



cooking
with kids®

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

Started in 1995, Cooking with Kids works in school classrooms and cafeterias, providing free-of-cost nutrition education to over 5,000 children in Northern New Mexico.

We offer training and support to educators around the state and nation, extending our reach to many more kids.

Local chefs and farmers share their passion and expertise with our students, helping us inspire the next generation of healthy eaters.

Research shows that Cooking with Kids works! When kids help make healthy foods, they are more likely to eat and enjoy them.

2020-2021 Annual Report



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2020-2021 Annual Report

2020/2021: A year unlike any other.

During the 2020-2021 school year, all Cooking with Kids programming in schools was delivered virtually. Even in virtual school settings, Cooking with Kids programs continued to provide fun and positive experiences with healthy foods, bring academic subjects to life, and support healthy eating at home. Here's how we adapted to the virtual world:

- **Virtual Food Literacy Classes**

During the regular online school day, students participated in a series of Cooking with Kids digital classroom lessons. Conducted by the school's Cooking with Kids educator, these lessons centered around key concepts of food literacy.

- **Online Family Cooking Nights**

Cooking with Kids partnered with all participating schools to host these events, which engaged the entire family and provided a safe way for kids to explore and prepare new, healthy foods in their own kitchens.

- **Family Cooking Kits**

Cooking with Kids was able to offer free ingredient kits to families who needed assistance in order to participate in the family cooking nights.



Participating Schools

Cooking with Kids: Rio Arriba

Abiquiu Elementary School
Alcalde Elementary School
Dixon Elementary School
Hernandez Elementary School
San Juan Elementary School
Ohkay Owingeh Community School
Velarde Elementary School

Cooking with Kids: Santa Fe

Amy Biehl Community School at Rancho Viejo
Aspen Community Magnet School
César Chávez Community School
Chaparral Elementary School
El Camino Real Academy
Gonzales Community School
Kearny Elementary School
Nava Elementary School
Salazar Elementary School
Sweeney Elementary School
Turquoise Trail Charter School

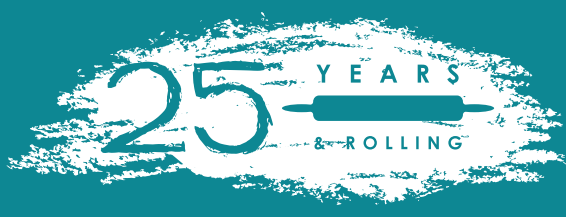
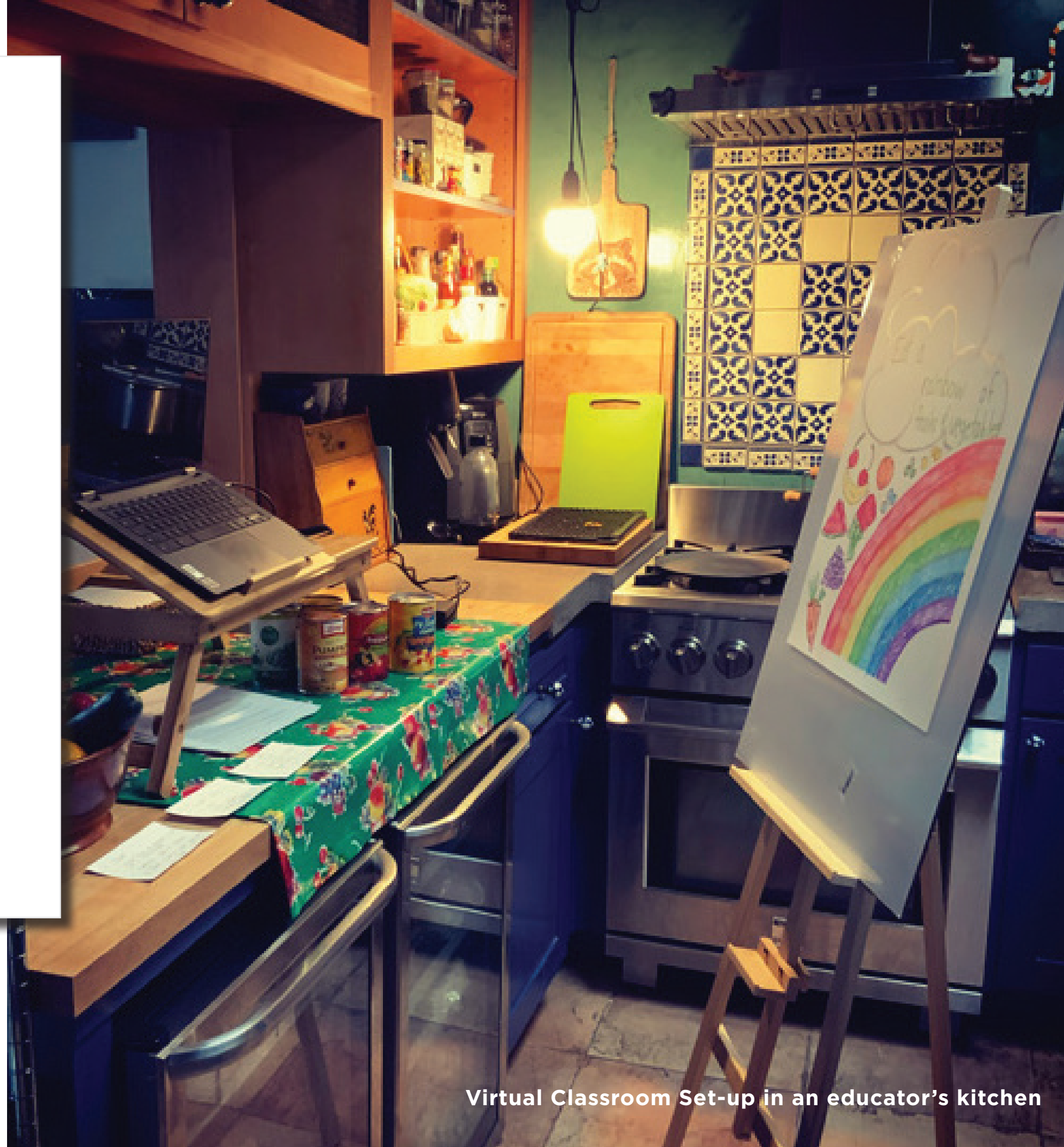
Cooking with Kids looked different this year.

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

Here's the 2020/2021 school year at a glance:

1,001 Virtual Food Literacy Classes
with 3,994 students
in 18 school communities
in Rio Arriba & Santa Fe Counties

1,150 Family home cooking experiences
during 66 Online Family Cooking Nights
in 19 school communities
in Rio Arriba & Santa Fe Counties
700+ Cooking kits delivered to families



Virtual Classroom Set-up in an educator's kitchen

What is Food Literacy?

