



2022-2023 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.

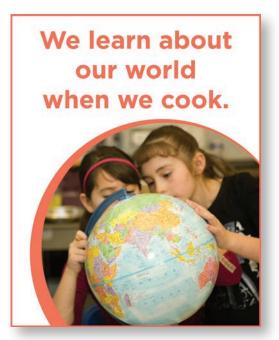
Research shows that Cooking with Kids works! When kids help make healthy foods, they are more likely to eat and enjoy them.

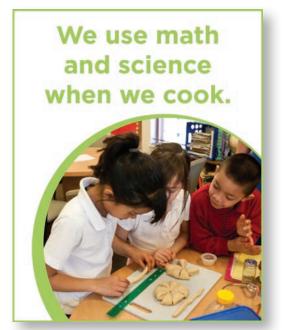




Cooking with Kids educates and empowers children and families to make healthy food choices through hands-on learning with fresh, affordable foods.







2022-2023 Overview

Nutrition Education Classes

Hands-on cooking and tasting classes are the heart of Cooking with Kids programming, We were excited to welcome family volunteers back into the classroom on a regular basis this year!

- Online Family Cooking Nights & Family Cooking Kits
 Cooking with Kids offered Live Online Family Cooking Nights in Fall 2022 and was able to offer free ingredient kits to families who needed assistance in order to participate in the family cooking nights.
- In-Person School Events

At the request of school principals, CWK shifted back to in-person family engagement events at our schools and provided hands-on activities at school-based events, including Harvest Festivals, Cultural Heritage Nights, Math & Literacy Nights, Heart Health Events, Family Movie Nights, and Field Days.

- Fruit & Vegetable Cafeteria Promotions

 Cooking with Kids continued to support a statewide farm-to-school initiative called "Nuevo Thursdays" by offering samples of fresh, local fruits and vegetables in school lunchrooms.
- Middle School Food Lab
 Cooking with Kids implemented a newly-created STEM-based cooking curriculum for middle school students 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
Ohkay Owingeh Community 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
Nava Elementary School
Nina Otero Community School
Nina Otero Community School
Piñon Elementary School
Pojoaque Intermediate School
Salazar Elementary School
Turquoise Trail Charter School

2022-2023 At a Glance

1,646 Hands-on Nutrition Education Classes with 5,461 students

in 23 school communities in Rio Arriba & Santa Fe Counties

1,800+ Family Volunteer Hours

173 Summer Cooking Classes with 974 students in 13 school communities

710 Tasting Kits delivered to student classrooms and afterschool programs

127 Cafeteria Promotions

17 Virtual Family Cooking Nights and 15 additional school-based events

150 Middle School students participated in CWK Middle School Food Lab lessons









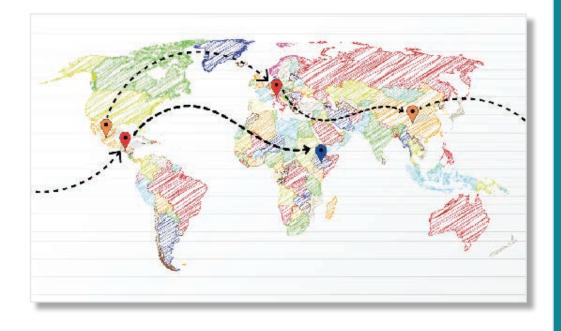
Students are explorers in Cooking with Kids!

Exploring foods from different countries and cultures allows kids to make connections about the things they have in common with people from other parts of the world. Kids are quick to point out how much lentils and injera flatbread look like black beans and corn tortillas!

Using similar ingredients in different ways also helps kids discover their likes and dislikes. One student might like the fresh tomatoes of salsa fresca, while another student prefers cooked tomatoes in the sauce for fettuccine.

