

TODAY,
IT'S
OUR
Turn

GAVA

GO! AUSTIN/VAMOS! AUSTIN



What is **GAVA** ?

GO! AUSTIN / VAMOS! AUSTIN

GO! Austin/VAMOS! Austin (GAVA) is a partnership of residents, schools and nonprofit agencies devoted to improving the health of the Dove Springs and 78745 communities in Austin, TX, by increasing access to physical activity and nutritious foods

Click the circles to find out what the community leaders and teams have been up to in:



and



How does **GAVA** support residents in improving health? GO! AUSTIN/VAMOS! AUSTIN

GAVA helps residents form issue-based and geographic teams and projects to address concerns around physical activity and healthy food access.

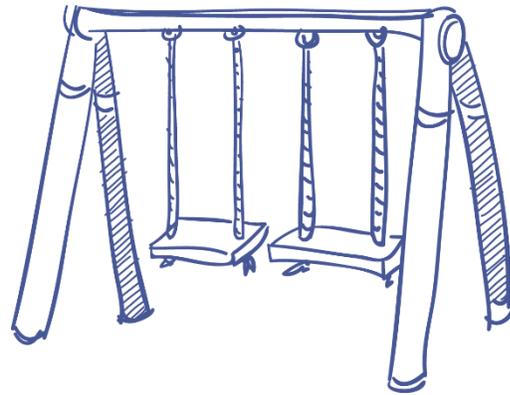
The issue-based teams focus on:

School & Out of School Time



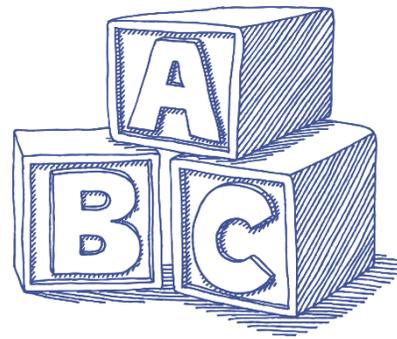
Work with faculty, parents and community to increase physical activity, improve nutrition, and promote health education during the school day and beyond

Physical Activity



Improve parks and safety in surrounding neighborhood and increase opportunities to be active in the community

Early Childhood



Increase physical activity and improve nutrition in targeted early childhood sites

Food



Expand access healthy options, from neighborhood farm markets to corner stores and grocery stores.

Leadership Development



Across all issues and teams: Build strong leadership for your school and community

How does **GAVA** support residents in improving health?

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The geographic *or* geo teams are formed around where people live. You work with your neighbors on the issues relevant to your neighborhood:



How do **GAVA** residents and non-profits work together?

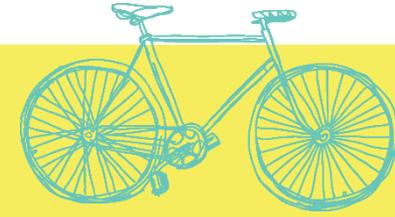


The **GAVA** coalition of residents and nonprofits work together in teams to address their shared goals, and they focus on leadership development. Through **GAVA**, they develop and use the following tools:



- Collectively identify issues and concerns around health and safety in the neighborhood
- Find new leaders and grow a team
- Establish a team where the work is shared, where language barriers are crossed, and where **shared** goals lead the team's actions
- Provide training opportunities at monthly meetings





What kind of work do GAVA teams do around **Physical Activity**?

Improve amenities in your park or green space: Join or create an Adopt-a-Park or Adopt-a-Creek team. Partner with Austin Parks Foundation and the City of Austin's Parks and Recreation Department



Create physical activity programming opportunities for children and adults.

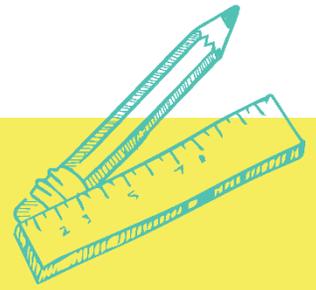
Host clean up days to promote neighborhood-wide use of the park

Improve the safety, infrastructure, walkability and bike-ability of your neighborhood





What kind of work do GAVA teams do around **School & Out-of-School Time**?