Food literacy encompasses a wide range of food-related concepts and has a direct impact on food access, which is a complex, multi-layered issue. Food literacy includes knowing where our food comes from, understanding the nutritional and health impact of what we eat, identifying the social and emotional connections we have with food, and acquiring confidence in the foods we choose, prepare, and eat.

What happens in a virtual food literacy class with elementary students?

LOTS of things! This year, our 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 Jeopardy!

Virtual Food Literacy Classes

- **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?



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Online Family Cooking Nights

- Harvest Salad with Whole Wheat Croutons
- Vegetable Paella
- Minestrone Soup
- Indian-Spiced Lentils & Carrot Rice Pilaf
- Chinese American Fried Rice
- Stovetop Pizza

Issues of safety and food access prevented us from replicating our traditional “hands-on” cooking classes during the regular online school day.

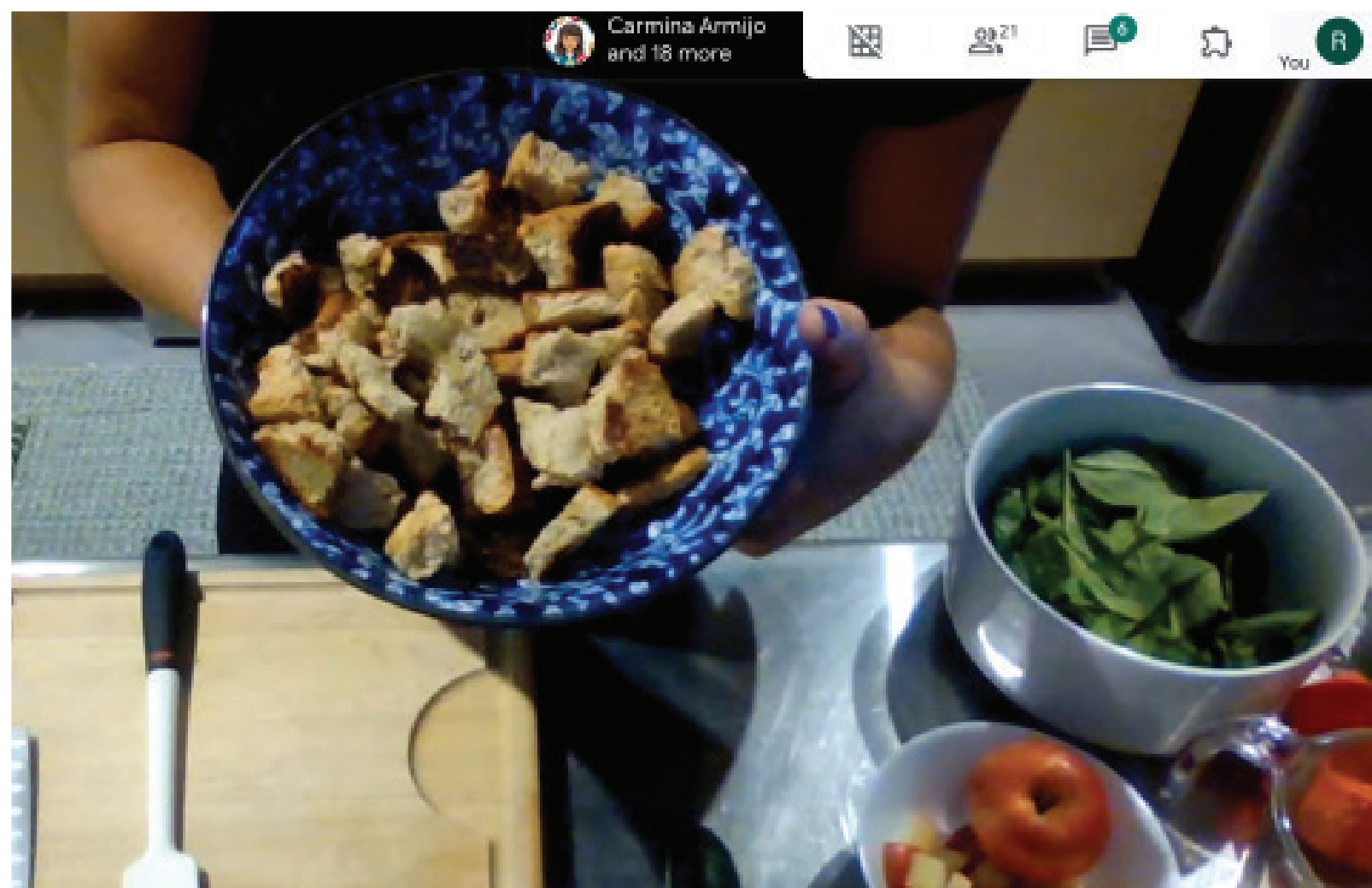
