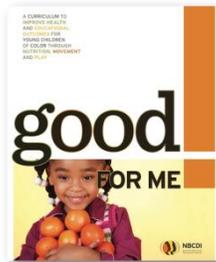




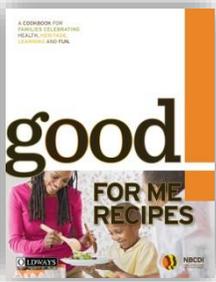
**NBCDI**  
National Black Child  
Development Institute

## ➔ Resources

NBCDI's resources are designed to deliver developmentally appropriate and culturally relevant information that aligns with the latest research and evidence about nutrition and physical activity.



*Good for Me!* engages children three to five years old in healthy eating and physical activity by introducing them to a diverse range of fruits and vegetables, hands-on activities, and active play.



Developed in partnership with Oldways, *Good for Me! Recipes* supports the at-home component of the curriculum, helping families make healthy food together while celebrating heritage, learning, and fun.

## ➔ Implementation

NBCDI's Health and Wellness programs have been implemented with our Affiliates and partners in:

ATLANTA, GA  
CHARLOTTE, NC  
CLEVELAND, OH  
DENVER, CO  
FORT LAUDERDALE, FL  
GREATER TAMPA BAY, FL  
GREENSBORO, NC  
JACKSON, MS  
MIAMI, FL  
MILWAUKEE, WI  
PHILADELPHIA, PA  
WASHINGTON, DC



**About Us:** For 50 years, the National Black Child Development Institute (NBCDI) has been committed to our mission to improve and advance the quality of life for Black children and families through education and advocacy. With our National Affiliate Network, we develop and deliver strengths-based, culturally relevant, evidence-based, and trauma informed curricula and programs that focus on health and wellness, family engagement, and literacy. We support increased access to effective education by providing professional development scholarships for early childhood educators. NBCDI, the National Affiliate Network, and our members advocate and inform education policies at the federal, state, and local levels to ensure standards, regulations, and resource allocations support equitable systems for Black children and families.



## Good for Me!

With generous support from the Walmart Foundation, the National Black Child Development Institute (NBCDI) has developed the *Good for Me!* program, a key component of our national initiative to promote culturally relevant healthy nutrition and fitness practices among Black families with young children. Since 2011, we have reached more than 80,000 individuals, including children, parents, caregivers, and teachers, nationwide. The goal of our initiative is to improve outcomes for young children of color by providing strengths-based resources that reflect our children's families, cultures, and communities.

## ➔ Outcomes

Rigorous evaluation, as conducted by Child Trends, the nation's leading nonprofit research organization, indicates that *Good for Me!* is culturally relevant, developmentally appropriate, and easy to implement. Highlighted outcomes from our Health and Wellness program include:

- 100% of parents agreed that *Good for Me!* had a positive impact on their lives and on their children's lives.
- 99% of participating site staff reported that *Good for Me!* increased participants' engagement in physical activity.
- 96% of participating site staff reported that *Good for Me!* increased children's consumption of fruits and vegetables.
- 85% of families reported that their children are more willing to try new foods.
- Participating site staff reported that *Good for Me!* increased children's consumption of healthy foods in the classroom while improving their knowledge of and comfort with a range of fruits and vegetables.
- Families reported an increase in the consumption of fruits and vegetables and a decrease in the consumption of fast food and soda.