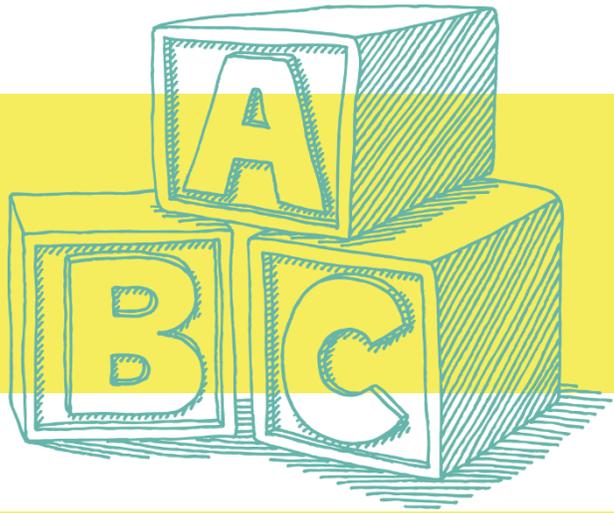


Support the **Coordinated School Health teams** with diverse representation (i.e. principal or assistant principal, CSH Chair/PE teacher, classroom teacher(s), nurse, cafeteria manager, **parents**, Parent Support Specialist, students)

Work with CSH/Wellness Teams to increase physical activity, healthy education and access to healthy food in the school day, and use the **CATCH** toolkit

Work with **Safe Routes to School** to encourage more children and families to walk and bike to school





What kind of work do GAVA teams do around **Early Childhood**?

We work with childcare providers and parents to increase access to physical activity and healthy food for children under five. We do this by engaging leaders in various childcare settings, such as home-base childcare, non-profits, and pre-school providers

Efforts with these leaders include:

- Implement CATCH Early Childhood Curriculum
- Increase access to fruits and vegetables in childcare settings
- Monitor screen time suggested for different ages
- Promote support for breastfeeding parents
- Improve the childcare environment to support physical activity





What kind of work do GAVA teams do around **Food**?

GAVA teams work to increase and promote **healthy food options** in their neighborhood and at schools. They work with corner stores and grocery stores to **stock and promote healthy items**. They also increase access to **locally grown vegetables at farm stands and gardens** with GAVA partner, the Sustainable Food Center.

GAVA's Food Retail Organizer, housed at Marathon Kids, supports residents in working with corner store and grocery store owners to provide and promote more healthy options. They also help spread the word to neighbors and advocate to the city to support this Healthy Food Retail Initiative.

Sustainable Food Center (SFC) supports GAVA teams to increase access to locally grown vegetables and fruits. Teams set up produce stands at school or in the neighborhood, secure CSA opportunities (deliveries of vegetables and fruits to families and faculty at school), and increase SNAP and WIC benefits for these purchases. SFC also supports GAVA teams to build school and community **gardens** and get resources for them.



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How do GAVA teams work on their long-term goals and advocate for resources?

While GAVA teams put time and effort into achieving their goals around physical activity and healthy food, they also think about the long-term of their goals and public support for their efforts – which often involves public funding and public policy.

Austin Interfaith, a GAVA partner with member institutions all over the city, works with GAVA leaders on public funding and public policy. This includes:

- **Building public relationships**, such as those with Austin Independent School District, the school board, and the Austin City Council
- **Advocating** for public money and support for parks, corner store incentives, funding for after school programming and other issues important to teams.
- **Getting out the vote** in our local elections with voter registration drives, calls and block walks



78744: Where are the GAVA teams?



Sector

- Community Physical Activity
- ✕ EC
- + School/OST

Site Team Name

- Avance
- Dove Springs District Park Adoption Team
- Franklin Park Adoption Team
- Houston Elementary School Wellness Team
- Houston Park Adoption Team
- Kendra Page Park Adoption Team
- Langford Elementary School Wellness Team
- Mendez Middle School Wellness Team
- Onion Creek Plantation Neighborhood Watch Team
- Perez Elementary School Wellness Team
- Ponciana Park Adoption Team
- Rodriguez Elementary School Wellness Team
- Widen Elementary School Wellness Team