Culinary Destinations

- Celebrating New Mexico's Harvest:
 Sunset Salsa with Local Sweet Peppers
- Mexico: Black Bean Tostadas with Salsa Fresca
- Italy: Green & White Fettuccine with Tomato Basil Sauce
- China: Vegetable Fried Rice and Sweet & Sour Cucumbers
- El Salvador: Pupusas with Curtido and Salsa Roja
- Ethiopia: Berbere-Spiced Lentils with Injera Bread







Summer Programs

- Infused Water
- Mint Exploration: Mint Tea & Melon Mint Salad
- Blue Corn Griddle Cakes
- Vegetable Sushi
- · Llapingachos with Red Chile Sauce

Tasting Classes

- Seed Tasting: Pumpkin Seeds, Sunflower Seeds, Parched Corn
- Citrus Tasting: Grapefruits, Clementines, Kumquats, Cara Cara & Blood Oranges

Cafeteria Promotions

- Local Cherry Tomatoes
- Citrus Salad Dressing
- Pumpkin & Sunflower Seeds
- · Creamy Lime Salad Dressing
- Local Sunflower Sprouts
- Sugar Snap Peas
- Pop-up "Farmers' Market" Stands with a variety of fresh produce from local farms!







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 local sweet peppers and cherry tomatoes in a colorful "Sunset Salsa" that also included locally grown jalapeños, red onions, garlic, and cilantro. Plus our cafeteria promotions frequently highlight locally grown produce, especially our pop-up "farmers' market" stands during the summer that offer kids a variety of local produce, such as carrots, apricots, cherries, and sugar snap peas.

Collaborating Farms

Alcantar Farm, Española
Carrasco Family Farm, Belen
Casa Fresco Farm, Albuquerque
Malandro Farm, Abiquiu
Mendez Produce, El Guique
Montoya Orchards, La Canova

North Valley Organics, Albuquerque
Rancho La Jolla, Velarde
One Straw Farm, Dixon
Shy Ky Farms, Socorro
Silver Leaf Farms, Corrales
Sungreen Living Foods, Santa Fe
Vida Verde Farm, Albuquerque









Program Highlight: New Pupusas Unit

In El Salvador, pupusas are recognized as the national dish! Made from a simple corn-based dough, pupusas are often filled with beans, cheese, meat or vegetables and then cooked on a griddle. They are frequently served with a type of pickled cabbage slaw called "curtido" and a blended "salsa roja" made of tomatoes, onions, and chile.

Many kids and family volunteers were proud and happy to see the food and culture of their home country being celebrated and elevated in the CWK classroom. Once again, we're reminded of the wonderful and powerful ways that food brings people together.

"The recipes have opened up new possibilities of what we can make as a family. We made the pupusas together during Spring Break!"

-Parent, Santa Fe Public Schools





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 Philip Castaneda, Arable Kathleen Crook. Market Steer Steakhouse Sllin Cruz. Geronimo Charles Dale, Dalicious Concepts Rocky Durham, Chef at Large Rebecca Freeman, The Club at Las Campanas Josh Gerwin, Dr. Field Goods Kitchen Allison Jenkins, Arroyo Vino Russell Johnson. Kids Kitchen Jacob Judd, The Club at Las Campanas Jeffrey Kaplan, Rowley Farmhouse Ales Hue-Chan Karels, Open Kitchen Tom Kerpon, *La Posada de Santa Fe* Dale Kester, Santacafé Mark Kiffin, The Compound Janet Malcomb, Rancho de Chimayó Patrick Mares, Santa Fe School of Cooking

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Ray Naranjo, Manko



A PRESBYTERIAN















Community Partnerships

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

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

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

- Museum of International Folk Art: This year's
 installment of CWK's multi-year collaboration with
 MOIFA brought the Lunar New Year to life with art and
 food. Elementary students in Rio Arriba and Santa Fe
 Counties celebrated by preparing Chinese American
 fried rice, learning to eat with chopsticks, and crafting
 their own fun and colorful rattle drums. MOIFA
 provided the supplies, lesson plan, and training for this
 integrative art project and great cultural connection.
- 21st Century Extended Day Learning Programs in Rio Arriba and Santa Fe Counties: Cooking with Kids provided training, materials, and produce for programs in 13 schools to lead tasting lessons with over 1,500 kids in afterschool. Students enjoyed learning about pear varieties in the fall and tasted red cabbage, spinach, mixed lettuces, and local sunflower sprouts as part of their salad tasting lesson in the spring.





