

Year-End Report July 2020-June 2021



Since its start in 2015, Healthy West Chicago has been a ground-breaking collaboration among community organizations committed to improving the health of West Chicagoans. Our mission is to ensure that all residents of West Chicago will have access to an optimal state of health and wellness.

Objective 1: Increased knowledge of nutrition and cooking healthy meals and snacks.

Objective 2: Availability of healthy foods to include locally grown products.

NUTRITION/HEALTHY EATING

VIRTUAL NUTRITION EDUCATION

Community
Participation

314

School Based
Participation

272*

* Programming for 229 Students
Supplemented by District 33 or WeGo
Together for Kids Funding



GARDEN PROJECT

24

NEW GARDEN BEDS
INSTALLED &
NEW COMMUNITY
GARDEN



PHYSICAL ACTIVITY

Objective 1: Increase the availability of opportunities for physical activity that are affordable and accessible throughout the community.

Objective 2: Increase the knowledge of residents about the availability and importance of physical activity opportunities.

Community
Participation

675

Partners

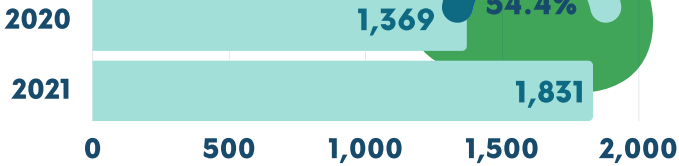
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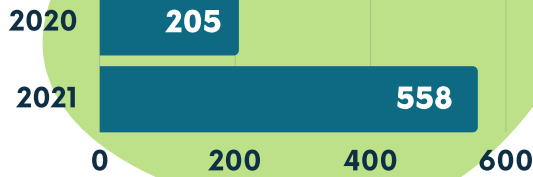
“ Personally, I can say that the Cooking at Home with Healthy West Chicago classes have had a terrific positive impact on my home cooking! Love it - keep up this great work! And please know that it has changed my food life!
-Community Member ”



1,831
COMMUNITY MEMBERS SERVED



558
HEALTH SCREENINGS AND FLU SHOTS



“Healthy West Chicago is an organization that truly cares for our community. Their unique approach brings community members together by offering consistent hands-on opportunities to improve our health. HWC encourages community members of all ages to value their overall health. Their non-judgmental and "doing this together" approach has really made a difference in our family's lives.
-Community Member



VIEWERS
189

33
VIDEOS

INITIATIVES

- Virtual Live Grocery Tours
- Food Distribution Assistance
- Virtual Nutrition Demonstrations
- Virtual Cook Along Cooking Classes with Food Kits
- Grocery Gift Cards
- In-Person Yoga Classes
- In-Person & Virtual 5K
- MWTM Walks
- Wellness Challenge App
- Virtual Kids Cooking Clubs with Food
- Virtual Family Cooking Clubs with Food
- Community Garden Build
- Flu Shot Clinics
- YouTube Videos- Nutrition Ed & Physical Activity

FUNDERS

- City of West Chicago
- WeGo Together for Kids
- Republic Bank of Chicago*
- School District 33*
- Jacobs Engineering Group*
- West Chicago Public Library District
- DuPage County
- National Forum for Heart Disease & Stroke
- Stroke Prevention
- West Chicago Parks Foundation*
- Haggerty Ford*
- Hawthorne's Backyard*

* Denotes grant-based or program specific funding

ADVISORY BOARD

- People Made Visible
- Mexican Cultural Center
- American Heart Association
- West Chicago Community High School District 94
- West Chicago Public Library District
- Western DuPage Chamber of Commerce
- Northwestern Medicine
- City of West Chicago
- WeGo Together for Kids
- West Chicago Elementary School District 33
- DuPage County Health Department
- West Chicago Park District
- Community Member at Large

NEW FUNDERS

- Amazon
- Ball Horticultural
- DS Containers
- OSI Industries

