



Every bite is a measure of our success.

So is your support! Here's what you helped us do this year:

- **Add** 3 New School Communities (over 700 additional kids!)
- **Teach** 1,600+ Hands-on Nutrition Education Classes
- **Create** a NEW "CWK Food Lab" for Middle School Students

Roots, Fruits, Leaves, and Shoots!

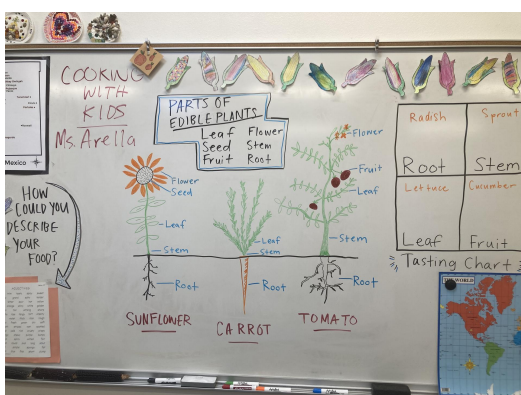
This year's final cooking classes focused on the different parts of plants that we eat: roots, fruits, leaves, shoots (or stems), seeds, and flowers. Kids made their own salads with the following locally-sourced foods:

- Hakurei turnips or radishes (roots)
- mini cucumbers (fruits)
- sunflower sprouts (shoots)
- a mixture of lettuce varieties (leaves)

Plus they mixed up a simple creamy lime dressing—perfect for tossing over a whole salad or for using as a dipping sauce for anyone who prefers their salad "unmixed." [Get the recipe here.](#)



Kids sliced up local vegetables to make their own salads.



Students learned about the different parts of plants that we can eat.



Thanks to a grant from NMDA, Cooking with Kids was able to purchase nearly HALF A TON of local produce for this activity!

New CWK "Food Lab" for Middle School Students

What physical and chemical changes can be observed through cooking? How many scientific concepts can you learn just by making a salad? Why do some people use a scale to measure ingredients and others use measuring cups? How do leavening agents work? This year, middle school students in three Santa Fe Public Schools participated in a new CWK Food Lab that applied Cooking with Kids' hands-on teaching methods to explore these questions and many more! Special thanks to the LANL Foundation and Santa Fe Hestia Fund for helping us create and launch this new program!



LANL
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*Investing in Learning
& Human Potential*



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

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