



Here's to a hearty helping of vegetables...that kids are eating!

This January, kids across northern New Mexico have diced their way through scores of vegetables, filling nearly four hundred pots with delicious **minestrone soup**. It's worth mentioning the sheer amount of vegetables in this particular dish: carrots, celery, zucchini, green beans, onions, tomatoes, and kale—plus a hearty helping of cannellini beans and some whole wheat elbow macaroni.



Maybe it was the chilly weather that had them emptying their bowls and asking for more? Or perhaps these **homemade breadsticks** that made for fun dunking? Probably a little bit of both—plus, of course, the fact that they made the food themselves. Given the research about kids eating foods they've helped make, this is definitely a factor, but if you ask us, knowing the research behind the magic of those empty bowls doesn't make them any less a marvel.

Cooking Class Snapshot: Four Generations Cooking Together



Every year, Cooking with Kids is honored to host hundreds of family volunteers in cooking classes. A recent cooking class at Armijo Elementary in Las Vegas, New Mexico welcomed FOUR GENERATIONS of helping hands —Kindergartner and her mom, plus grandma, and 93-year-old great great grandma (also a retired teacher from West Las Vegas Public Schools!).

We're heading south for the last bit of winter...to make an Ecuadorian dish that's fun to say, fun to make, and fun to eat!



Llapingachos are traditional potato patties from Ecuador, often served topped with a fried egg and a spicy peanut sauce. In years past (since peanuts are a no-go in schools), students have made a **New Mexican red chile sauce** to accompany their llapingachos. The mash-up of two distinct cultures has resulted in a delicious, memorable dish: llapingachos are one

of the foods that former students (now in their thirties!) mention first-thing when reminiscing about Cooking with Kids.

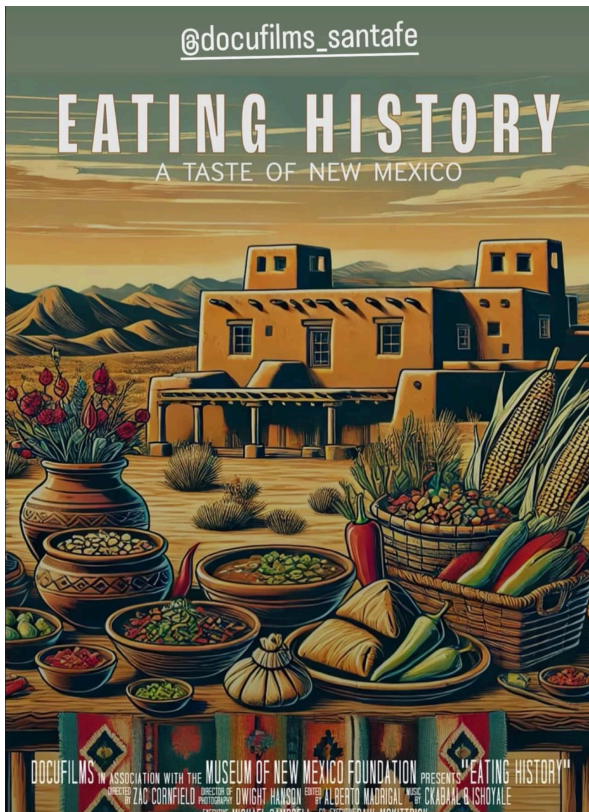


This year, our new program director (a professionally trained chef AND educator!), Taleia Monty, set out to create a more Ecuadorian-inspired sauce to accompany these golden potato patties.

Her **pepita salsa verde** with toasted pepitas, fresh parsley and cilantro offers a milder and protein-packed spin on the traditional Ecuadorian hot sauce, known as "aji criollo".

So far, tiny taste-testers throughout northern New Mexico are grinding up batches and giving it a BIG thumbs up! We are confident that this new pairing will help llapingachos hold its title of "most memorable" for years to come.

Eating History: A Taste of New Mexico is now available to watch!



Created by DocuFilms, director Zac Cornfield, and the Museum of New Mexico Foundation, this beautiful documentary showcases the foods, traditions, and stories that make New Mexico's culinary heritage so unique. Cooking with Kids is honored to have been invited to help tell this amazing story.

Link [HERE](#) to watch the film, view the photo gallery and cast members, and find easy-to-share images to help get the word out on social media. Let's make all New Mexicans hungry to learn about our unique food history!

A Note From CWK Executive Director Anna Farrier

Dear Cooking with Kids Family,

I am writing to let you know that I've decided to start the ball rolling to my retirement as Executive Director of Cooking with Kids. Since my first days of working as a food educator at Sweeney Elementary School over 20 years ago, it has been an honor and a privilege to work for this amazing

organization. I can honestly say that this has been the most fulfilling work I have ever done.

This coming school year marks Cooking with Kids' 30th Anniversary, and we've never been in a stronger position to continue supporting schools, students and families. I feel so confident in CWK's future because of the incredible people that make our work successful—staff, board, donors and partners of all kinds.

Under the direction of the CWK board of directors, the search is underway for my replacement, a person who will uphold Cooking with Kids' mission and sustainably expand our reach throughout northern New Mexico. Many of you have a rich network of professional connections, so we'd appreciate you sharing the job posting ([here's the link](#)). I will continue in my role throughout these coming months of transition, and I look forward to being part of our 30th anniversary celebrations.

Thank you from the bottom of my heart for helping make Cooking with Kids what it is today, and for your support and encouragement all these years.

With gratitude,

Anna Farvin



Funder Spotlight

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