount Park to access its many biking and walking trails.
 - Fairmont Park: <http://www.visitphilly.com/outdoor-activities/philadelphia/fairmount-park/>

Address: 1 Boathouse Row, Philadelphia, PA 19130
 Phone: (215) 683-0200

- Don't have access to a bike at home? Rent one from Wheel Fun Rentals at various parks and locations across the city.
 - Wheel Fun Rentals: <http://www.wheelfunrentals.com/Locations/Philadelphia>
 Address: 1 Boathouse Row, Philadelphia, PA 19130
 Phone: (215) 232-7778 or (805) 650-7770
- Skip the heat in the summer and head to a public swimming pool near you. Philadelphia swimming pools allow free access to any individual during operating hours in the summer (Monday through Friday from 11 a.m. until 7 p.m. and Saturdays and Sundays from 12 p.m. until 5 p.m.). The swimming pools offer swimming lessons and family swim.
 - City of Philadelphia Pools: <http://www.phila.gov/ParksandRecreation/placestogo/facilities/Pages/SwimmingPools.aspx>
 - Find the pool closest to you using this tool: <http://www.phila.gov/parksandrecreation/findafacility/>
- Take the family to play in the 16,000 square foot (the size of six football fields!) Smith Memorial Playground & Playhouse, located in East Fairmount Park and was designed solely as a play space for children. Smith provides opportunities for unstructured creative play for children 10 and younger. Smith maintains a proud tradition of free family admission. Tuesdays are reserved just for family fun. Check out other free events at Smith [here](#).
 - Smith Memorial Playground & Playhouse: <http://smithkidsplayplace.org/>
 Address: 3500 Reservoir Drive, East Fairmount Park, Philadelphia, PA 19121-1095
 Phone: (215) 765-4325
info@smithkidsplayplace.org
- Looking for a fun activity in the winter? Philadelphia Parks & Recreation, in partnership with Ed Snider Youth Hockey Foundation, owns and operates five ice rinks throughout the city. The ice rinks are open to the public seven days a week. There is a \$3 skate rental fee.
 - Philadelphia Ice Rinks: <http://www.phila.gov/ParksandRecreation/placestogo/facilities/Pages/IceRinks.aspx>

Blue Cross River Rink at Penn's Landing 201 S Columbus Blvd 215-925-7465	Laura Sims Skate House 63rd & Walnut 215-685-1995	Rizzo Ice Rink 1001 South Front Street 215-685-1593	Scanlon Ice Rink 1099 East Tioga Street 215-685-9893	Simons Ice Rink 7200 Woolston Avenue 215-685-3551	Tarken Ice Rink 6250 Frontenac Street 215-685-1226
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Shop for or find healthy meals as a family

- Find out whether there is a Philadelphia Healthy Corner Store near you. SNAP are accepted at over 350 healthy corner stores.
 - Food Fit Philly Eat Healthy: <http://www.foodfitphilly.org/eat-healthy/>
 - List of Healthy Corner Stores that accept ACCESS cards/SNAP: http://www.foodfitphilly.org/FOODFITPHILLY/assets/File/Healthy%20corner%20stores%20SNAP%207_6_12.pdf
- Learn about the Philly Food Bucks program to help you save money on fruits and vegetables. Philly Food Bucks are accepted at over 25 farmers' markets in low-income communities in Philadelphia. You must have a current ACCESS card/food stamps to use Philly Foods Bucks.

- Food Fit Philly - Philly Food Bucks: <http://www.foodfitphilly.org/eat-healthy/philly-food-bucks/>
- Visit Reading Terminal, Philadelphia's historic farmer's market, where you can find fresh vegetables and produce, meats and seafood. The Terminal offers one-stop shopping for healthy eating there or to take home.
 - Learn more here: <http://www.readingterminalmarket.org/>
- Order a box of fresh produce from SHARE Food Program's [Farm to Families](#) initiative from local farmers at a cost of only \$10 or \$15. Boxes are brimming with fresh fruits and vegetables, often valued at double the purchase price. Additional fresh a la carte items including eggs, meat and seafood are also offered at affordable prices.
 - SHARE Food Program's Farm to Families Program:
<http://sharefoodprogram.org/programs/farm-to-families/>
 Address: 2901 W. Hunting Park Avenue, Philadelphia, PA 19144
 Phone: (215) 223-2220
info@sharefoodprogram.org



Increase fruit and vegetable consumption

- Download the Children's Hospital of Philadelphia's free Nutrition in the Kitchen Cookbook and try out some healthy recipes.
 - Children's Hospital of Philadelphia Nutrition in the Kitchen Cookbook:
<http://www.chop.edu/service/healthy-weight-program/cookbook-of-healthy-recipes.html>
- Download the CAP4Kids fresh food parenting handouts on topics like food and nutrition. Within each handout, you will find a description of the social service agency, their address, phone number and website.
 - CAP4Kids Parenting Handout on Fresh Food Resources:
<http://cap4kids.org/philadelphia/parent-handouts/food-nutrition-breastfeeding/fresh-food-resources/>
- Shop at farmer's markets that accept access/SNAP.
 - You can find a list of those here:
http://www.foodfitphilly.org/FOODFITPHILLY/assets/File/Snap_Access_2012.pdf
- Shop at farmers markets like those organized by Farm to City.
 - Farm to City: <http://www.farmtocity.org/index.asp>
 Address: 1315 Walnut Street, Suite 1526, Philadelphia PA 19107
 Phone: (215) 733-9599 Phone
 - Map of Philadelphia Farmer's Markets: <http://batchgeo.com/map/phillyfarmersmarkets>



Prepare Family Meals Together

- Visit one of the Philadelphia community gardens near you.
 - Philadelphia Community Gardens:
<http://pennsylvaniahorticulturalsociety.org/phlgreen/current-communitygardens.html>
 - Address: 100 N. 20th Street - 5th Floor, Philadelphia, PA 19103
 Phone: (215) 988-8800
- Sign up for SHARE Food Program's Sunday Suppers, an innovative family-oriented meal program in West Kensington sponsored by the nonprofit SHARE Food Program. In partnership with West Kensington Ministry, Sunday Suppers provides healthy shared dinners, increased access to fresh local food and other food related support to families in the Norris Square area of Philadelphia.

- SHARE Food Program Sunday Suppers: <http://sharefoodprogram.org/programs/sunday-suppers/>
Address: 2901 W. Hunting Park Avenue, Philadelphia, PA 19144
Phone: (215) 223-2220
- info@sharefoodprogram.org
- Check out the healthy family recipes compiled by the Center for Nutrition and Activity Promotion at Penn State Hershey Children’s Hospital and Kohl’s Department Store as part of Kohl’s Healthy Choices for Healthy Families initiative.
 - Kohl’s Healthy Choices for Healthy Families Healthy Recipes (scroll down to #3):
<http://www2.med.psu.edu/cnap/families/kohlshealthyfamilies/>
 - Plan and track family meals with this chart:
<http://www2.med.psu.edu/cnap/files/2012/05/Tracker-3-meals-a-day.pdf>
- Get involved with the Philly Girls in Motion program, which in addition to offering fitness activities for girls 9-16 and their families, offers specially designed nutrition lessons. There are monthly sessions for the whole family on important topics including “Healthy Cooking Tips,” “Meals on the Go” and “Simple Substitutions.”
 - Philly Girls in Motion: <http://www.phillygirlsinsmotion.org/>
 - Phone: (610) 357-7446
 - Beth@phillygirlsinsmotion.org