



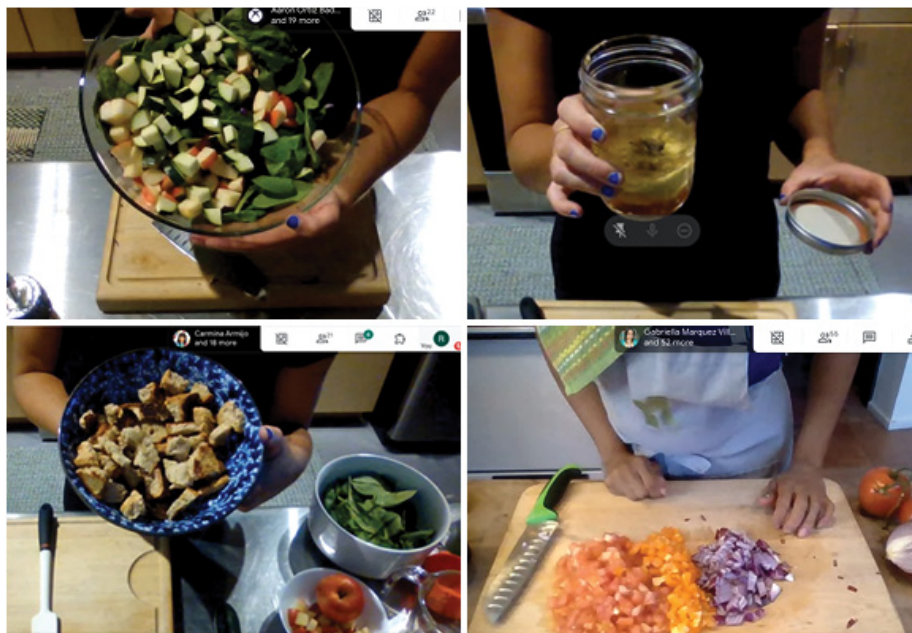
Finding ways to cook, connect, & celebrate

(sometimes you have to get creative!)



Cooking with Kids students are growing food savvy and gaining food confidence...

While participating in Cooking with Kids' virtual lessons, kids in Española and Santa Fe are learning how different foods grow and why it's important (and fun!) to eat a rainbow of foods. During online family cooking nights, they're tossing salads, shaking up dressing, prepping paellas, and showing off their homemade croutons to the camera.



...and they're creating community during a time when connection is hard.

During typical in-person cooking classes, our students work together—along with teachers and family volunteers—to make delicious dishes for all to share. They learn about new people and places in the world and make connections between different cultures and their own. Every cooking class is a celebration of community and food.



Cooking with Kids looks different this year, but we are still finding ways to celebrate community and food.

Making these positive food connections with each other matters, especially for kids and especially now. For many young children, physical separation from school, friends, and extended family is a real struggle right now. So this month, Cooking with Kids lessons are focused on different winter traditions and how people celebrate with food. Together, we are answering the "why's" of winter: Why do we have four seasons? Why do we have winter traditions? And why do we celebrate with food?

Students are practicing their map skills as they travel the world of winter celebrations, learning about tamales and Las Posadas in Mexico, dumplings and Dongzhi in China, plus Hanukkah, Kwanzaa, and more! In the process, we are sharing stories about our own food traditions, talking about what we miss right now, and finding creative and safe ways to connect in the meantime.



Long-time Cooking with Kids educator Ms. Cathy shared some fun and meaningful moments about this month's lesson:

During our virtual lessons, my students connected what they've learned about eating a rainbow to winter foods. As a fourth grader pointed out, "The rainbow is cooked up—in soups and stuff! You can still see it!"

My students also eagerly shared their own traditions and food experiences, and they were excited to learn about celebrations that were different than their own. One of my first graders summed it up perfectly when he exclaimed, "Wow! Celebrations around the world are not the same, and all the food looks yummy!"

**And now for some yummy food...enjoy two of our favorite recipes this season!
Click the links to view:**

**[Latkes \(Potato Pancakes\) with Homemade Applesauce](#)
[Vegetable Tamales with Red Chile Sauce](#)**

Thank you to our community partners!



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.

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Cooking with Kids, Inc.
PO Box 6113
Santa Fe, NM 87502
United States