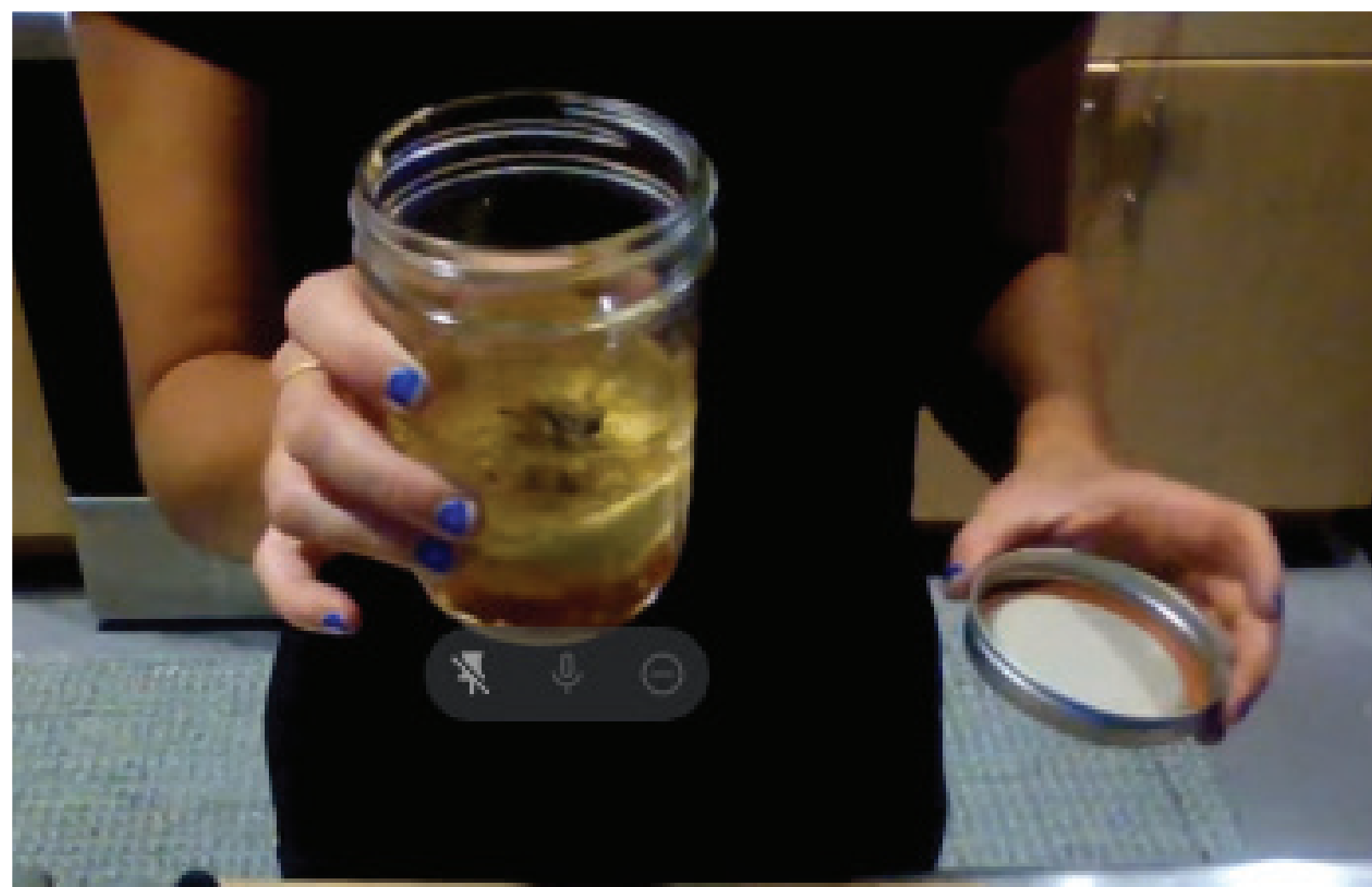
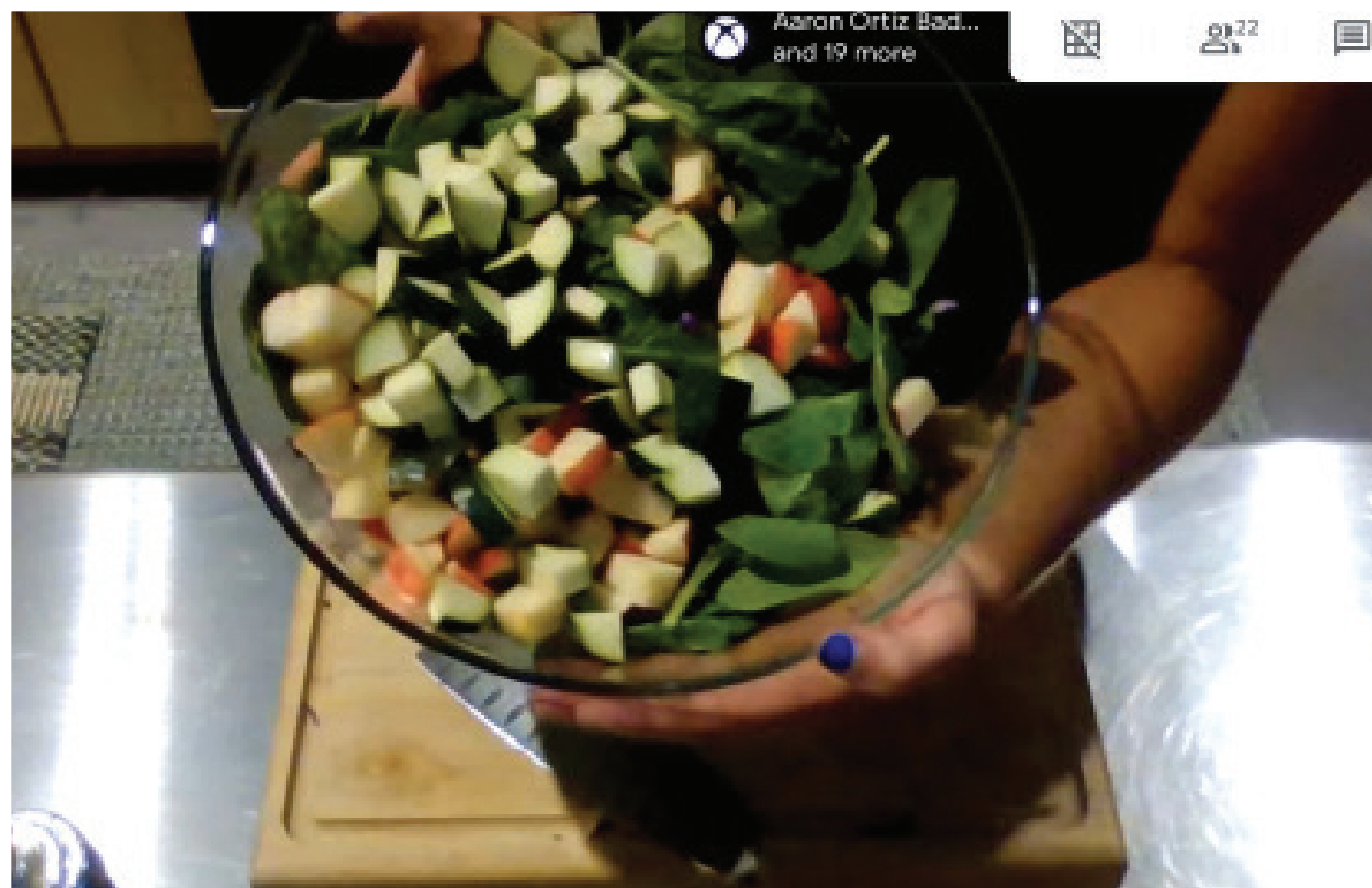
Committed to hands-on learning, Cooking with Kids worked with schools to host monthly Live Online Family Cooking Nights. These events met kids and families in their own kitchens and created a sense of community that we hope to continue into the future!



“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





Curbside Cooking Kits

Cooking with Kids collaborated with 11 schools to coordinate curbside pick-up of Family Cooking Night kits to families who needed assistance getting ingredients.

“Providing the ingredients and taking the time after hours has been amazing for us. Thank you, Cooking with Kids!”

–Parent, Española Public Schools

“Our favorite thing is that the ingredients were provided during COVID and we weren’t expected to make extra trips to the store.”

–Parent, Santa Fe Public Schools





Learning About How Food Grows

Gardening education is a part of Cooking with Kids. We help build and maintain school gardens, and our programs connect kids with farmers and locally grown produce from Northern New Mexico.

