Dear Friends and Supporters,

2013 was a year of tremendous growth for Concrete Safaris and its 7- to-12-year-olds. The organization carried out more than 25,000 hours of outdoor play amongst over 1,500 neighborhood children across three key programs - City Surfers, Green Exercise Days, and JungleGym 2013. Program participation increased across the board thanks to improved training programs, deeper parent involvement, the addition of high-energy, college-educated program assistants, and — of course — word-of-mouth from returning students and teachers about the strength of our outdoor, educational programs.

To better quantify our unique work, the organization conducted its first major evaluation of which the results are enclosed. What these facts and figures tell us is that children not only want to eat nutritiously and play outdoors, but they also want to learn and share basic community health principles. Their self-esteem grows as they lead workshops in gardens, parks, and streets. They become agents of the change and community betterment as their friends and families gravitate towards the fun and adventure we are all experiencing here at Concrete Safaris. Transforming underutilized, outdoor spaces into healthy places with and for kids increases their physical activity and environmental awareness. Both the literature on youth empowerment and Concrete Safaris’ theory-to-practice approach amply demonstrate those points.

In 2014, Concrete Safaris will embark on robust strategic and geographic expansion, which will broaden its reach in Upper Manhattan. We invite you to be a part of the journey!

Beans + Butterflies, All my best,

Mac Levine Michael J. Hagan
Founding Executive Director Chairman of the Board
STAFF & BOARD

In 2013, the organizational theme was People Power. In addition to mobilizing over 1,500 children to play and learn outdoors, Concrete Safaris expanded its board of directors from 4 to 8 members, developed an Advisory Committee of 7 members, increased staff from 3 to 5 employees, and maintained volunteer participation at over 500 individuals.

BOARD OF DIRECTORS

Mandy DeRoche, Company Secretary; Associate, Seward & Kissel
Yasmine Elkatsha, Healthy Living Advocate
Michael J. Hagan, Chairman of the Board; Partner, Fox Horan & Camerini LLP
Vanessa Hefa, Third Grade NYC Public School Teacher
Kezia Hendrix, Tax Director, PricewaterhouseCoopers
Richard H. Mead, Treasurer of the Company; Retired
Michelle Ramos-Lopez, MPH, Program Manager, Icahn School of Medicine at Mount Sinai
Sharon “Mac” Levine, MPH, Founder & Executive Director of the Company

ADVISORY

Genevieve Andre, Parent
Elizabeth Bradley, President, The Balto Group
Sandra Gittens, Retired Principal, PS 102
Liz Hopfan, Executive Director, Free Arts NYC
Malisa Mccreedy, AICP
Adolfo Sanders, Parent

STAFF

Mac Levine, Executive Director
Patrick Kelly, Cycling and Fitness Program Assistant
Tifani Peguero, Community Organizing and Nutrition Program Assistant
Bryan Vitale, Outdoor Education Director
Aya Yamamoto, Garden Program Assistant

MEDIA CREDITS

Photos: Bryan Vitale and the City Surfers • Report Design: Liz Roberts
City Surfers was granted permission by the NYC Housing Authority to replicate its Washington Houses’ gardens on property at Jefferson Houses. The program received major support from The Levitt Foundation and The Coca-Cola Foundation. Between January and April, City Surfers conducted neighborhood surveys to learn what their neighbors wanted to eat and how they wanted the gardens to look. Then, the children designed Jefferson Gardens. In May, City Surfers broke ground. There are now over 30 raised garden beds in which the children planted and harvested potatoes, okra, basil, peppers, onions, leeks, cabbage, cilantro, parsley, chinese cabbage, collards, beets, lettuce, and tomatoes. Students learned how to cook healthy meals twice-a-month and provided nutritious dishes for their families, including pickled beans, pesto, salads, and more.

Students were responsible for public speaking in front of their peers on a daily basis. City Surfers were selected to speak at the Just Food 2013 Conference and taught educators about youth empowerment gardening, receiving rave reviews. During bi-monthly Saturday volunteer sessions, students co-led groups of adult and child volunteers in all garden maintenance activities. During Green Exercise Days, students taught their classmates and volunteers how to plant herbs, vegetables, and fruits.

