



MATTAPAN
FOOD AND FITNESS
COALITION

Mattapan Food and Fitness Coalition

Promoting health, wellness and
an active lifestyle for the
Mattapan community.



**What does it look like when
a community leads?**



Meet Gillian

FARMERS' MARKET TABLE MANAGER





Meet Jaheim

VIGOROUS YOUTH



2009

2022

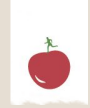


Meet Me

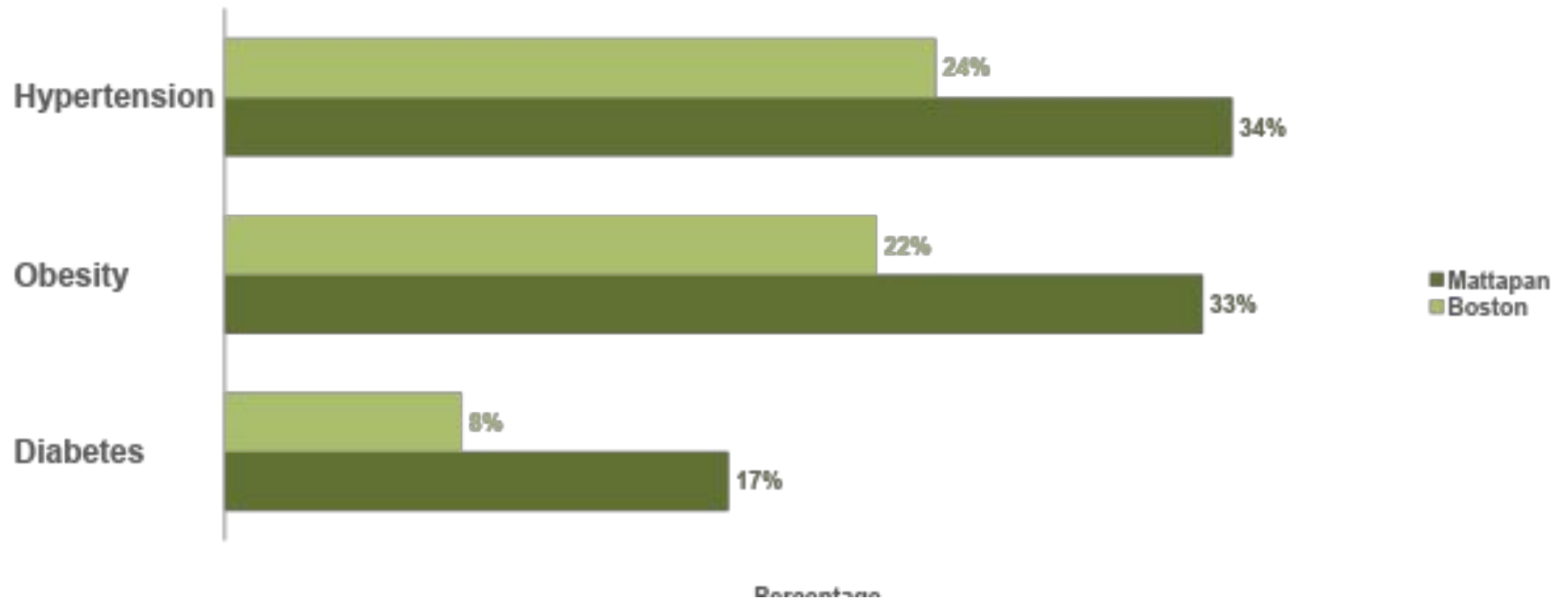
VIGOROUS YOUTH TO EXECUTIVE DIRECTOR



**Why these stories?
What's the problem?**



Problem: Local Health Disparities





Vivien Morris, Our Founder

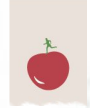
MFFC Was Founded to Address These Problems



The Community



Residents want better choices.





Our Mission

We promote health and healthy behaviors...

by improving access to **good nutritional sources** and **physical activity environments**...

for residents of Mattapan and surrounding communities.





