



2021-2022 Annual Report

Started in 1995, Cooking with Kids works in school classrooms and cafeterias, providing free-of-cost nutrition education to thousands of 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.

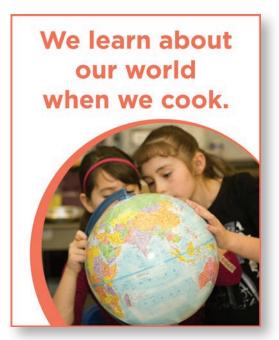
Research shows that Cooking with Kids works! When kids help make healthy foods, they are more likely to eat and enjoy them.

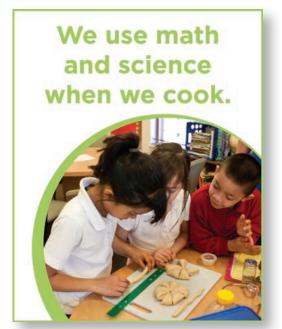




Cooking with Kids educates and empowers children and families to make healthy food choices through hands-on learning with fresh, affordable foods.







2021-2022 Overview

Nutrition Education Classes

Cooking with Kids returned to in-person programming this year with adapted lessons to accommodate pandemic protocols in schools. Our on-site educators worked double-duty to make classes as hands-on and safe as ever for their students, navigating several rounds of COVID school closures, the absence of our beloved classroom volunteers, and other pandemic protocols.

Online Family Cooking Nights

Developed during the 2020-2021 virtual learning school year, Live Online Family Cooking Nights are now a part of Cooking with Kids regular programming. During the 2021-2022 school year, online family cooking nights served as a vital connection to our families, who were not permitted in schools as volunteers due to pandemic restrictions.

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.

Fruit & Vegetable Cafeteria Promotions

Cooking with Kids supported a new statewide farm-to-school initiative called "Nuevo Thursdays" by offering samples of fresh, local fruits and vegetables in school lunchrooms.

NEW Middle School Food Lab

Cooking with Kids created a new STEM-based cooking curriculum for middle school students. Lessons were piloted at several Santa Fe Public Schools.





Participating Schools

Cooking with Kids: Rio Arriba

Abiquiu Elementary School

Alcalde Elementary School

Chimayo Elementary School

Dixon Elementary School

Hernandez Elementary School

Tony E. Quintana Elementary 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

Nina Otero Community School

Salazar Elementary School

Sweeney Elementary School

Turquoise Trail Charter School

2021-2022 At a Glance

1,606 Hands-on Nutrition Education Classes with 4,492 students in 18 school communities in Rio Arriba & Santa Fe Counties

