

# Creating Healthy Places to Live, Work and Play

## Final Report September 2015

Creating Healthy Places to Live, Work and Play was awarded to SUNY Cobleskill in 2010 and funded policy, system and environmental changes to reduce the risk of obesity and chronic disease associated with increased weight, including Type 2 diabetes and chronic heart disease. Over the five years, the grant partnered with organizations around Schoharie County to complete the work. Over \$875,000 was spent to promote healthy living through increased activity and increased access to healthy foods. There were four major initiatives to work on throughout the length of the grant: parks and trails, Complete Streets, healthy access to foods through gardens and farmers markets and healthy access to foods through local restaurants.

### Initiative 1 Parks and Trails

#### Cobleskill:



*Cobleskill Creek Trail:* Creating Healthy Places assisted the Schoharie County Trail Association with funding to design the Cobleskill Creek Trail, publicize the trail, and add signage. The trail had been discussed for almost 20 years before becoming a reality in 2013. The trail has parking on Warnerville cut-off and on the SUNY Cobleskill campus by the tennis courts. The trail from the tennis courts out and back is over 6 miles and from the parking area is over 2 miles out and back. Community members have contributed benches along the path as well as a pavilion and picnic tables. The Creek Trail is used by SUNY Cobleskill cross country teams as well as Cobleskill Richmondville teams for training. It is used by the community and has become more popular as a place to walk over the 3 years of existence. In addition, the grant purchased snow shoes in winter 2015 that are kept at Fit coalition and can be signed out and used along the trail. The snowshoes were used every weekend during that season and needed to be reserved early in order to guarantee the sizes needed. The trail continues to receive funds through donations directly to the Trail Association and through the Cobleskill Rotary which has adopted the trail as a main project.

### *Golding Park*



Skate board jumps, improvements on the volley ball court, safety features. Due to the layout of the park, the skate board section is isolated and difficult to access. However, it is probably the most popular section of the park for teens. The park is located within half a mile of the middle school and is an easy walk.

### *Iorio Park:*



Preschool play area, new swing set, new climbing apparatus, new surfacing, the first park in Schoharie County to include an adult fitness area, replaced safety equipment for pool area. This park is the main park in the community and is used not only by residents but by agencies located nearby for supervised visitation during nice weather. It is a community gathering spot since parking is accessible. This park is located just off Main Street but there are no sidewalks to keep walkers and bicyclists safe while traveling to and from the park. The Village has filed grant applications to be able to add sidewalks to this location. There is low income housing close by and along Main Street and the park is used regularly.

*Little League:* assisted with the costs of cleaning the field after Tropical Storm Lee. The Little League fields were damaged due to flooding in 2012 and needed funding and manpower to clean them up and make them playable. The grant was able to assist with providing some clean dirt for the infield and fence repair to allow the teams to play.

**Esperance:**



Village playground was adopted by a local group to improve the atmosphere and safety of the playground. The area has a playground, pavilion and basketball courts and it is located within the village just off Route 20. There is a trailer park nearby with many young children. The grant was able to purchase new equipment and surfacing, and benches, while the committee painted current equipment and planted to improve the look of the park.

**Blenheim:**



The Town of Blenheim had been affected by flooding from Hurricane Irene in 2012. The Blenheim LongTerm Recovery Committee created a document of what they wanted their community to be to give direction to the recovery efforts. The Jerry Felter Fitness Park has 5 pieces of adult equipment and a climber for children with engineered wood fiber mulch surfacing . This was one of the items that was identified in the plan to be able to have a community gathering space that promoted activity.

**Broome:**



The Town of Broome wanted to develop some areas to promote walking and fitness. They have some beautiful areas that are owned by DEC and are within the town but not in the center of the population. The Fire Department is a community gathering point and holds dances, barbecues as well as providing fire coverage for the town. The Town and Fire Department agreed to have the community park at this location as it is also close to where the highest density of people reside. Town of Broome Community Park has 4 pieces of playground equipment and 2 pieces of adult fitness equipment located at the Fire Dept in Livingstonville.