This year, local farmers couldn't attend Cooking with Kids classes, so we created some farm field trip videos! These videos were featured in our virtual food literacy classes about farmers and how our food grows.

Cooking with Kids also purchased local food that was distributed to families in cooking kits for Online Family Cooking Nights.



Collaborating Farms

Carrasco Family Farm, *Belen*
Growing Opportunities, *Alcade*
Malandro Farm, *Abiquiu*
Montoya's Orchard, *La Canova*
One Straw Farm, *Dixon*
Rancho La Jolla Farm, *Velarde*

Schwebach Farms, *Moriarty*
Silver Leaf Farm, *Corrales*
Sungreen Living Foods, *Santa Fe*
Vida Verde Farm, *Albuquerque*
Western Family Farms, *La Puebla*



Cooking with Kids: Superchefs

Superchefs volunteer their time and talent in Cooking with Kids classes and school cafeterias, inspiring a new generation of chefs and healthy eaters.

Shane Alexander, *Bishop's Lodge, Auberge Resorts Collection*

James Campbell Caruso, *La Boca*

Noé Cano, *Santa Fe School of Cooking*

Kathleen Crook, *Market Steer Steakhouse*

Jerry Dakan, *SFCC Culinary Program*

Charles Dale, *Dalicious Concepts*

Jen Doughty, *Santa Fe School of Cooking*

Rocky Durham, *Palace Prime*

Renee Fox, *Arable*

David Gaspar de Alba, *Oni*

Josh Gerwin, *Dr. Field Goods Kitchen*

Jeff Kaplan, *Rowley Farmhouse Ales*

Hue-Chan Karels, *Open Kitchen*

Tom Kerpon, *La Posada de Santa Fe*

Mark Kiffin, *The Compound*

Patrick Mares,
Santa Fe School of Cooking

Kim Müller, *B.O.T.H. Consulting*

Ahmed Obo, *Jambo Cafe*

Peter O'Brien, *The Compound*

Annamaria O'Brien, *Dolina*

Fernando Olea, *Sazón*

Cristian Pontiggia, *Sassella*

Marc Quiñones, *Hotel Andaluz*

Martin Rios, *Restaurant Martín*

Fernando Ruiz

Sean Sinclair, *Kin at Castañeda*

Sancho Soeiro, *Dish n' Spoon Catering*

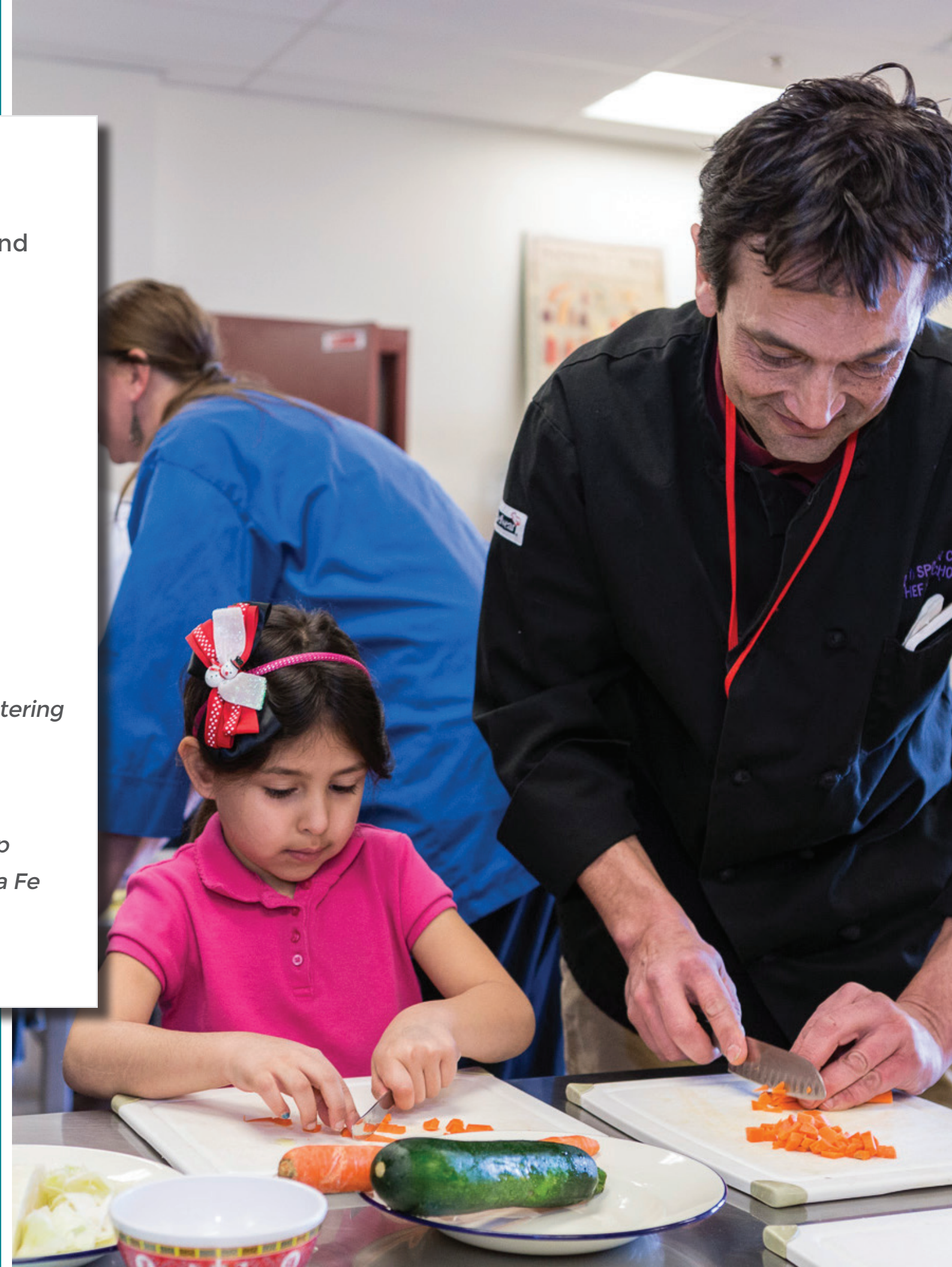
David Sundberg

Johnny Vollertsen,
Las Cosas Cooking School

Kate Wheeler, *Savory Spice Shop*

Joseph Wrede, *Joseph's of Santa Fe*

Carlos Zozaya





Community Partnerships

- 21st Century Community Learning Centers
- Communities in Schools New Mexico
- EPS & SFPS Student Nutrition Services
- Farm to Table New Mexico
- Los Alamos National Laboratory Foundation
- Moving Arts Española
- Museum of International Folk Art
- New Mexico Department of Agriculture
- New Mexico Department of Health: Healthy Kids, Healthy Communities
- New Mexico Farmers' Marketing Association
- New Mexico Public Education Department
- New Mexico United Soccer
- Presbyterian Center for Community Health
- Santa Fe Farmers' Market & Santa Fe Farmers' Market Institute
- Santa Fe Food Policy Council
- Young Voices of the Santa Fe Opera



New Mexico's SNAP-Ed Network

Cooking with Kids receives funding from USDA's Supplemental Nutrition Assistance Program Education - SNAP-Ed. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income.