The fitness component of after school and summer programming included cycling adventures around Randall’s Island and Central Park. City Surfers learned how to design bicycle routes using NYC maps and the newly installed bike lanes on First and Second Avenues, for which they advocated in 2011-12.
2012-13 school year: City Surfers’ High Attenders achieved 3,890 hours of total physical activity, burning 1,089,021 calories.

October - December, 2013-2014 school year: In just three months HIGH ATTENDERS have accumulated a total of 2,335 hours of total physical activity, burning 248,279 calories.

City Surfers’ participation rates increased by 50% in 2013.

In March, City Surfers taught 15 adult educators about growing food with children at the 2013 Just Food Conference.

City Surfers designed, managed, and installed three educational gardens in two public housing developments as we expanded from Washington Houses to Jefferson Houses, both in East Harlem.

City Surfers harvested over 500 lbs. of crops, which were shared with Concrete Safaris’ families and neighbors.

The children wanted to donate excess produce to the hungry, so two trucks of produce went to New York Common Pantry, New York City’s largest community-based food pantry.

Every child in our summer City Surfers program tried 100% of the vegetables, herbs, and fruits they grew at Mad Fun Farm and Jefferson Gardens.

Concrete Safaris increased our fleet of bicycles by 30% so that our growing 5th graders could continue to ride safely as we design safe bike routes for our neighbors.
“It’s INVALUABLE. The commitment to teaching children about health & wellness, healthy food and lifestyles is wonderful & I applaud Concrete Safaris’ mission!”
-Cathy Finlay

“Muy bueno para mi hija.” [{City Surfers is} Very good for my daughter.]
-Francisca Nieto

“Concrete Safaris’ value to Heaven is very Educational, Respectful, Entertaining as well as Big Fun.”
-Michael Briscoe

“My children get to explore and learn about helping their environment.”
-Setan Doucoure

“Eating healthy and [understanding about] responsibilities, respect for others, learning to work as a team, learning new and exciting things.”
-Anonymous

“I think it’s great [that] she learns things, keeps her active.”
-Marcos Rodriguez

“To help my niece and nephew improve on their skills.”
-Jannette Lopez

During the 2012-2013 school year, EACH CHILD burned, on average:
- 11,087 calories from biking between 120 and 203 miles.

Between October and December of the 2013-2014 school year, EACH CHILD has burned, on average:
- 2,873 calories from biking between 22 and 24 miles.
Green Exercise Days

Green Exercise Days are outdoor, educational, interactive events held during the school day from Earth Day to Thanksgiving in our gardens at Mad Fun Farm (16,000 square feet in Washington Houses at 98th Street and Third Avenue) and Jefferson Gardens (half an acre in Jefferson Houses at 113th Street and Second Avenue). Activities include: planting herbs, fruits, vegetables, and butterfly plants, shoveling topsoil, raking leaves, and completing fitness circuits. City Surfers led and designed fitness circuits at select Green Exercise Days.

Green Exercise Day STATS:

- **Concrete Safaris**
  - Reached **1,300** Children, **up 25% from 2012**
  - Hosted **31** garden, bike and fitness events
  - Partnered with **17** schools & community centers for **85** hours of programming

- Children accumulated a total of **4,133** hours of physical activity through Green Exercise Days

- **480** volunteers donated **1,802.5** hours of time

“I will be healthier by playing more and eating healthier food. I learn to plant food for the people who help us plant and for my family. We can make Concrete Safaris better by give people who don’t have food.”

-Boy, Age 10, grade 4
Concrete Safaris hosted its first annual two-day community service event and obstacle course/carnival in Jefferson Houses and Thomas Jefferson Park on September 21-22, 2013. Activities on September 21st included planting, raking, and shoveling. Activities on September 22nd included racing, game playing, and carnival games. Earlier in the summer, children in the City Surfers program scouted Jefferson Park to develop 16-obstacles and a race course for the event.