**Sharon Springs:**



Chalybeate Park: Chalybeate Park was bought by the Village from the Arts Council and the goal was to renovate this area to provide a place for the community to gather. This location had been used for the summer concerts but that was the extent of the use. The grant funded a 10 station fit trail for adults, curtains for the pavilion (privately funded) to enclose for privacy or to improve accessibility in inclement weather. The park is now used by more groups and is a central area for the local festivals held in the community.

## Middleburgh:



Little League: The Middleburgh Little League was given land to build a new facility as they currently share space with the school district and have limited access in the spring to the fields for playing. They have raised some funds to create the new facility and the CHP grant assisted with purchasing the backstop for new fields off Pine Street. Volunteers have been working on the field and hope to make this the primary playing field in the next year.

Baker Ave park: The Village of Middleburgh has purchased land as a FEMA buy out property due to repeated flooding along the Schoharie Creek. They have put up a pavilion with grills and picnic tables and would like to create a community gathering location here. The CHP grant used COLA funds to purchase a 10 station fit trail that is being installed in this park. The plan would be to then purchase some playground equipment as well for families to come and be active together.

## Conesville:



Community Park: Conesville approached CHP about funding for their community located at the southeast corner of the County. From the community center it is a 1 hour drive to Cobleskill and a 40 minute drive to Middleburgh to access local resources. Conesville is part of the Gilboa Conesville school district and the school is located in Gilboa. They had established a community park by the Fire Department with a pavilion, basketball, baseball and soccer fields. There was limited playground equipment on the site as well. The community had established a walking path around the fields and

maintained it by cutting the grass shorter than to either side. The committee decided that they would work to get the walking path surfaced and add in the 10 station fit trail. They applied for and also received funding to surface a walking path and this work is being done currently. When the walking path is surfaced they will install the 10 station fit trail along it. They are also creating access to the creek for fishing in this area as well. . The walking path and work on the creek is being funded by other sources. The community has also surfaced the pavilion making it more handicapped accessible.

### **Schoharie:**

Little League: The Schoharie Little League was affected by Hurricane Irene as was much of the community. They lost most of their equipment and the field were damaged by the flooding. The community pulled together and were able to access assistance to fix the fields and the CHP grant assisted by replacing bases and machine to line the field . They purchased a new shed to store all the equipment and have worked hard to encourage those that moved out of the community to come back and remain a part of the community.

Pool: The community pool was another resource that was affected by flooding in 2012 by Hurricane Irene. The flood happened at the end of August and equipment and supplies were still in on the pool grounds. The pump for the pool was damaged during the flooding and all safety equipment was contaminated and needed to be replaced. The CHP grant Replaced safety equipment lost in Hurricane Irene so that the Village could concentrate on the damage to the infrastructure and have the pool be a resource to the community for 2013.

## **Initiative 2 Complete Streets**

This initiative was led by Schoharie County Planning and Development. In the first year of the grant, two workshops were held for Planning and Zoning officials as well as the general public. The first workshop was Dan Burden who did a walkability audit in Cobleskill and produced a technical report on walkability in the Village. Randall Arendt came to present on mixed use planning that could be incorporated in Schoharie County. After these presentations work with individual communities commenced. Schoharie County Planning and Development contracted with Laberge Group in Albany to work with communities and gather existing policies and documents that could be used in drafting a complete street policy for the community. Communities working on Complete Streets policies also received funding for a project that addressed beautification, traffic calming or a safety issue. All policy work was completely funded and communities needed to provide a matching fund on the project. All projects were approved through New York State Department of Health prior to purchasing.

**Schoharie: Policy 2013.**



The Village of Schoharie is also the County seat where most of the County offices are located. During breaks many of the county employees go out walking. In order to promote greater walking in the community the committee requested benches to be placed around the village. They hired artistic painters to create locally appropriate designs on each of the benches and have included a map with the location of each bench on the Village website.

**Sharon Springs: Policy 2013.**



The Village is trying to promote walking in the lower village area – the old village. They have created a park area that can be seen in the background. The local pool is several blocks away with retail stores and restaurants located around this park. In order to promote walkability the committee requested benches and planters to be placed along Main Street. They then sold brick pavers for people to have engraved to help fund work on the park project. They are creating these sitting areas that can be seen below that make the community more welcoming. In addition, due to the community adopting a Complete Street Policy, they were awarded a Safe Routes to School grant in 2013 and work on the adjacent sidewalks is planned to occur.