We are part of a larger state-wide network in New Mexico that includes the following SNAP-Ed agencies and organizations:

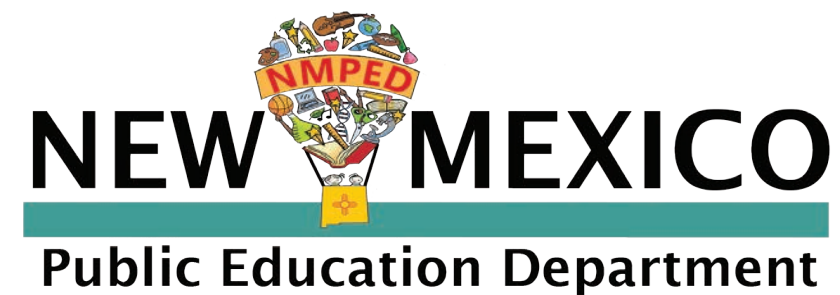
- New Mexico Human Services Department
- New Mexico State University Cooperative Extension Service
- New Mexico Department of Health
- University of New Mexico Prevention Research Center
- Kids Cook!
- Las Cruces Public Schools



Exciting Extras and Partnerships

- Over the past year, educators and families from 48 states, Puerto Rico, and Canada have downloaded resources from cookingwithkids.org, including fruit & vegetables tasting lessons and downloadable cooking lessons.
- Community cooking classes: Presbyterian Healthcare Services and Cooking with Kids continued their partnership this year, providing free online cooking classes for families.
- Lunar New Year celebrations with food and art: The Museum of International Folk Art teamed up with Cooking with Kids to offer two online cooking nights for families at Nava Elementary in Santa Fe and Pablo Roybal Elementary School in Pojoaque.
- Special Presentations: Cooking with Kids was invited to present at a nationwide USDA webinar on our experience with adapting hands-on nutrition education programs to the online world. Over 1,000 virtual participants attended, several of whom reached out to request follow-up presentations.
- Statewide Launch of Nuevo Thursdays: Cooking with Kids collaborated with New Mexico Public Education Department's Farm to School program to develop statewide cafeteria-based promotional and educational campaigns for New Mexico grown foods.
- Young Voices of the Santa Fe Opera wished Cooking with Kids a happy 25th with a very special hand-washing song! Our students enjoyed cleaning up with a time-honored tune from Georges Bizet's "Carmen" and these talented young performers.

I tried something
nuev=



THE
SANTA FE
OPERA



Grant & Foundation Supporters

USDA Supplemental Nutrition Assistance Program-Education (SNAP-Ed) through the NM Human Services Department

New Mexico Department of Agriculture Specialty Crop Block Grant

City of Santa Fe Children and Youth Commission

Española Public Schools (EPS) and Santa Fe Public Schools (SFPS)

Los Alamos National Laboratory Foundation

Morgan Stanley Foundation

Presbyterian Center for Community Health

Santa Fe Community Foundation, SFCF Donor Advised Funds & SFCF Hestia Fund

Santa Fe County Youth Education/ Recreation Program Grant

The Santa Fe Downtown Kiwanis Foundation

Smith's Food and Drug Stores

Sprouts Healthy Communities Foundation

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Whole Kids Foundation

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Healthy Futures Society

Created during our 25th anniversary year, the Healthy Futures Society recognizes donors who have made a generous commitment to Cooking with Kids' continued success through outright contributions and planned gifts.

2020-2021 Cornerstone Members

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William Jr. & Georgia O. Akers Private Foundation

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Richard Blakely & Susan Nelson Blakely

Matt Bunkowski

Cliff & Holly Chapman, M.D.

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High Five a Kid Club

Recurring gifts help Cooking with Kids rolling towards a healthy future. The following donors have committed to a monthly, quarterly, or annual contribution to Cooking with Kids:

Nancy Arnosti

Matt Bunkowski

Amber Chu

Robina Courtin

Anna & Paul Farrier

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Carol Johnson

Kristina Martinez & Hayden Rector

Linda & Max Myers

Rachel Shreve & Gene Romero

Jayne Weiske

Gloria Zamora & Bob Shea



25 YEARS
& ROLLING



Financial Report

56% Government Grants
13% Foundation Grants
19% Donations
12% Earned Income Sales & Services

85% Program
9% General & Administrative
6% Fundraising

We are working hard to diversify our income sources and create a sustainable financial future. Every new donation helps!
Thank you!



Cooking with Kids thanks our wonderful individual and business supporters, whose generosity takes many forms—donations, ticket and auction purchases, event sponsorships, and in-kind contributions. Thank you! Other major funders listed on previous page.

\$5,000+

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Enterprise Bank & Trust
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We make every effort to accurately acknowledge all of our supporters. Please let us know if there is anything on this list that needs to be changed. 505.438.0098

Memorial & Tribute Gifts

Anonymous, *in honor of Paul B. Condon*
Theresa Baxley, *in memory of Joyce Klein*
Wanda Bean, *in memory of James Bean*
Jeanne Blanchard, *in honor of Jane Stacey*
Natalie Delvaille, *in honor of Georgia Maryol*
Al DeSimone, *in honor of Matt Bunkowski*
Jane Egan, *in honor of Mary Anne Larsen (2)*
Rae Hoffacker, *in honor of Mary Anne Larsen*
Curt Holmes, *in honor of Johnny Vee and all the other chefs*
Stephen Machen, *in honor of Lynn Walters*
Suzanne Mercado, *in honor of Robert Nachman & Jonathan Berger*
Judith Moir, *in memory of Mom, who said she could never imagine sending a child to bed hungry*
Cheryl Nace, *in memory of Bill McAlpine*
Nancy Palm, *in honor of Evan and Sarah Palm*
James Rudnicki, *in honor of Linda Spingler (2)*
Santa Fe Garden Club, *in honor of Cheryl Alters Jamison*
William Sherrin, *in honor of Karen Sherrin*
Anitra Waldo, *in memory of A. Pauline Fagre*
Robin Weir, *in honor of Robert Spitz*

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in memory of Miles E. Rogers:

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Diamond Investment Group Ltd	Mike Lizotte
Doug and Connie Dorsing	Brian and Theresa Markham
Sakata Gives	Carol Miller
Robert Hart	David Schulze
Kathy Hertneky	Terra Organics, Seeds By Design Inc.
	Michael Wade

In-Kind Contributions

Allegra Printing	Local Flavor
Insight CPA Group	Gabriella Marks Photography
Ideas and People	Robert Nachman
Brad & Belinda Karp	



What started as an all-volunteer effort with just over **200 students** in **2 schools** has grown into an integral part of **18 school communities** in Northern New Mexico, impacting more than **5,000 students every year.**

Together, we are creating a healthy future!