**JG STATS:**

- **Hours of Physical Activity per Child:** 2-4 hours, including competing in the race, running around, and gardening
- **Children:** 70 racers, 200 obstacle course and carnival participants
- **Examples:** www.junglegymrace.com
Concrete Safaris is one of my favorite Project Partners out of all the projects I have ever led with New York Cares.

- Monica White, Team Leader
Jonesboro, Arkansas - $50,000+
Anonymous

Climbing Cornstalk - $25,000-49,999
Levitt Foundation

Magnificent Mint - $10,000-24,999
Michelle D. Smith
Deloitte & Touche*
Fund for Public Health in New York
Goldman, Sachs & Co.

Brainy Basil - $5,000-9,999
AOL*
BlackRock Foundation*
Citizens Committee for New York City*
Michael Hagan
Kezia Hendrix
JP Morgan*
New York City Department of Health & Mental Hygiene*
New York City Department of Youth & Community Development

Purposeful Potato - $2,500-4,999
Boston Consulting Group*
CIT Group*
Goldman Sachs Community TeamWorks*
Morgan Stanley*
Morrison & Foerster Foundation
Nautica*
Rabin Martin*
Ralph Lauren*
Timberland*

Keen Kale - $1,000-2,499
Alcoa Foundation*
David J. Adler
Matt Archer
CHALK
Mandy DeRoche
Denis Ladouceur
Nancy A. King
Massey Knakal Charitable Foundation*
Matt Moynihan
Morrison & Foerster
Norcross Wildlife Fund
Ryobi#

*Donated funds and volunteer time #In-kind donation

COLLABORATORS

After School & Summer Programs + Schools
Key Partners: Public Schools 102 and 146, Union Settlement Association.

Additional partners: Amber Charter School, The Association to Benefit Children, Children’s Aid Society, Columbia University, Lower Lab, Marymount School of New York, Icahn School of Medicine at Mount Sinai, New York City College of Technology, Public Schools 38, 50, 57, 72, 83, and The Stanley M. Isaacs Neighborhood Center.

Government
Community Board 11, Manhattan Borough President’s Office, Materials For The Arts, New York City Department of Health & Mental Hygiene, New York City Department of Transportation, New York City Department of Youth & Community Development, New York City Housing Authority, New York City Parks, New York City Police Department, Office of Council Member Melissa Mark-Viverito, Office of Senator Jose M. Serrano, New York City Police Auxiliary.

Community-Based Organizations
City Year, Community Resource Exchange, Harlem Community Development Corporation, Harlem River Park Task Force, Lawyers Alliance for NY, Metropolitan Waterfront Alliance, New York Cares, New York Common Pantry, and Partnerships for Parks.
## Concrete Safaris
### Income Statement

<table>
<thead>
<tr>
<th></th>
<th>2013</th>
<th>2012</th>
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<tbody>
<tr>
<td><strong>Revenues</strong></td>
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<tr>
<td>Foundation grants</td>
<td>$105,200</td>
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<td>Corporation contributions</td>
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<td>61,132</td>
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<td>Government grants</td>
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<td>10,000</td>
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<tr>
<td>Individual contributions*</td>
<td>36,395</td>
<td>37,332</td>
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<tr>
<td>Donated supplies, services and facilities</td>
<td>25,912</td>
<td>24,070</td>
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<tr>
<td>Gain (loss) on sale of assets</td>
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<td>[64]</td>
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<tr>
<td><strong>Total revenues</strong></td>
<td>230,968</td>
<td>173,470</td>
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<tr>
<td><strong>Expenses</strong></td>
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<tr>
<td>Programs</td>
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<tr>
<td>City Surfers</td>
<td>116,472</td>
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<td>Green Exercise Days</td>
<td>18,540</td>
<td>17,835</td>
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<td>JungleGym</td>
<td>12,428</td>
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<td><strong>Total programs</strong></td>
<td>147,440</td>
<td>125,257</td>
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<td>Management and general</td>
<td>18,746</td>
<td>17,016</td>
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<tr>
<td>Fundraising</td>
<td>16,323</td>
<td>16,729</td>
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<tr>
<td><strong>Total expenses</strong></td>
<td>182,509</td>
<td>159,002</td>
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<td><strong>Increase in net assets</strong></td>
<td>$48,459</td>
<td>$14,468</td>
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<tr>
<td><strong>Net assets, end of year</strong></td>
<td>$74,562</td>
<td>$26,103</td>
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</table>