**Middleburgh: Policy 2014.**

In 2013, a middle school student was hit by a car crossing the street by the elementary school around 5 PM leaving basketball practice. The driver was not charged and the incident was deemed an accident. After an investigation by NYS DOT some recommendations were provided to the Village to improve safety in this location. The Village requested a radar speed sign so that drivers are more aware of their speed in the areas around the schools. In addition to the radar speed sign, the Village was given a yield to pedestrians in the cross walk sign for the crossing guard to use during school hours. This sign can be placed in the middle of the road to slow traffic down. Crossing guards are utilizing these signs when they are present to reduce risks to themselves as well as students.

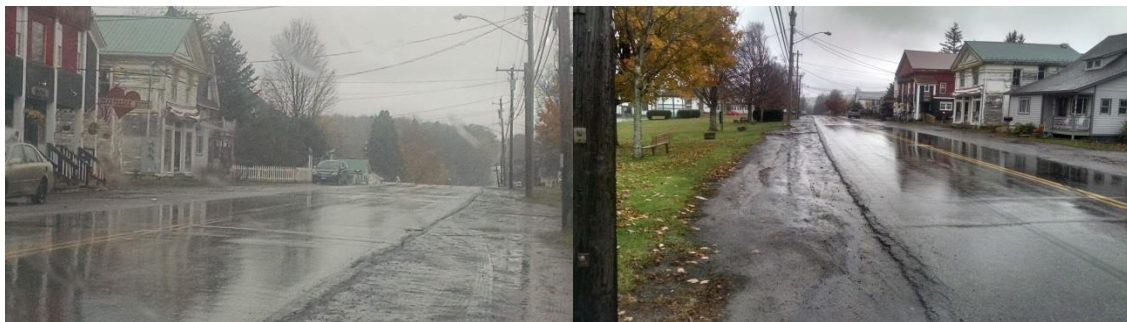
**Blenheim: Policy 2014.**

The community is trying to recover from Hurricane Irene and has identified projects that they would like to see to improve the community. Part of the plan included walking paths that would join the 2 sections of the community together . The community has created a townwide arboretum and they are including both shade and ornamental trees to promote greater walking in the community. They added some benches in key locations around the community as well.

**Richmondville: Policy 2015.**

The Village hired school crossing guard has been hit by vehicles going too fast past the school during the times students are walking to or from school. The committee requested a Radar speed sign for near elementary school that will track the number of cars speeding in this location in order to justify the need for more enforcement in this location . In addition to the radar speed sign, the Village was given a yield to pedestrians in the cross walk sign for the crossing guard to use during school hours. This sign can be placed in the middle of the road to slow traffic down. Cars are still going faster than the posted speed limit and the radar speed sign will track numbers for the Village since there is no enforcement available.

**Jefferson: Policy 2015.**



Project barriers on community green to keep cars from parking on the grass with the idea of reducing the width of Main Street and slowing traffic down along the business district. Initially the County striped Main Street to give better site on where cars should be on the road and the plan had been to pave and mark parking spaces on the green side of Main Street. The center striping wore off in less than 1 year and this is not a priority in the County to make sure this area is well marked. The Green is a well- loved



community resource and many community members do not want it to change. It is the center of the community with 2 restaurants along Main Street, the Post office and Fire Department just south of Main Street and the Maple Museum to the west. There are also several churches in the area and the school and the local convenience store are just north and east of the green. The green could be used more if some changes could be made in the community