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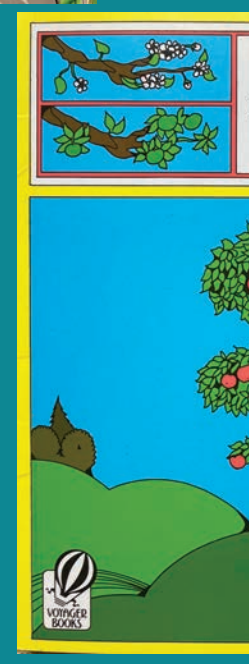
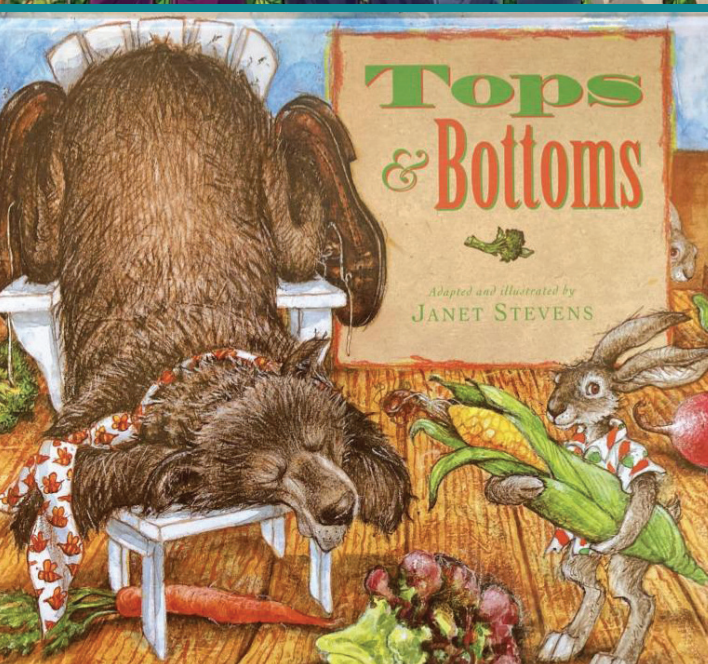
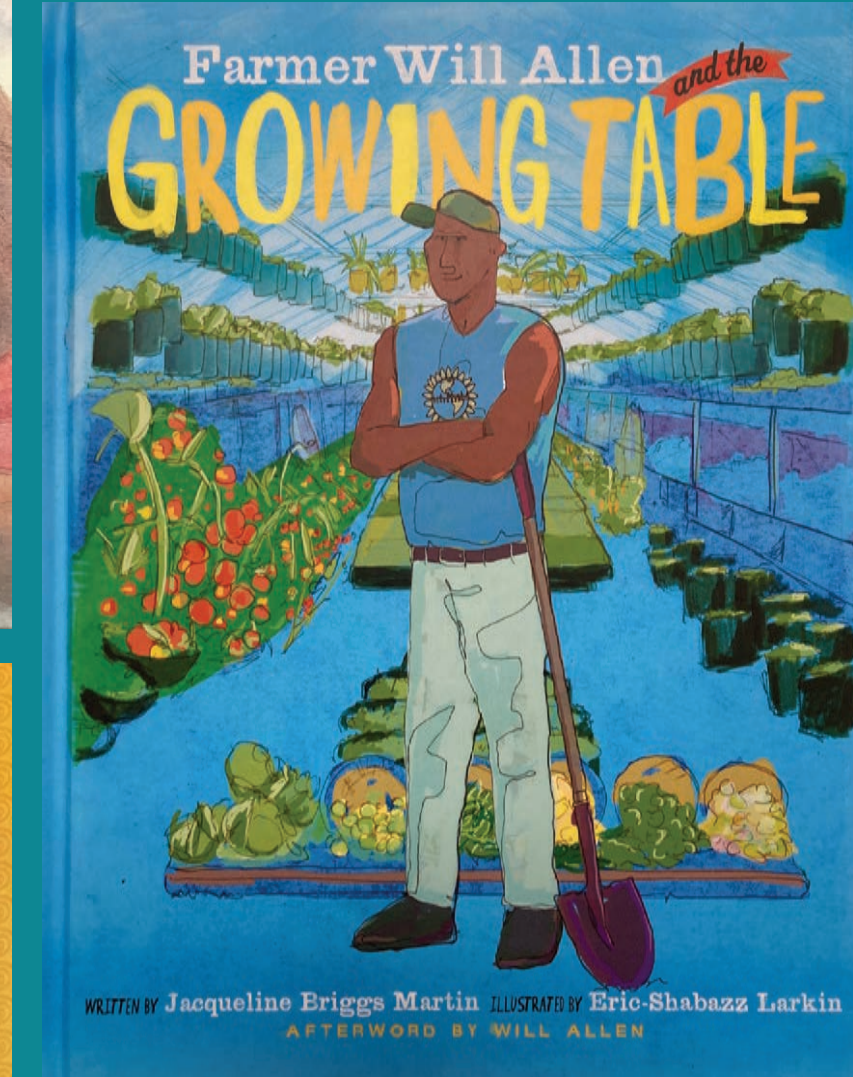
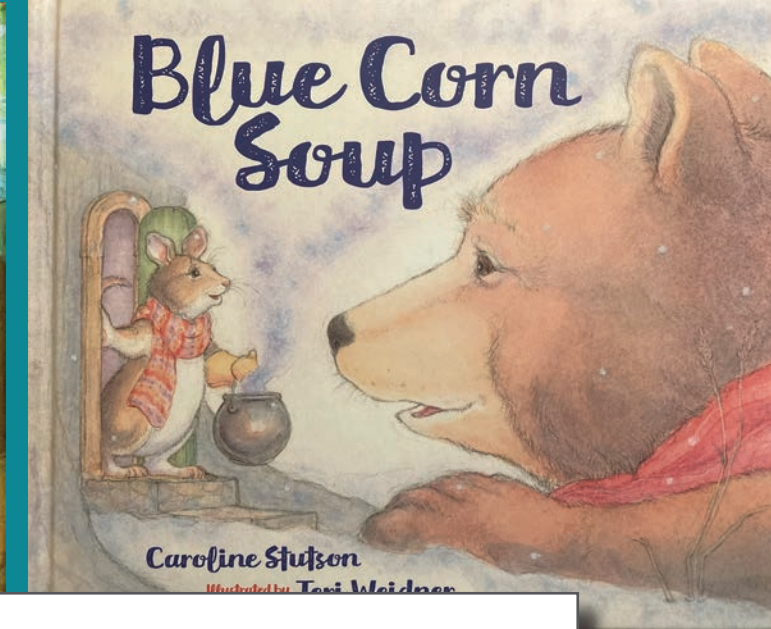
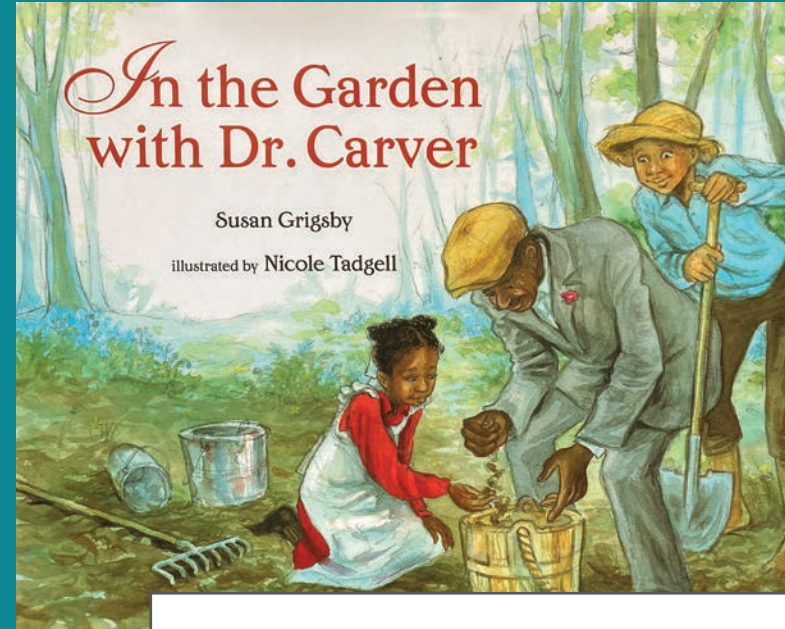
