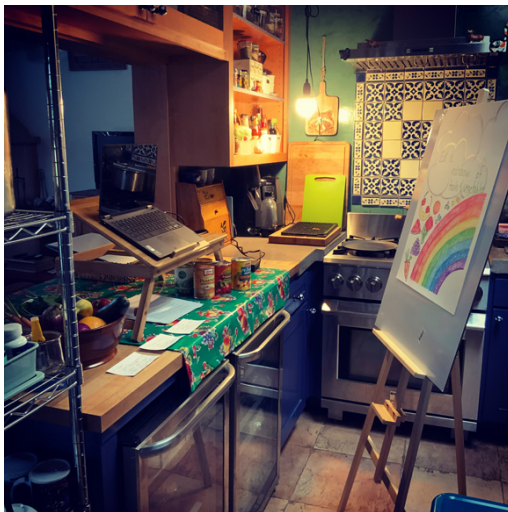




...a little more blurry and a little less hands-on, but still committed to engaging kids and families with fresh, affordable foods.

**19 Schools in Northern NM
Over 4,000 Elementary Students**

950+ Virtual Food Literacy Classes



Virtual Classroom Set-up in an educator's kitchen

2020-2021 K-6 Lessons Included:

- **Eat a Rainbow!**
Eating a Variety of Colorful Fruits & Vegetables
- **Is that a Farmer?**
Farmers & the Food They Grow
- **The Why's of Winter**
How & Why People Celebrate with Food Around the World
- **Beautiful Bowls of Goodness**
All About Soups & Stews
- **A Spicy Story**
All About Herbs & Spices
- **Plants That We Can Eat!**
How Does Our Food Grow?

"Cooking with Kids is a powerful reminder of the value of food and community and how they interact." —5th grade teacher, Santa Fe Public Schools

What happens during a virtual food literacy class with kids? Lots of things! This year, students read stories, drew pictures of colorful foods and farms, did scavenger hunts, completed a recipe-writing challenge, took virtual farm field trips, practiced their map skills, journeyed the Silk Road, learned about food celebrations around the world, shared stories about food traditions, planted seeds, and played Cooking with Kids "Jeopardy"!

**60+ Online Family Cooking Nights
with Over 1,100 Family Sign-ins
(link to the recipes we made below!)**

Harvest Salad with Whole Wheat Croutons

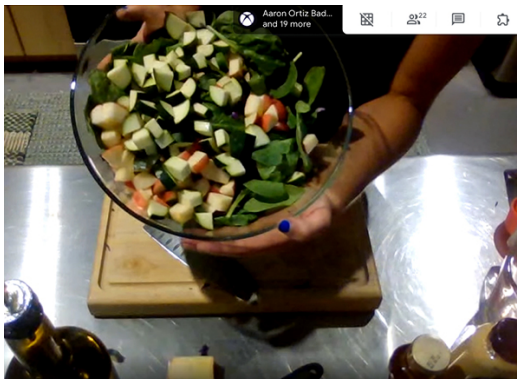
Vegetable Paella

Minestrone Soup

Indian-Spiced Lentils & Carrot Rice Pilaf

Chinese American Fried Rice

Stovetop Pizza



700+ Cooking Kits delivered to families in Rio Arriba & Santa Fe Counties

"Providing the ingredients and taking the time after hours has been amazing for us. Thank you, Cooking with Kids!" —Parent, Española Public Schools



**Cooking with Kids is still rolling—
and that's not just a 25th anniversary catch phrase.**

**As we return to in-person programming this summer, two new schools
are joining the Cooking with Kids family, at a cost of \$75,000.**

**We are committed to reaching more kids than ever before.
We need your help to do it. Please donate today!**

The challenge of knowing what to say...

As communications coordinator, it's my job to talk about Cooking with Kids. But during this year of immense loss and hardship, amidst staggering issues of inequity and injustice, and with the very essence of our hands-on programs removed, I found myself repeatedly asking, am I seriously supposed to talk about...cooking?

I spent hours on Zoom with my colleagues. I wrote things we never sent out because they lost all relevance the following day. I drafted programming and fundraising plans that never happened. I called my mom every day. I cried. A lot. I ate a ton of chocolate and drank way too much coffee. And I cooked. Of course, I cooked.

In a way, cooking is how we all kept rolling.



Educator Mariela Rodriguez leads families in an online cooking night.

Throughout all of this, our educators cooked, too. I feel like this bears repeating. They actually cooked with kids and families. In kitchens all over Northern New Mexico, families signed onto Google Meets or Zoom meetings and made vegetable paella and minestrone soup. They tossed harvest salads, toasted homemade croutons, and simmered Indian-spiced lentils.

Watching family after family pop up on the screen, I would glance from one blurry video box to the next and wonder, “Is anything happening? Are they actually cooking?” Then a tiny voice would pipe up, “Ms. Skye, how much salt do we add?” or “Chef Keegan, which side of the grater do we use?”. Small hands would hold up a cutting board of diced tomatoes, a bowl of torn kale leaves or just a single toasted crouton. Finally, beautiful bowls of soup or salad or lentils and rice would begin to appear, alongside proud, grinning faces. Watching a family cooking night was like witnessing a series of small miracles.



Wrapping up a cooking night with smiling faces and steaming bowls of minestrone.

Cooking with Kids exists because we need it.

These moments reminded me that what we do is exciting and fun and delicious. But watching them play out on a computer screen as I sat in a small corner of my bedroom, it was more apparent than ever that these joy-filled experiences don’t exist in a vacuum. They exist in response to disparities within our communities—disparities of food access, health, and well-being, all of which have been exposed and augmented by the current pandemic. They exist because Cooking with Kids fills a need in our communities—a need for all kids to have rich, hands-on experiences with healthy food, a need for families to be supported in their efforts to eat healthy at home, a need for our communities to affirm that when kids are healthy and successful in school, everybody wins.



Grown-ups shared some sweet shots from inside family kitchens.

Cooking with Kids is still rolling—and that’s not just a 25th anniversary catch phrase. Over the past year, our incredible staff came up with creative solutions and developed amazing new digital skills that we’re excited to carry into the physical classroom this fall. But that’s not all. This coming school year, we’ll also be adding two new schools to the Cooking with Kids family. More kids than ever before will have the chance to explore and discover the joys of hands-on learning with healthy food. We couldn’t have even imagined this without generous supporters like you! So perhaps the most important thing to say is thank you, thank you, thank you.



*Rachel Shreve,
Communications Coordinator*

Together, we are creating a healthy future!

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

Cooking with Kids, Inc. is a 501(c)(3) non-profit organization.

Cooking with Kids is an equal opportunity provider and employer.

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