Identified Issues



Environmental inequities



Lack of healthy food options



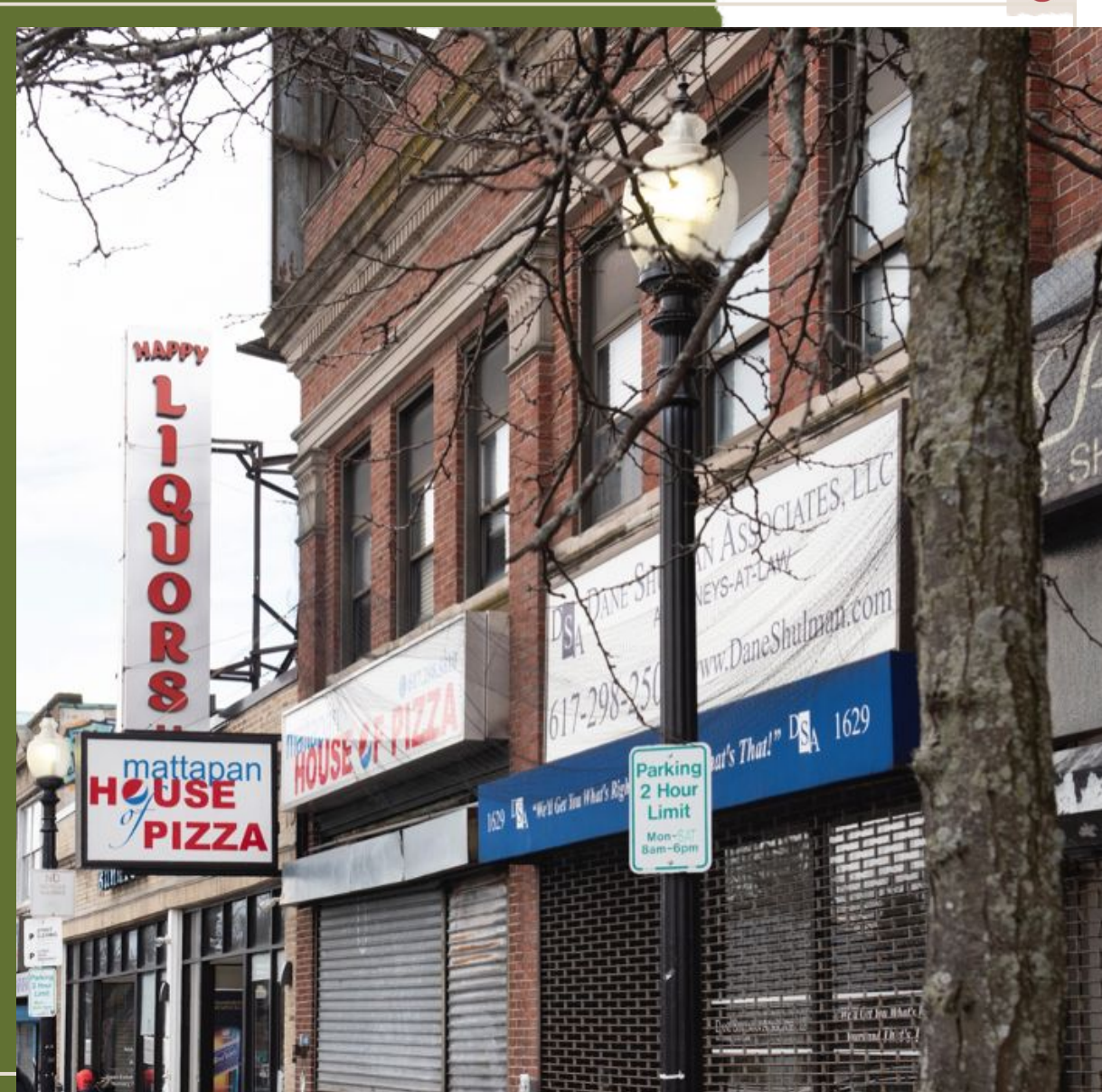
Not enough opportunities for youth to be engaged



