



Summertime Garden-to-Kitchen Connections

This June, kids in summer school programs in Española and Santa Fe are making some exciting garden-to-kitchen connections. CWK educators are leading lessons focused on key gardening principles around water, seeds, soil, and pollination and then connecting those ideas with foods the kids prepare in the kitchen. For example, as part of our “Water is Life” lesson, kids will learn how plants absorb water and then make infused water to hydrate their own bodies!



Cooking with Kids is actively working to support and grow school gardening programs throughout the many school districts we serve!

2023-2024 School Year Overview

**6,500+ students
in 27 school
communities!**

- CWK Programs are going strong in Santa Fe
- We are now in ALL elementary schools in Española Public Schools
- Recent program expansion to Pojoaque and Las Vegas communities have been met with great enthusiasm and success!

What Our More “Seasoned” Tasters Are Saying

It’s not uncommon for a kindergartner to go the entire school year without ever taking a single bite of food in Cooking with Kids. And that’s okay!

It may take time, but allowing kids to choose what they want to taste actually has a positive effect. Here are some things we heard this year from our “seasoned” 5th and 6th graders:

“I tried foods from different places, which I thought I would not like, but did!”

"Even though I made this hummus, I didn't think I was going to like it, but I learned that it takes several times to try a new food, so I bit it seven times and guess what? Now I like hummus!"

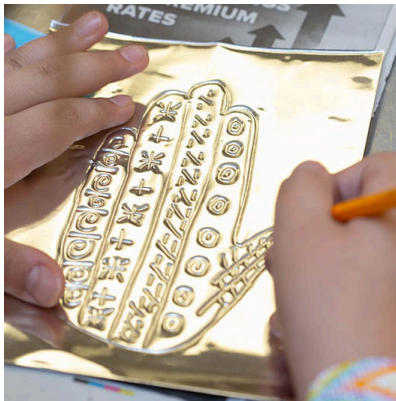


"I have enjoyed so many new foods from around the world and better yet I have become a much braver person. I used to be really picky."



Hummus and Khamsas: A Collaboration with the Museum of International Folk Art

Starting in 2018, Cooking with Kids has partnered with the Museum of International Folk Art to provide an art enrichment activity to deepen kids' cultural connection to the food they are cooking. This year, MOIFA provided supplies and training for students to create "khamsas" as part of our hummus and flatbread unit.



Fifth graders craft personalized khamsas by cutting, imprinting, and adorning heavy duty foil.



Khamsas are hand-shaped amulets or charms that are common in many cultures throughout the Mediterranean region and Western Asia. Depending on how the fingers are positioned, khamsas can symbolize the bringing of good luck (fingers together) or the warding off of negative things (fingers spread).

Below: *Students measure ingredients for sesame flatbread to eat with hummus and tomato cucumber salad.*



Celebrating Cinco de Mayo and Rio Arriba Success

With the recent addition of James H. Rodriguez Elementary, Cooking with Kids programming is now a part of every public-school kid’s education in Española Public Schools throughout Rio Arriba County, as well as students who attend Ohkay Owingeh Community School.

This past Cinco de Mayo, Cooking with Kids gathered with our Rio Arriba friends to celebrate this success and say thank you. We are grateful to all our partners who have helped Cooking with Kids grow and thrive in Rio Arriba over the past eight years! A very special thanks goes to our friends at Moving Arts Española for hosting this gathering!

Funder Spotlight

Thank you to our community supporters!



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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