**Cobleskill:** Policy pending 2015.



Cobleskill is the largest village in Schoharie County with the most business and the highest number of residents. SUNY Cobleskill is also located in the Village and adds to the population significantly from late August through May each year. Cobleskill is the only community with full service grocery stores (Super Wal-Mart and Price Chopper) and it is also the only community with significant bus transportation. In 2012, CHP worked with the Village to have stamped crosswalks on western side of village where students are walking to schools. However, since all main roads in Cobleskill are state owned, they crosswalks are across only local roads that adjoin state roads. The goal was to have the state DOT add this when they were doing work on the state roads. Cobleskill is laid out linearly east west along Route 7. South of Route 7 also running east west are the Canadian Pacific Rail lines and the Cobleskill Creek. These 2 features limit the expansion of walkability in Cobleskill as well as alternative routes to get around the village. This leads to higher transportation rates along Route 7 and making it more difficult to cross. The crosswalks have held up well over the 3 years that they have been put in place and have marked the crosswalk area very well. Unfortunately there are only 4 of them; the other crosswalks wear out and need to be repainted annually and are not always well marked.

## **Initiative 3 Community Gardens and Farmers' Markets**

To encourage the use of fresh produce, this initiative was led by Cornell Cooperative Extension and SUNY Cobleskill. One of the workshops held was for school cafeteria staff to learn about the new regulations on school meals and how to incorporate fresh produce into what they will be serving. This workshop included a hands on cooking aspect and each participant left with a booklet of recipes using fresh produce.

### ***Community Gardens***

Community gardens are typically areas of land that are divided into separate plots where residents can rent out plots to grow their own foods. We have had a community garden in Cobleskill that was not well utilized and has since been discontinued. The concept was modified and community gardens were created in places where they would be closer to the people and so were placed at low income apartment complexes and agencies serving a low income population.

### **Schoharie:**

Parsonage Pines: This is a low income HUD subsidized apartment complex in the Village of Schoharie. They received 6 raised bed gardens, an herb garden and had initial assistance from the Youth Bureau with installation and ongoing assistance from Cornell Cooperative Extension Master Gardeners on planting, pest control and harvesting and cooking advice. Residents were able to plant what they wanted in the gardens and harvest their own foods. The gardens have resulted in increased vegetable consumption for the residents and not just those who tended the garden.



ARC: ARC was given 5 raised bed gardens that were tall enough for people in wheel chairs to be able to garden. The sides were wide enough that someone with limited mobility could sit on the side to garden. ARC has utilized the gardens and expanded them, adding to their square footage each year. They also surfaced the area around the raised beds making it easier for wheel chairs and mobility assistance devices to move around the gardens. Each room at the Day treatment and Day Habilitation program has adopted the garden and they share the work load. Foods grown are used either for monthly lunches at the center, for a new cooking club that was started or are sent home with clients and staff to be used at the residences or at home. During the initial year of the garden when the gardens were planted for them, there was some produce that clients had never tasted and this was used as an opportunity to learn and try something new.



Schoharie County Child Development (Head Start): Schoharie County Head Start is probably the agency that serves the highest proportion of low income families with young children. At the Schoharie Center, they have available land for gardening and were given 6 gardens in which to grow vegetables for the families to use at home. Students at the center start the plants in the classrooms and make trips out the garden to watch the gardens grow and to help with some basic care. A parents group has taken on the main responsibility for the gardens. Produce is sent home with the children and when harvested is linked to the foods that they are eating at the center as well. Children have been more interested in eating the vegetables since they started watching them grow outside.



### **Sharon Springs:**

Spring Meadow apartments: Spring Meadows is also a HUD subsidized apartment complex located in Sharon Springs. They were given 3 raised bed gardens and herb garden through CHP funding. The apartment complex is located adjacent to the Sharon Springs Central School and the school FFA (Future Farmers of America) chapter has taken on this garden as a service project and students have gone up to the garden to assist residents with planting. They have also provided plants that they started in the

classroom for residents to grow. Residents at this site report competition to harvest vegetables and vegetables are distributed to any resident who is interested in having some. They also host community dinners in their common room using vegetables from the garden to provide some of the foods. Residents definitely admit they are eating more vegetables since the gardens were built. In addition, the apartment manager is an avid gardener and she shares her expertise with the residents as well as excessive produce from her personal gardens.