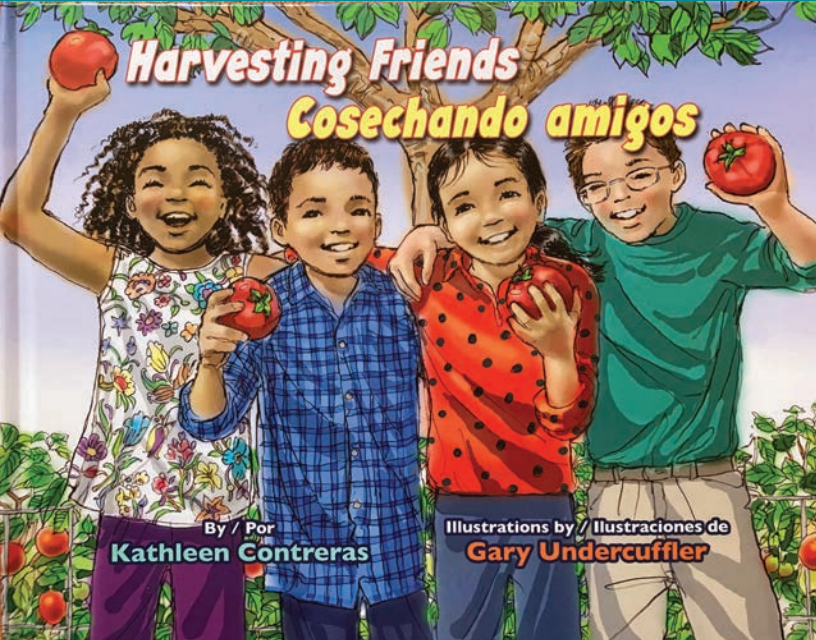
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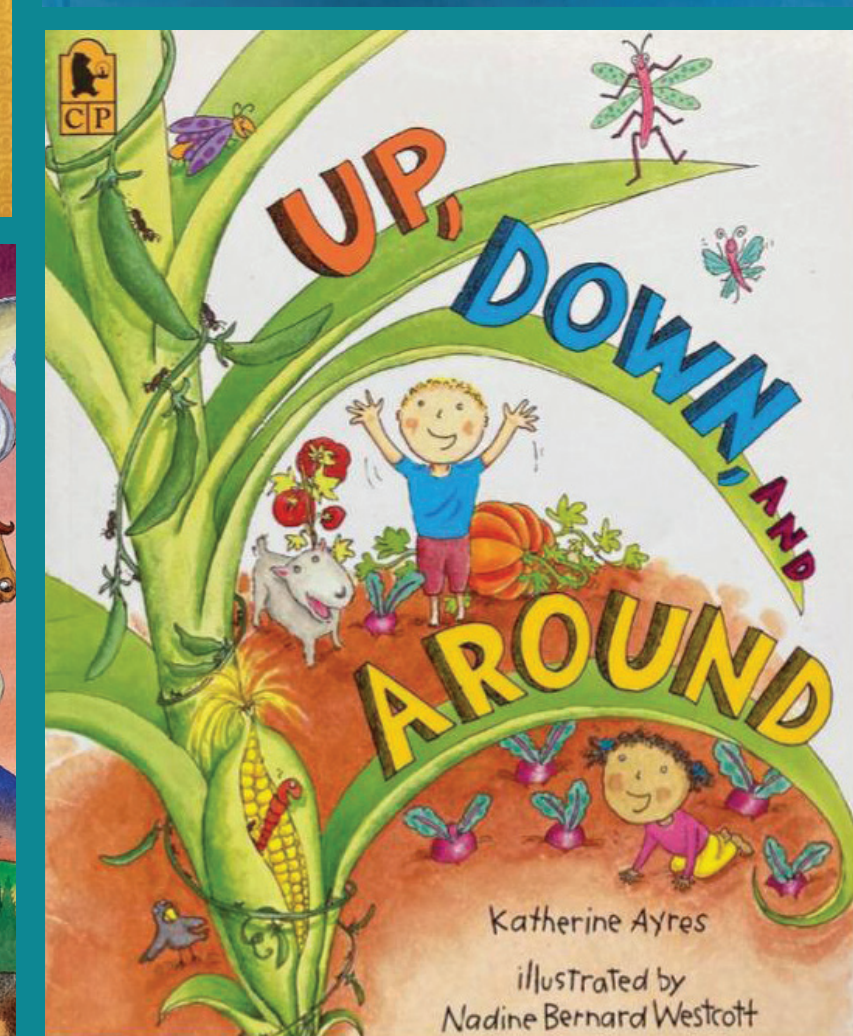
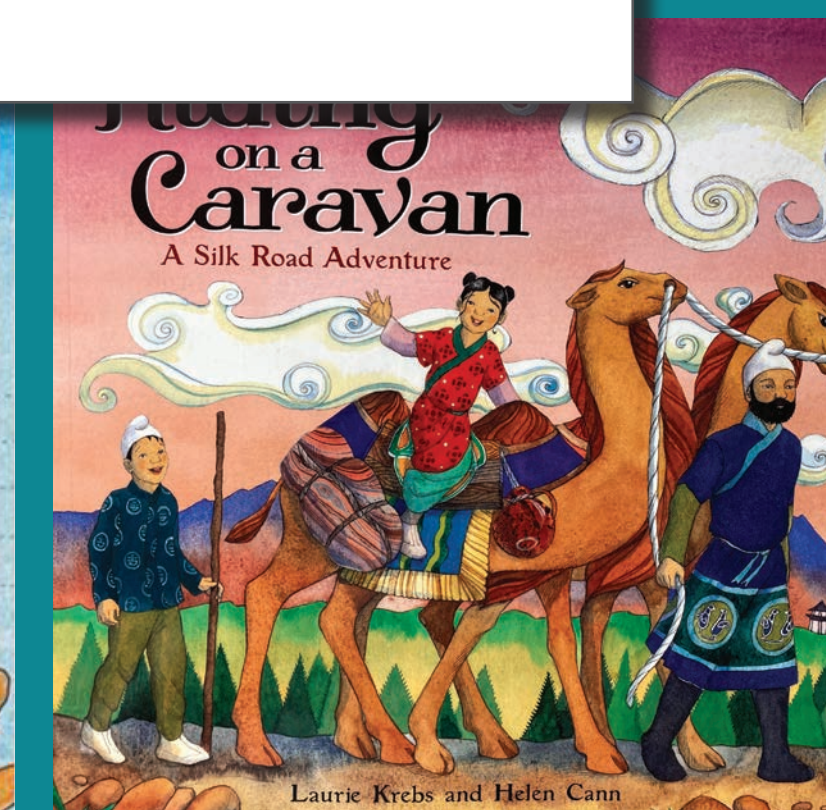
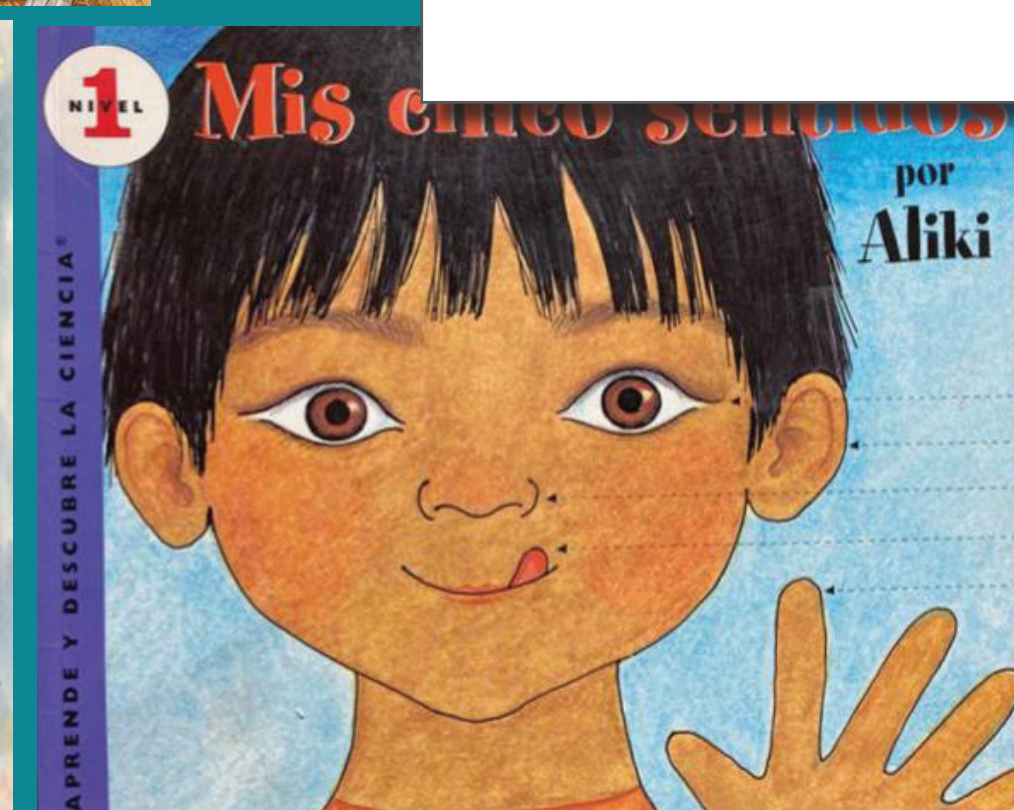
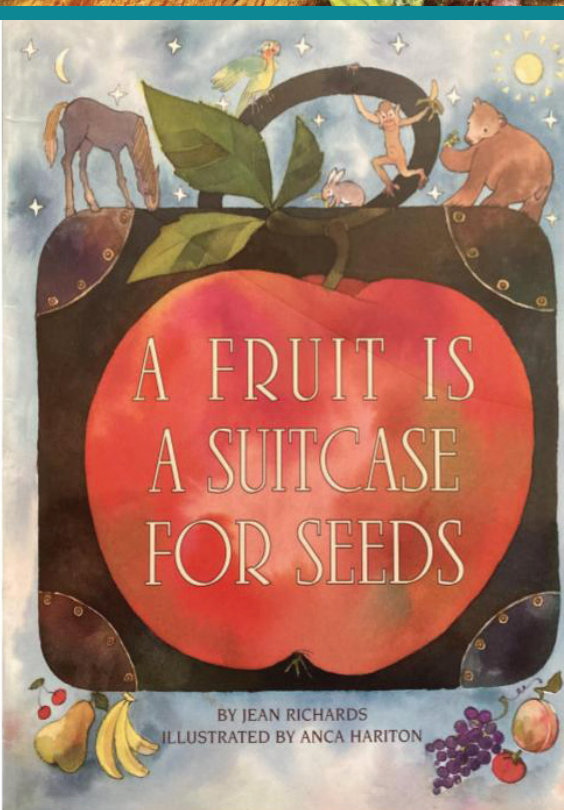
YEARS

& ROLLING



Food Literacy IS Literacy (and a whole lot more!)

Cooking with Kids' alignment with standards? New alignment with the Southern Poverty Law Center social justice standards.





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