This summer, Cooking with Kids collaborated with Chef Ray Naranjo, a member of the Santa Clara Pueblo and Odawa tribe, to adapt a Native American-inspired recipe for kids to prepare during summer programs at 13 schools in Rio Arriba and Santa Fe Counties. Chef Naranjo is the chef of Manko, a Native American Fusion food truck in Española, New Mexico. His blue corn griddle cake recipe utilizes historical Pueblo ingredients such as blue corn, agave syrup and popped amaranth and quinoa grains.







Presbyterian & Santa Fe Farmers' Market Partnership

Presbyterian Healthcare Services and Cooking with Kids continued their partnership this year, including a collaboration with the Santa Fe Farmers' Market Del Sur at the Presbyterian Santa Fe Medical Center.

During the Summer 2022 Tuesday markets, Cooking with Kids provided a demo table featuring simple recipes made with fruits and vegetables from the market. Cooking with Kids also participated and helped coordinate several events designed to highlight the market.

Chef Showcase: After such a successful showing a last year's market, the Chef Showcase returned this year, featuring three local chefs teamed with a Big and Little from Big Brothers Big Sisters.

Market goers enjoyed tastings from each team while watching the chefs showcase their skills and techniques with fresh local produce.

Student Nutrition Salsa Showcase: A new, one-of-a-kind event, the Salsa Showcase featured delicious local produce and the salsa-making skills of Student Nutrition staff from Santa Fe Public Schools. These chefs are serious about their salsa!







Photos from the Student
Nutrition Salsa Showcase:
The hard-working and
talented cafeteria staff from
Chaparral Elementary, Atalaya
Elementary, Piñon Elementary,
and El Camino Real Academy
truly made this a showcase to
remember!









The 'BIG little Project' got even BIGGER this year!

Photographer Gabriella Marks and creative director Robert Nachman created a collection of heart-warming photographs that inspired us all—and did a wonderful job of capturing the joyful and essential role grown-ups play in helping kids develop healthy relationships with food. These incredible photographs have inspired an even bigger movement to bring joyful, hands-on learning to children all over New Mexico and beyond.

This year, Cooking with Kids was awarded a MolinaCares grant to help broaden the reach of our nutrition education resources, specifically to residents of New Mexico. In partnership with Molina Healthcare of New Mexico and the

MolinaCares Accord, Cooking with Kids created and launched biglittleproject.org, an online platform that provides lessons, recipes, videos, and inspiration for providing hands-on nutrition education with real food to kids. Thanks to the generosity of MolinaCares, educators and families in New Mexico can download all the resources on the site for free!







These incredible photographs have inspired an even bigger movement to bring joyful, hands-on learning to children all over New Mexico and beyond.

We're excited to share Cooking with Kids'
NEW resource platform: The BIG little Project!



Access lessons, recipes, videos, and inspiration developed by Cooking with Kids over the past 25+ years.

Thanks to the generosity of

Molina Healthcare New Mexico,

New Mexico residents can download ALL resources for FREE!



Start cooking up your BIG little Project today!
biglittleproject.org

The BIG little Project (biglittleproject.org) provides resources created by Cooking with Kids, Inc. to educators and families in an effort to support, facilitate, and nurture experiences where grown-ups and kids explore and cook healthy food together.

Kid everywhere need and benefit from positive experiences with healthy food.

Cooking with Kids plans to keep sharing the message—and adding to the collection of photographs, highlighting not only chefs, but also educators, farmers, family members and volunteers who make time year in and year out to share their knowledge and love of cooking with the children of Northern New Mexico.