* includes donated securities
AWARDS

- Livin La Vida Loca Farm, our newest children’s garden at Jefferson Houses, was the 2013 **Vegetable Garden, Third Prize – Manhattan, Winner** at the 50th Anniversary City Wide NYCHA Garden & Greening Program Competition.

- Founder & Executive Director Mac Levine won the 2013 **John and Kathleen Gorman Public Health Humanitarian Award at Columbia University’s Mailman School of Public Health**. The award is “for a student who has demonstrated excellence in commitment to the humane care of individuals and communities, and in advancing consideration of human rights and values in health care and prevention.”
During the 2012-2013 school year, participants accumulated a total of:

1,067 hours of biking [and biked a total of 4101 miles]
635 hours of fitness
1,514 hours of field trips
215 hours of rugby
414 hours of swimming
1,091 hours of gardening
4,940 hours of total physical activity

During the 2012-2013 school year, EACH CHILD got, on average:
31 hours of biking [SD=21.9, N=34] and biked a total of 120 miles (SD=90.8, N=34)
18 hours of fitness [SD=15.3, N=34]
44 hours of field trips [SD=31.3, N=34]
6 hours of rugby [SD=5.6, N=34]
12 hours of swimming [SD=9.3, N=34]
32 hours of gardening [SD=23.5, N=34]
145 hours of total physical activity (SD=101.7, N=34)

During the 2012-2013 school year, HIGH ATTENDERS accumulated a total of:
834 hours of biking [and biked a total of 3260 miles]
498 hours of fitness
1,202 hours of field trips
164 hours of rugby
338 hours of swimming
852 hours of gardening
3,890 hours of total physical activity

During the 2012-2013 school year, EACH HIGH ATTENDER got, on average:
52 hours of biking (SD=11.9, N=16) and biked a total of 203 miles (SD=53.3, N=16)
31 hours of fitness (SD=11.5, N=16)
75 hours of field trips (SD=14.4, N=16)
10 hours of rugby (SD=4.3, N=16)
21 hours of swimming (SD=4.3, N=16)
53 hours of gardening (SD=15., N=16)
243 hours of total physical activity (SD=51.16, N=16)

From October - December of the 2013-2014 school year, participants accumulated a total of:
439 hours of biking [and biked a total of 740 miles]
292 hours of gardening
184 hours of games and team building
755 hours of field trips
2,412 hours of total physical activity

From October - December of the 2013-2014 school year, EACH CHILD has gotten, on average:
13 hours of biking (SD=4.0, N=33) and biked a total of 22 miles (SD=21.1, N=33)
8 hours of gardening (SD=2.4, N=33)
5 hours of games and team building (SD=1.9, N=33)
22 hours of field trips (SD=8.3, N=33)
73 hours of total physical activity (SD=32.2, N=33)

From October - December of the 2013-2014 school year, HIGH ATTENDERS have accumulated a total of:
419 hours of biking [and biked a total of 716 miles]
280 hours of gardening
178 hours of games and team building
740 hours of field trips
2,335 hours of total physical activity

From October - December of the 2013-2014 school year, EACH HIGH ATTENDER has gotten, on average:
14 hours of biking (SD=2.4, N=29) and biked a total of 24 miles (SD=21.5, N=29)
9 hours of gardening (SD=1.1, N=29)
6 hours of games and team building (SD=1.1, N=29)
25 hours of field trips (SD=4.5, N=29)
80 hours of total physical activity [SD=26.7, N=29]

During the 2012-2013 school year, participants burned a combined total of:
376,970 calories from biking
211,932 calories from fitness
251,896 calories from field trips
700,32 calories from rugby
175,241 calories from swimming
181,624 calories from gardening
1,267,697 calories from total physical activity

