



On the Menu: From Italy to India

Kids in Española and Santa Fe had a blast this January making **minestrone** and **breadsticks**—the perfect way to warm up this winter and get a hardy serving of veggies in the process!

Now they're journeying from Italy to India to explore spices like cumin, coriander, and cinnamon and cook up fragrant **Indian lentils**, **carrot rice pilaf**, and **mango fruit salad**.

Plus, thanks to Valencia Flour Mill in Jarales, NM and a grant from New Mexico Department of Agriculture, they'll be using all local flour to make some delicious **whole wheat chapatis!**



New Partnership with LANL Foundation

**We use math
and science
when we cook.**

Hands-on fun with food brings science to life as kids learn about how foods grow and how these different foods help their bodies.

With this in mind, Cooking with Kids has partnered up with Los Alamos National Laboratory Foundation to align our curriculum with New Mexico's newly-adopted Next Generation Science Standards. Just another way Cooking with Kids is teaming up with teachers to create a brighter future for students in Northern New Mexico!



A Citrus-y Celebration!

This January, 4,300 kids in Northern New Mexico sampled blood oranges, grapefruits, and tangerines. What a super delicious and fun way to get our daily dose of Vitamin C!

Thank you to classroom teachers in Española and Santa Fe for helping out with these hands-on lessons, and thank you to Sysco New Mexico for helping out with a donation of citrus fruit!



cookingwithkids.org

Donations Always Welcomed



Cooking with Kids educates and empowers children and families to make healthy food choices through hands-on learning with fresh, affordable foods.

cookingwithkids.org

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