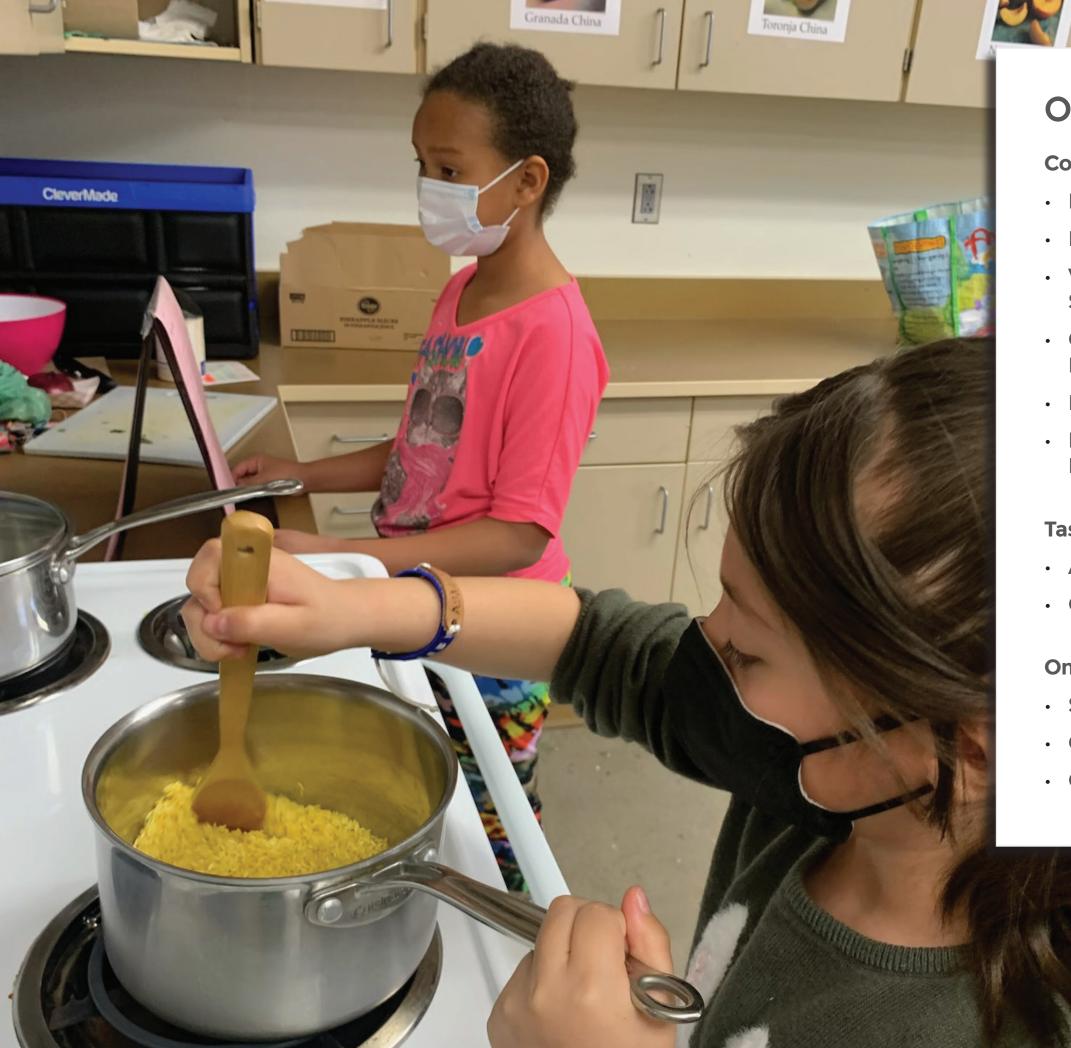
518 Cooking kits delivered to families for use during 30 Online Family Cooking Nights in 19 school communities in Rio Arriba & Santa Fe Counties

259 Middle school students participated in 5 NEW CWK Food Lab lessons









On the Menu

Cooking Classes

- Local Melon Tasting
- New Mexico Harvest Soup
- Vegetable Tamales with Red Chile Sauce
- Cuban Beans, Yellow Rice, and Pineapple-Banana Salad
- Potatoes Persillade
- Local "Edible Plants" Salad with Creamy Lime Dressing

Tasting Classes

- Apple Tasting
- Grape & Raisin Tasting

Online Family Cooking Nights

- Stovetop Pizza
- · Cuban Beans & Yellow Rice
- Chinese American Fried Rice





Online Family Cooking Nights

Online family cooking nights engage the entire family and provide a safe way for kids to explore and prepare new, healthy foods in their own kitchens. Whether in the classroom or at home in the kitchen, the presence and participation of other family members reinforce what kids are learning in CWK classes and support families in their efforts to create new and build upon existing healthy eating habits.

During the 2020-2021 year of virtual learning, these events created a sense of community with such success that we have included them this year as part of CWK's regular programming. We also continued to provide free ingredient kits that families could easily reserve online prior to the event.



CWK educator Mariela Rodriguez preps for an online family night.

"Our chef instructor Mariela was amazing! We learned chopping techniques, she was so upbeat, and kept it fun all the way through! The ingredients were fresh, delicious, and our entire family had so much fun!"

-Parent, Santa Fe Public Schools

"This is such a great program, thank you for all your efforts..... and ingredients!!!"

-Parent, Española Public Schools

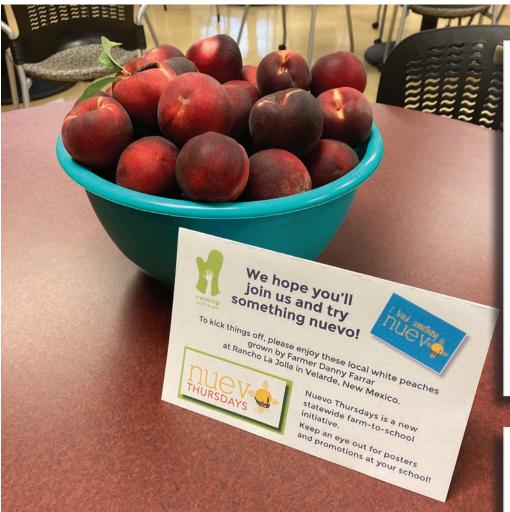
"We really have enjoyed Cooking with Kids; it has taught us to cook with different recipes and methods."