### **Cobleskill**

Schoharie county Child Development (Head Start): The Cobleskill site for Head Start has 3 raised bed gardens. They do not have as much land, and much less sun to be able to garden yet they have greater numbers of food insecure families at this location. The Administration is located at this site and the Executive Director is an avid gardener and enjoys spending time in the garden. Again, classrooms are using the garden to learn about the foods they are eating which has resulted in children willing to eat more vegetables. This past year, Schoharie County Child Development Center wrote a Farm to Preschool grant through the regional Child Care Resource and Referral agency and were awarded it. This improved access to local foods for the program.

### **Blenheim**

Blenheim United Methodist Church Food pantry –Blenheim United Methodist Church is located at the southern end of Schoharie County. They have a well-used food pantry that is accessible to residents in the surrounding area. They were provided with 3 raised bed gardens that would benefit the community and the food pantry. Much of the produce donation at the food pantry was past sell by through Wal-Mart which did not allow for storage or make very appealing to look at and want to cook.

## Promoting Farmers' Markets

In order to promote the use of SNAP benefits and Farmers' Market Nutrition Program Vouchers at participating farmers' Markets (Festival Farmers' Market in Cobleskill and Sharon Springs Farmers' Market in Sharon Springs). Ads were run in local papers, cards promoting the use of the FMNP vouchers were distributed with the vouchers through WIC and Office for the Aging with when to purchase different vegetables in season. Flyers were also posted on Schoharie County Public Transportation buses promoting the use of SNAP and FMNP at farmers' markets. There was slight improvement in the redemption of FMNP at the local farmers' markets over the course of the grant. The use of Food Stamps at the farmers' market was negligible most years.



**Farmers' Markets help stretch your food budget! Use SNAP benefits at any of these local markets**

*A wide variety of fresh, locally grown fruits, vegetables, meats, eggs and herbs may be purchased with your SNAP benefits. You can use them at the following Schoharie County locations:*

<p><b>Festival Farmers' Market</b> Cobleskill—McCarthy Tire Center July-October Wednesday: 3-5 Saturday 10-2</p> <p><b>Sharon Springs Farmers' Market</b> Sharon Springs—Main Street June-October Saturday 10-1</p> <p>July: Corn, squash, lettuce, kale, peppers, onions, herbs, berries, broccoli, beets, beans, cucumbers, swiss chard. August: eggplant, peppers, squash, melon, broccoli, sweet corn, tomatoes, squash, potato September: onions, pumpkins, winter squash, cauliflower, apples, kale, lettuce</p>	 	<p><b>Barber's Market</b> Middleburgh Route 30 Open year round April-December Daily 9-5</p> <p><b>Schoharie Fresh</b> Cobleskill, Central Bridge, Schoharie Order online by Wed. 11:59 PM Pick up on Friday afternoon</p>
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These farmers' markets welcome your business and are familiar with the process and will help or answer any questions that you have while shopping.




**Free Fresh Food!**  
At local farmers' markets.

Come to the Farmers' Market to get fresh vegetables, fruits using these checks. Locally grown foods are fun to pick off and eat. Greater variety available. Talk to the farmers or the market manager to get ideas on how to use. USE BETWEEN JULY 1st and NOVEMBER 15th.



**What's Available:**  
July: lettuce, broccoli, beets, cucumbers, summer squash, swiss chard, basil, sweet corn, berries  
August: eggplant, peppers, summer squash, lettuce, melon, broccoli, sweet corn, tomato  
September: onions, pumpkins, winter squash, cauliflower, apples

FMNP checks can not be used for alcohol, jams, jellies, honey, maple syrup, eggs, salad dressing, baked goods, plants, shoes or meat.

Need help? Just ask. Farmers and Staff will assist you in using these checks.



**Farmers' Market Nutrition Program Details**

- Use at participating farmers' markets.
- Look for: "We Gladly Accept New York State Farmers' Market Checks".
- May be combined with cash or SNAP change cannot be given from FMNP checks.
- Use between July 1st and November 15th.
- For Families getting WIC, FMNP checks can be combined with WIC checks as long as items are approved under both programs.