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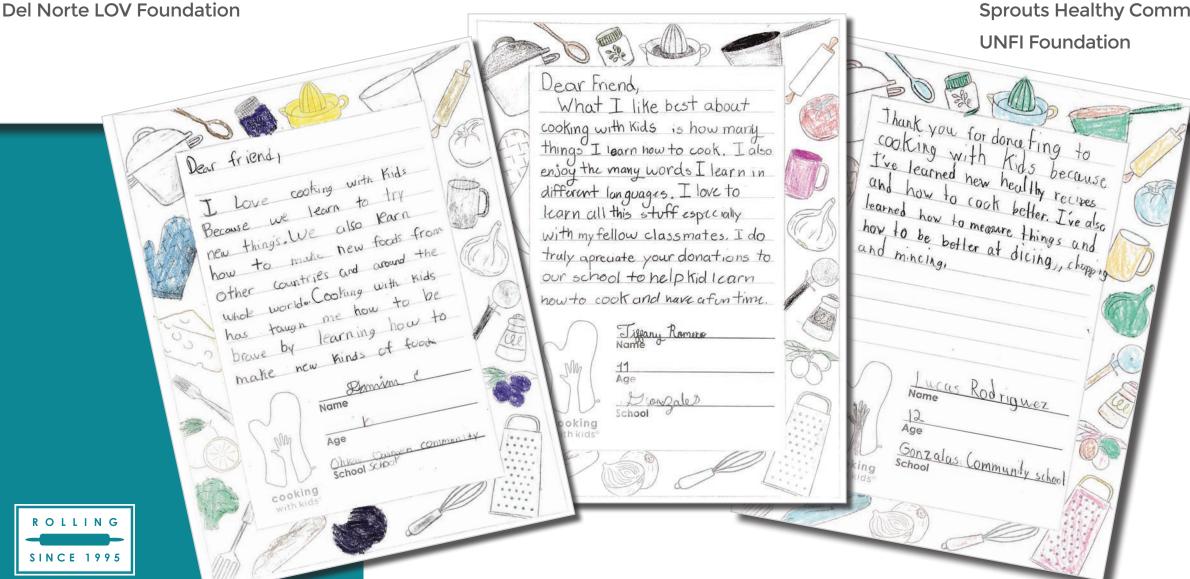
Santa Fe Hestia Fund

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SLB Foundation

Smith's Food and Drug of the Kroger Company

Sprouts Healthy Communities Foundation









Financial Summary: July 1, 2022 - June 30, 2023

Income

47% Government Grants

29% Donations & Fundraising Events

11% Foundation Grants

13% Earned Income Sales & Services

Expenses

77% Program

16% General & Administrative

7% Fundraising

Platinum Transparency **2022**

Candid.

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!







Healthy Futures Society The Healthy Futures Society recognizes donors who have made a generous commitment to Cooking with Kids' continued success through outright contributions and planned gifts.

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Molina Healthcare, Inc. Plaza Cafe Santa Fe Santa Fe Wine & Chile Fiesta

\$5,000 - 9,999

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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.



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Nancy Arnosti
Nick Barral
Alison & Phil Brushaber
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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:

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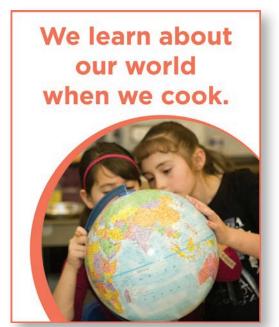
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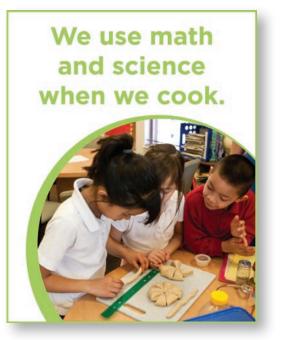
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When kids are healthy and successful in school, everybody wins.

Together, we are creating a healthy future!









cookingwithkids.org