-Parent, Española Public Schools











Cafeteria Promotions

- Local apples
- Local stone fruits
- Rainbow carrots
- Sugar Snap Peas
- Carrots & Hakurei Turnips
- Cherries

Summer Programs

- Fruit Smoothies
- Watermelon Pizza
- Coconut Rice Balls
- Hummus and Flatbread
- Black Bean Tostadas
- Stovetop Pizza
- Sunset Salsa
- Salsa Competition (older grades)







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, our first cooking lesson featured LOTS of locally-sourced ingredients as kids made a New Mexico Harvest Soup with carrots, celery, tomatoes, zucchini, yellow squash, potatoes, pinto beans, blue corn meal and (of course!) green chile. We also wrapped up the year with a locally-sourced salad tasting that used nearly HALF A TON of local produce!

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

Collaborating Farms

Bar Starr Family Gardens, Los Lunas
Black Dog Farm, Belen
Carrasco Family Farm, Belen
El Guique Farm, El Guique
Evelyn's Farm, Española
Frog Level Farm, Belen
Green Tractor Farm, La Cienega
Ground Stone Farm, Nambé
Growing Opportunities, Alcalde

Malandro Farm, Abiquiu
Mendez Produce, El Guique
Montoya Orchards, La Canova
One Straw Farm, Dixon
Orozco Farm, Española
Rancho La Jolla, Velarde
Rancho Llam, Velarde
Red Doc Farm, Belen
Sandia Sunrise, Los Ranchos

Schwebach Farms, *Moriarty*Shy Ky Farms, *Socorro*Silver Leaf Farms, *Corrales*Sungreen Living Foods, *Santa Fe*Tony's Farm, *Española*Wagner Farm, *Corrales*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, Just the Best James Campbell Caruso, La Boca Noé Cano, Santa Fe School of Cooking Kathleen Crook. Market Steer Steakhouse Sllin Cruz. Geronimo Jerry Dakan, SFCC Culinary Program Charles Dale, Dalicious Concepts Jen Doughty, Santa Fe School of Cooking Rocky Durham, Chef at Large Philip Castaneda, Arable Rebecca Freeman, The Club at Las Campanas 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* Dale Kester, Santacafé Mark Kiffin, The Compound Russell Johnson, Kids Kitchen Jacob Judd, The Club at Las Campanas Patrick Mares, Santa Fe School of Cooking

Kim Müller, B.O.T.H. Consulting Ahmed Obo, Jambo Cafe Peter O'Brien Annamaria O'Brien. Dolina Fernando Olea, Sazón Cristian Pontiggia, Sassella Marc Quiñones, Hotel Andaluz Martin Rios, Restaurant Martín Fernando Ruiz, NANDOLLC Sean Sinclair. Kin at Castañeda & Legal Tender Sancho Soeiro, Dish n' Spoon Catering David Sundberg, Santa Fe Farmers' Market Institute Oscar Valtierra. Santa Fe Public Schools Student Nutrition Johnny Vollertsen, Las Cosas Cooking School Kate Wheeler, Savory Spice Shop Joseph Wrede, Joseph's of Santa Fe Carlos Zozaya





Superchef Philip Castaneda participated in Cooking with Kids during elementary school!



A PRESBYTERIAN

















Community Partnerships

- 21st Century Community Learning Centers
- Communities in Schools New Mexico
- EPS & SFPS Student Nutrition Services
- New Mexico Grown Coalition
- Los Alamos National Laboratory Foundation

FOUNDATION

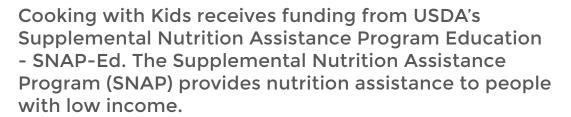
Investing in Learning & Human Potential

Meow Wolf

- 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

- Presbyterian Center for **Community Health**
- Santa Fe Farmers' Market & Santa Fe Farmers' Market Institute
- Santa Fe Opera

New Mexico's SNAP-Ed Network





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



FARMERS'



MARKET.