**Festival Farmers' Market**  
McCarthy Tire Center Cobleskill  
July-October  
Wed 3-5 and Sat 10-2

**Sharon Springs Farmers' Market**  
Main Street Sharon Springs  
June-October  
Saturday 9-2

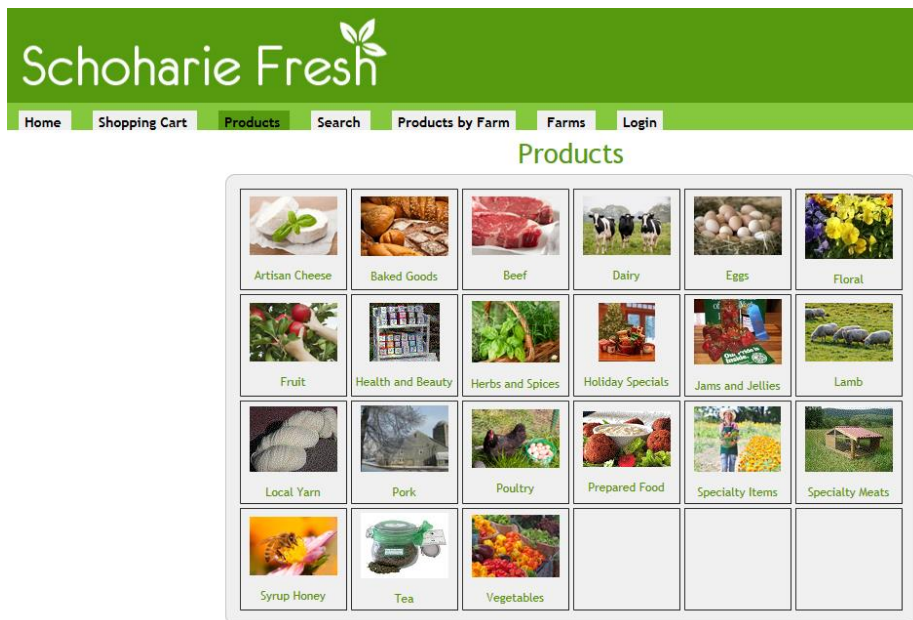


Need help? Just ask. Farmers and staff want to help you with getting foods that you will use and will help you get your money's worth.

## Schoharie Fresh

Schoharie Fresh, an online farmers market that was initially funded with Creating Healthy Places funds was established in 2011 at Cooperative Extension. However due to the flooding from Hurricane Irene and Tropical Storm Lee, the season was not a very profitable one. In 2012, the market was moved to the SUNY Cobleskill campus and was under the financial oversight of CAS (Cobleskill Auxilliary Services) who handled all the finances. Sales in 2012 were just under \$20,000 with an operating season of June-December. In 2013 the operating year became February – December and saw an increase in sales to \$30,000 and another increase in 2014 to over \$45,000 (50% increase each year). All products are raised, grown or produced in Schoharie County and the number of producers has grown each year as well. In 2014 Schoharie Fresh was awarded a grant through United Way of the Greater Capital Region to expand pick up locations to Central Bridge and Schoharie. Both of these pick up locations are also food pantries and a portion of the sales at each location is sent to the food pantry to help support its operation. In 2015, Delaware County replicated Schoharie Fresh and opened their online market but also set up a

store in the Village of Delhi to add to the sales. Otsego County and Montgomery Counties have also expressed an interest in replicating Schoharie Fresh in their areas and have applied for funding to replicate. Because it is an online venue for sales, it is much easier for farmers (producers) to sell product on the site. They can upload information when they have time and then when they drop off orders on Friday, they know that they are all sold. There is no guessing as to how much to bring to market. Customers also like this method since they can shop in the comfort of their home and have access to almost 40 producers. On Friday when they pick up their order, they pay with one payment and are in and out in less than 5 minutes typically. Schoharie Fresh was allowed to accept SNAP benefits in 2014. In 2012 and 2015 we applied to accept FMNP vouchers but were not allowed. Being an agricultural college, Schoharie Fresh has partnered with the college and uses Ag Business students as staff. They are now paid out of sales commissions and United Way Funding (on the expanded customer pick up locations). Also the College greenhouse and student groups sell products on the site. The College Greenhouse has hydroponic vegetables which allows Schoharie Fresh to sell vegetables that are typically out of season (hydroponic tomatoes during the winter). Schoharie Fresh gets the surplus each week, so quantities and consistency are not reliable at this time. We have one producer that freezes some of their vegetables and offers frozen broccoli, tomatoes, squash and peppers for sale, year round.