During the 2012-2013 school year, EACH CHILD burned, on average:
11,087 calories from biking (SD=8,344.5, N=34)
6,233 calories from fitness (SD=5,445.1, N=34)
7,408 calories from field trips (SD=5,758.1, N=34)
2,059 calories from rugby (SD=2,013.2, N=34)
5,154 calories from swimming (SD=4,430.5, N=34)
5,341 calories from gardening (SD=4,233.6, N=34)
37,285 calories from total physical activity (SD=28,720.4, N=34)

During the 2012-2013 school year, HIGH ATTENDERS burned a combined total of:
318,614 calories from biking
180,757 calories from fitness
219,403 calories from field trips
57,267 calories from rugby
157,553 calories from swimming
155,425 calories from gardening
1,089,021 calories from total physical activity

During the 2012-2013 school year, EACH HIGH ATTENDER burned, on average:
19,913 calories from biking [SD=6,791.9, N=16]
1,129 calories from fitness [SD=5,930.7, N=16]
1,371 calories from field trips [SD=5,502.8, N=16]
3,579 calories from rugby [SD=2,034.1, N=16]
9,847 calories from swimming [SD=4,445.9, N=16]
9,714 calories from gardening [SD=4,297.3, N=16]
68,063 calories from total physical activity (SD=26,663.4, N=16)

So far, during the 2013-2014 school year, participants have burned a combined total of:
94,827 calories from biking
38,552 calories from gardening
24,682 calories from games and team building
98,891 calories from field trips
256,953 calories from total physical activity

So far, during the 2013-2014 school year, EACH CHILD burned, on average:
2,873 calories from biking (SD=1112.3, N=33)
1,168 calories from gardening (SD=442.1, N=33)
747 calories from games and team building (SD=357.9, N=33)
2,996 calories from field trips [SD=1246.2, N=33]
7,786 calories from total physical activity (SD=2927.5, N=33)

So far, during the 2013-2014 school year, EACH HIGH ATTENDER has burned, on average:
2,119 calories from biking [SD=906.4, N=29]
1,277 calories from gardening [SD=344.3, N=29]
823 calories from games and team building [SD=307.7, N=29]
3,340 calories from field trips [SD=878.8, N=29]
8,561 calories from total physical activity (SD=2,155.8, N=29)

Analysis conducted by Columbia University’s Mailman School of Public Health MPH Candidate Rachel Bavley under supervision from Icahn School of Medicine at Mount Sinai Pediatrician Maida P. Galvez, MD, MPH, and Pediatric Environmental Health Fellow Cappy Collins, MD.

DATA: CITY SURFERS
Vision

Concrete Safaris has empowered children living in and around East Harlem’s public housing projects to become healthy leaders through outdoor exercise and education programs since 2008. In East Harlem, children suffer from high rates of poor health, such as obesity and asthma, and from low socioeconomics. Healthy choices are limited due to a lack of safe places to play and learn outdoors. Concrete Safaris teaches disadvantaged children who are not traditionally considered leaders or equals in the decision-making process to alter the environment where they live in order to increase physical activity levels and healthy lifestyle options.

Elementary school children, ages 7-12, are encouraged to be proactive decision-makers in Concrete Safaris’ neighborhood health interventions involving outdoor play and healthy placemaking. The children research and create bold ideas in temporary and long-term, outdoor spaces. They have grown gardens for affordable organic food, designed games for PlayStreets, and organized active community events in underutilized housing and park spaces. They have invited and led thousands of their friends, families, and neighbors to make East Harlem a cleaner, greener, safer neighborhood. They have also advocated for their environmental health needs, meeting with elected officials and government entities to urge construction of bike lanes and the expansion of Concrete Safaris’ gardens.

Concrete Safaris believes that when children learn how to alter the physical world around them by navigating New York City’s infrastructure, they become confident, experienced, and effective leaders at an early age, committed to their health and environment for the rest of their lives.

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