Exciting Extras and Partnerships

- Just this past year, educators and families from 35 states, Australia, Bolivia, Colombia, Ecuador, France, India, Mexico, Portugal, and Vietnam have downloaded resources from cookingwithkids.org, including cooking lessons and fruit & vegetables tasting lessons.
- Thanks to a collaboration with the Museum of International Folk Art, students learned about Cuba and the Caribbean through art and food. After cooking up a flavorful batch of Cuban Beans and Yellow Rice, kids crafted their own Sailors' Valentines, which is an art form that appeared during the late 18th and early 19th century.
- Statewide Launch of Nuevo Thursdays: Last year,
 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. We helped launch this initiative
 in Española and Santa Fe Public Schools this year
 and provided training for other communities during
 a state-wide presentation at the July 2021 Healthy
 Kids Healthy Communities Virtual Conference.





As part of our Cuban Beans classes, students made their own Sailors' Valentine, which sailors in the Caribbean would often give as a token to their loved ones after a long voyage at sea.









Presbyterian Collaboration

Presbyterian Healthcare Services and Cooking with Kids continued their partnership this year, adding a collaboration with the Santa Fe Farmers' Market Del Sur, now located at the Presbyterian Santa Fe Medical Center. During the Summer 2021 Tuesday markets, Cooking with Kids provided a demo table featuring simple recipes made with fruits and vegetables from the market.

The September 2021 Chef Showdown brought this fruitful season to a close with participating chefs and teammates from Big Brothers Big Sisters. Using the required ingredient of local potatoes, the chefs selected other available produce from the market and prepared unique dishes for market-goers to sample and vote for their favorite.

Chef Showdown Participants (Clockwise from top left): CWK Superchef Ahmed Obo, Jambo Café; Chef Jackie Gibbs, Santa Fe YouthWorks; Chef Dr. Randall Correia, Presbyterian Santa Fe Medical Center; CWK Chef/ Educator Mariela Rodriguez, El Camino Real Academy













The Cooking with Kids 'BIG little Project'

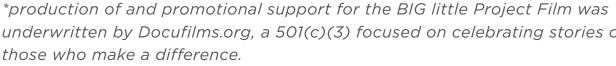
The Cooking with Kids 'BIG little Project' started in early 2020 as an exciting collaboration with photographer Gabriella Marks and creative director Robert Nachman. From the very beginning, it has served as a brilliant visual metaphor for Cooking with Kids' mission, capturing the joyful and essential role grown-ups play in helping kids develop healthy relationships with food.

In October 2021, Cooking with Kids hosted the official launch of The Cooking with Kids 'BIG little Project' at the Center for Contemporary Arts in Santa Fe, New Mexico. The event included a photography exhibit and short film* featuring a number of local Superchefs and the "littles" in their lives.

As Cooking with Kids continues to grow, so too will this inspiring visual story-telling project, serving as a promotional campaign to encourage adults to cook with the kids in their lives. We also hope it will help to serve as a way to find underwriting sponsorship for Cooking with Kids to share all of our nutrition education resources for free with educators around the state, the nation, and the world.

The BIG little Project has inspired us with heart-warming moments focused around food and cooking and brings home the message that kids everywhere need and benefit from positive experiences with healthy food.

underwritten by Docufilms.org, a 501(c)(3) focused on celebrating stories of those who make a difference.













Visit cookingwithkids.org to watch the film and view the photo gallery.

a production by Cooking with Kids, Inc. and Docufilms



Being little has never been so BIG.

Cooking with Kids 2021-2022 Staff

Anna Farrier, Executive Director Bethany Muller, Program Director Rachel Shreve. **Communications Director** Jane Stacey, Special Projects Lily Sheridan, Farm to School Coordinator Linda Apodaca, Educator Keegan Crumpacker, Educator Jen Doughty, Educator Kiana Estevez. Educator Arella Hordyk, Educator Ranjit Khalsa, Educator Skye MacCallum, Educator Tania Marines, Educator Cathy Rey Montoya, Educator Clare Price, Educator Suzy Reeder, Educator Mariela Rodriguez, Educator Petra Velarde. Educator

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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 & Youth Commission

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Santa Fe County Youth Program Grant

The Santa Fe Downtown Kiwanis Foundation

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Sprouts Healthy Communities Foundation

United Natural Foods, Inc. Foundation

United Way of Central New Mexico







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.