Feeling unheard



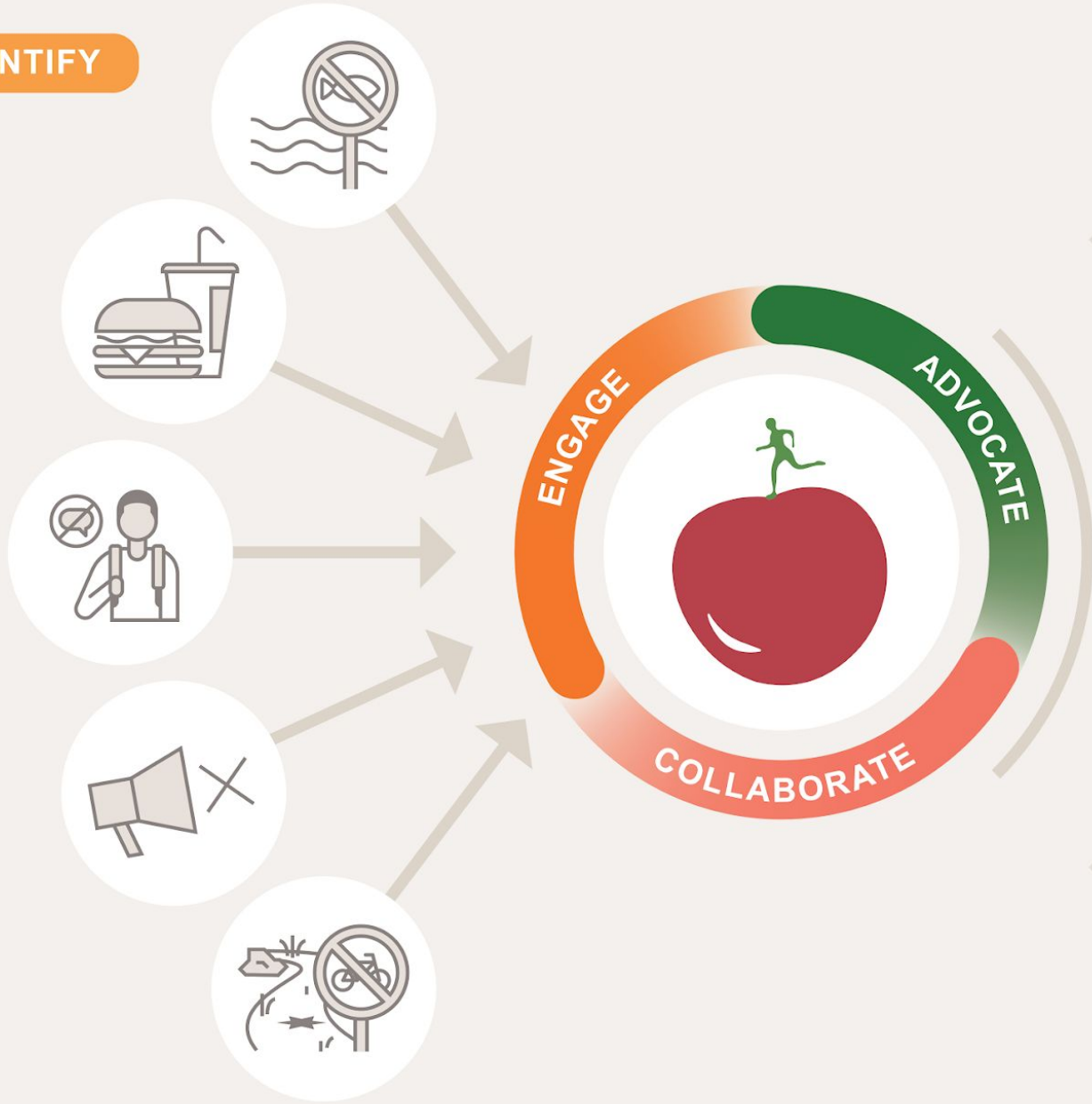
Limited opportunities for physical activity





IDENTIFY

REALIZE

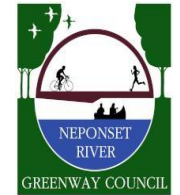
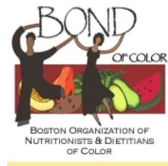




Funders and Partners



The Episcopal Church of the Holy Spirit Mattapan





We Have Amazing Volunteers



**Why is mobility
important in Mattapan?**



MFFC + Transportation

- Transportation (walking, biking, driving, public transit) affects how folks get access to
 - healthy foods
 - health care
 - green and blue spaces
 - work
 - school



Our view on the transportation planning process in Mattapan



The Challenging

- Some residents are
 - tired
 - overwhelmed by meetings
 - frustrated because they are not being listened to when voicing concerns
 - afraid of gentrification and not staying in their homes
- Some residents feel
 - the city of Boston isn't communicating well about the projects
 - black people don't bike in the community
 - bike lanes are not needed and feel they are for outsiders



The Good

- New administration cares about transit
- Two positions were created (Chief of Streets and Chief of Planning) and other transportation related positions being filled
- Familiarity with the bike advocates before she became mayor
- Advocates are becoming more diverse
- City is tapping community residents to lead community engagement





T-TALKS





**Transportation, Climate Change,
and Racial Justice**

Wednesday, December 9, 2020 | 6:30-8:00pm ET

Our second T-Talk will answer the questions of what is climate change and how it affects communities of colour. There will be Q&A and discussion time.

Register at bit.ly/T-Talks2

Organized by:  Supported by: 

How we get community involved

- Mattapan on Wheels
- Transportation Talks
- Access to the Blue Hills
- Blue Bikes Outreach
- Youth-Led Bike Repair Workshops
- Support to the Boston Transportation Department
- Support our transportation advocacy friends