## Products by Farm

	Abbas Acres	At Ease Acres	Barbers Farm	Bison Island
Black Willow Pond Farm	Blazin' Flower Farms	Brookworks Farm	Buck Hill Farm	Butternut Farm
CAS	Chickney Eggs	Cold Spring Farm	Collins Chicken Corral	Cotton Hill Creamery
Cowbella	Denises Kitchen	Earthly Remedies	Elderberry Herb Farm	Fabled Frog Soap
Farm on Cotton Hill	Farmhand Flowers	Grumpy Buffalo Farm LLC	Hessian Hill Farm	Hillhaven Farms
Honeybee Farm	Kniskern Farm	Kurt Pelton	Mattice's Farm	McGillycuddy's Naturals
Mooney's Family Farm	MOS Delicious	Mountain Top Duck Farm	Nagimor Farm	Paisley's Patch
Parson's Vegetable Farm	Peck and Potter	Signal Hill Farms	Solstice Hill Farm	Summers Natural Farm
Summit Naturals	SUNY Greenhouse	SUNY Nursery	Sweets and Treats	The Olde Corner Store
The Wood Family Farm	Turkey Feather Farm	Weathertop Farm	Wellington's Herbs and Spices	Wild Foraged



## Initiative 4 Restaurants

### Sharon springs

*My Sister's Café* was a small restaurant in Sharon Springs that was open for breakfast and lunch on a limited basis but closed in 2013. However, the owner also does catering and has a certified commercial kitchen and is now selling prepared foods on Schoharie Fresh. (MOS delicious). She sources her products locally, using as much as possible from Schoharie, Otsego and Montgomery Counties.

*Sharon Tavern*: A local restaurant located on Route 20 on the outskirts of Sharon Springs. It originated as a bar, but is now a restaurant serving dinners, sandwiches, burgers and pizza. There are price points for most incomes. She sources much of her produce from local resources and cooks almost all her foods from scratch. She has identified healthier dishes and sides and customers can substitute and ask for foods to be prepared differently than advertised.

## Jefferson

*The Heartbreak Hotel:* A local restaurant on Main Street in Jefferson serving lunch and dinner 6 days a week. This used to be a rough place but was bought several years ago by a family from downstate and is open as more of a restaurant than a bar. They identified healthy choices, made some adjustments to their menu and changed sides and drinks available with children's menu. They report that applesauce as a side for children is now more popular than fries. They also added some lowfat salad dressings and added a grilled chicken salad to the menu.

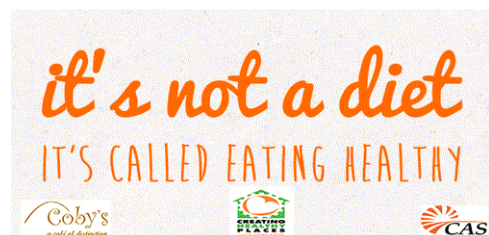
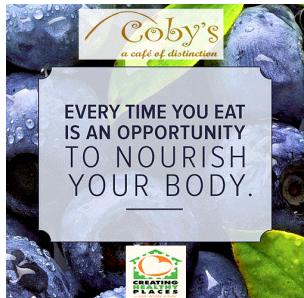
## Richmondville

*Shirley's Stoney Creek* is a local restaurant located on Route 7 between Richmondville and Cobleskill exits on I-88. Shirley's is seen as an ice cream place but actually serves foods that she prepares herself there. She uses local produce and products when available. She will custom cook foods for special diets, she has multiple varieties of low fat salad dressing available. Shirley would like to be recognized for what she is doing and not just as an ice cream location.



## Cobleskill

*Coby's a café of distinction* is open Monday through Friday for breakfast and lunch. It is operated under SUNY Cobleskill and serves dinner on Thursday and Friday nights prepared by the students in the Culinary Arts program. Coby's typically serves burgers, sandwiches and salads. They were serving homemade potato chips with all sandwiches and homemade fries with all burgers. Since becoming involved with the Eat Fresh initiative, they have added side salads, fruit salad and pieces of fruits as options with sandwiches and burgers. They will also custom cook for dietary needs. They opted to purchase signage to encourage healthy choices that is posted around the restaurant including where orders are placed.