2021-2022 Cornerstone Members

Anonymous (1) Jan Avent & Dave Rossetti Donald Banas William Jr. & Georgia O. Akers Private Foundation Wanda Bean Lawrence & Suzanna Becerra Richard Blakely & Susan Nelson Blakely Michael Campbell & Paul McKittrick Cliff & Holly Chapman, M.D. Venerable Robina Courtin Charles Dale & Leigh Moiola Pamela & Michael Druhan Barbara Goede Margaret Hoban Ruth Hogan Sarah Jackson Alan Jones & Jennifer Berkley

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Wild Birds Unlimited Santa Fe





























High Five a Kid Club

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Nancy Arnosti
Nick Barral
Alison & Phil Brushaber
Matt Bunkowski
Amber Chu
Venerable Robina Courtin

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

Anna & Paul Farrier
Jennifer Fresquez
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Margaret Hoban
Carol Johnson
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Linda & Max Myers Annette Rubino-Buckley Rachel Shreve & Gene Romero Jayne Weiske Gloria Zamora & Bob Shea





Kristina Martinez & Hayden Rector

Paul Rice & Laurence Sloman

Gloria Zamora & Bob Shea



Financial Summary: July 1, 2021 - June 30, 2022

Income

47% Government Grants

29% Donations & Fundraising Events

11% Foundation Grants

13% Earned Income Sales & Services

Expenses

85% Program

9% General & Administrative

6% Fundraising



Cooking with Kids, Inc. earned the Guidestar Platinum Seal of Transparency!

Detailed Cooking with Kids, Inc. financial documents are available at guidestar.org

We are working hard to diversify our income sources and create a sustainable financial future. Every 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 are listed on previous pages.

\$10.000+

William Jr. & Georgia O. Akers Private Foundation Las Campanas Community Fund Plaza Cafe Santa Fe Santa Fe Wine & Chile Fiesta

\$5,000 - 9,999

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\$500 - 999

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Memorial & Tribute Gifts

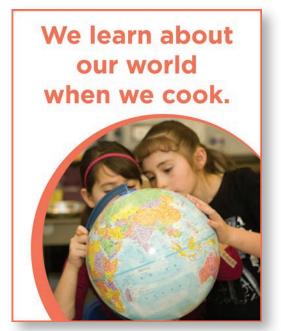
Anonymous, in memory of Brian Markwalter Nancy Arnosti, in memory of Connie Arnosti Bob & Maria Borden, in memory of Beatriz Mack-Chuinard Elizabeth Brodersen, in honor of Caresa Summers & Nathaniel Zinn Connie & Doug Dorsing, in memory of Miles Rogers Janet & Carlos Gallegos Jr., in honor of Carlos Gallegos & Chantal Chavez Fannie & Ben Gilligan, in memory of Mimi Gail Katherine Hertneky, in memory of Miles Rogers Sarah Jackson, in memory of John Jackson Rabbi Berel Levertov. in honor of Devorah Levertov Jeffrey Malloy, in honor of Caresa Summers & Nathaniel Zinn Brian & Theresa Markham, in memory of Miles Rogers Susan & David Mercado, in honor of Robert Nachman & Jonathan Berger Nancy Palm, in honor of Evan & Sarah Palm Prull Custom Builders, in memory of Betty Prull & Gloria Vevoda William Sherrin, in honor of Karen Sherrin Leslie & Nat Shipman, in honory of the Stacey-Dangler Family Julie Snodgrass, in honor of Cheryl Alters Jamison Janna Stone, in honor Jacqueline Alvarez The Compound Restaurant, in honor of Chef Mark Kiffin Edward & Susan Toll, in honor of Mollie Toll True Leaf Market, in memory of Miles Rogers Robin Weir, in honor of Robert Spitz Helen Yuen, in honor of Kelsey Fong

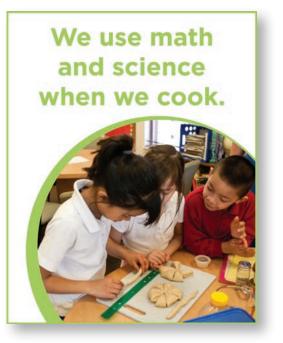
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Market Steer Steakhouse
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Robert Nachman Creative Design
Elsa Ortiz Online
Palace Prime
Santa Fe School of Cooking
Santacafé
Sassella
Sazón







When kids are healthy and successful in school, everybody wins.

Together, we are creating a healthy future!









cookingwithkids.org