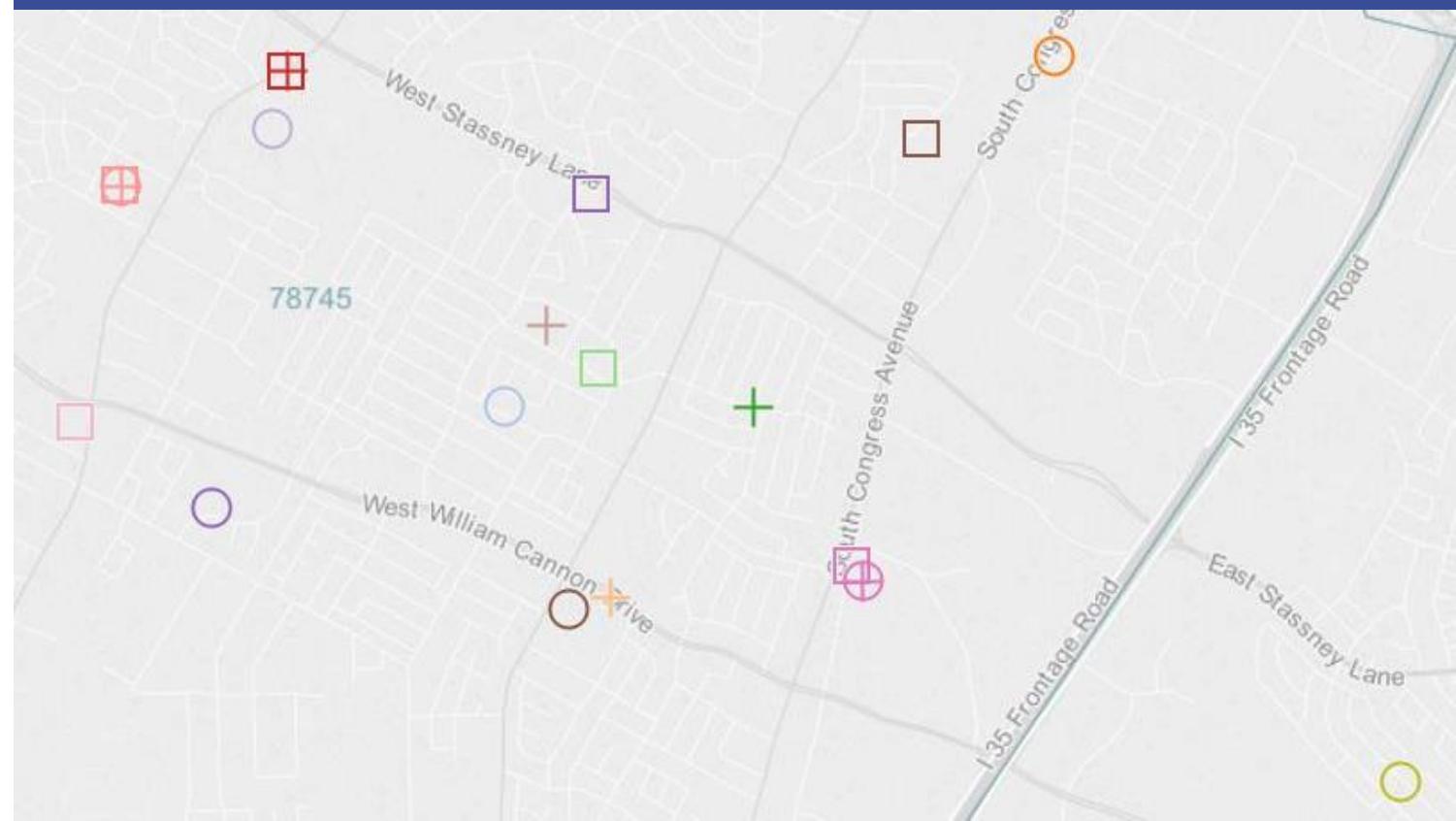
Sector

- Community Physical Activity
- Nutrition
- + School/OST

Site Team Name

- Armadillo Park Neighborhood Association Geo Team
- Battle Bend Park Adoption Team
- Bedicheck Middle School Wellness Team
- Casey Elementary School Wellness Team
- Community Nutrition Team
- Crockett High School Wellness Team
- Cunningham Elementary School Wellness Team
- El Buen Neighborhood Geo Team
- Garrison Park Adoption Team
- La Voz Geo Team
- Odom Elementary School Wellness Team
- Pleasant Hill Elementary School Wellness Team
- Sprouts Store Adoption Team
- St. Elmo Neighborhood Partnership
- SW Geo Team
- Williamson Creek Greenbelt Adoption Team

78745: Where are the GAVA teams?





How can I get involved with



?

Contact one of GAVA's organizers or Community Directors:

**GAVA
Geo Team
Organizer**



Estrella de León
206-293-9548 (mobile)
estrella@marathonkids.org

**Community
Directors**



Carmen Llanes Pulido
512-633-4312
carmen@marathonkids.org

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