*The Cobleskill Diner* is one of the places most locals eat in Cobleskill. They serve good food at fair prices. They have a senior citizens menu that is actually available to all that serves smaller portions. They changed the heading on their menu to include lighter fair and also changed from specifying soda to a drink on the children's menu.

*Farmhouse Bistro at Grapevine farms* is located outside the Village of Cobleskill, east on Route 7. It is not only a restaurant but a gift shop, wine shop, bakery and ice cream shop all in one. They have a limited menu with daily specials and are open for lunch only. All foods are prepared at the restaurant and use local produce when available. The head chef will frequent the farm stands and will call the local farms if she needs something special. All salads are served with dressing on the side. They have several sandwiches that can be ordered as a half with either soup or a side salad to go with it. They make an effort to serve at least one soup daily that is a broth based soup.

### Central Bridge

*The Olde Tater Barn* is primarily a banquet facility but also has weekly dinners by reservation only. They use local produce and are open seasonally.



### Schoharie

*The Apple Barrel* is a restaurant and country store. They are open for lunch, and dinners on Friday and Saturday evenings. They use locally sourced produce, seasonally and their specials focus on what is in season.



*Schoharie Valley Farms* is a farm, farm store and restaurant all in one. They use their own produce in season and added a children's menu with a half sandwich and either fruit cup or veggie cup as a side which has been popular for light appetites of all ages. They also will serve a half sandwich with soup or salad as well. Primarily they are open for late breakfast and lunch seven days a week.

*The Country Café* in Schoharie is on Main Street and directly across from the County office building. Foods are cooked from scratch and the owner, Lexie is concerned about the health of her customers and family. She cooks everything on site and will adapt foods for dietary needs. All soups are made there and she has made a commitment to using local produce in season. Typically the restaurant is open for breakfast and lunch 7 days a week and open for dinner a couple of nights.



## **Middleburgh**

*Hubie's* is a local restaurant on Main Street in Middleburgh. It is a pizza place but also a sit down restaurant. The owner lives by both of the large farms in the Valley – Shauls and Barbers and will stop at them to purchase local produce to use in the restaurant. Specials will focus on produce that is in season and available.



*Mrs. K's Kitchen* is a restaurant where everyone eats. Mrs. K and her daughter Patty run the place and are there 6 days a week cooking home cooked foods. Yearly they go out and pick apples, blueberries and strawberries and then freeze them in their large walk in freezer for use throughout the year. Mrs. K and Patty chose to work with CHP due to the knowledge that food affects health. They will cook to address special dietary needs and know their customers and welcome strangers as friends. They changed some of their menu to greater reflect healthy choices. They offer some healthy sides and do not automatically give soda as the beverage of choice for children's meals.



In addition to all of the above mentioned work 5 communities received 1 mile walking routes - Cobleskill, Sharon Springs, Richmondville, Schoharie and Middleburgh. This will enable people who want to know how far they are walking to have a measured loop.

Five communities also received Yield to pedestrian in the crosswalk signs for school crosswalks in Sharon Springs, Middleburgh, Jefferson, Schoharie and Richmondville. These signs should slow traffic by the schools to prevent further injury to both students and crossing guards by vehicles who may not have paid attention to the cross walk. The sign in the crosswalk narrows the road enough to slow the traffic and keep everyone safe.

In 2015, 16 pairs of Snow shoes were purchased and are being managed by Fit Coalition. Anyone can borrow them for free either in the afternoon or over the weekend and get out in the winter snow covered months and try snowshoeing. Assorted sizes were purchased and in 2015 were signed out every weekend that there was snow on the ground.

Funding from Creating Healthy Places has created or improved parks in most communities around the County and has improved access to fresh produce for many who may have limited transportation. We have truly created healthy places to live, work and play in Schoharie County. It is now up to you to make the decision that your health is worth the effort to make the change.

Maureen Blanchard

Project Coordinator