



Thank you for another great school year!

This newsletter is dedicated to all of Cooking with Kids' partners who bring their time and talent to the table to serve kids and families across northern New Mexico. Thank you!

Keep reading to learn more about some of this year's exciting collaborations...

A great big THANK YOU to all our classroom teachers and school administrators who helped bring hands-on nutrition education to more than 7,600 students this school year!



Ms. Nisa (pictured here on left with CWK program director Taleia Monty) participated in Cooking with Kids in Santa Fe, NM when the program first started at César Chávez Community School in 2001!

She is now a first grade teacher at Luis E. Armijo Elementary School in Las Vegas, New Mexico and sharing her love of cooking with the next generation.

2024-2025 OVERVIEW



31 schools

3 counties + 2 tribal communities

7,600 PreK - 8th graders

2,600+ hands-on lessons with healthy foods

950+ family volunteers



2024-2025 SCHOOL PARTNERS

- Española Public Schools
- Kha'p'o Community School
- Las Vegas City Schools
- New Mexico School for the Deaf
- Ohkay Owingeh Community School
- Pojoaque Valley Public Schools
- Santa Fe Public Schools
- Turquoise Trail Charter School
- West Las Vegas Schools



Fan-tastic Flavors: Kids Explore Japan Through Art and Cooking

Cooking with Kids' annual collaboration with the **Museum of International Folk Art** brought the flavors and culture of Japan to life for 7,000+ students across northern New Mexico. After preparing rice bowls seasoned with the Japanese flavors of soy sauce, ginger, nori, and gomasio (a mix of toasted sesame seeds and salt), students crafted beautiful Japanese fans, called "uchiwa".

These traditional fans are used in festivals and celebrations to cool down during hot summers. Classic uchiwa have summer themes like water or flowers, but modern fans feature anime or musical celebrities.



Students fashioned these colorful uchiwa (Japanese fans) with watercolor markers and washi tape. There were no two alike!



Ms. Salazar's 3rd grade class proudly pose behind their uchiwa—a clever way to show off everyone's fans and accommodate missing photo releases.

This spring, third graders from Las Vegas, New Mexico came to MOIFA to explore, cook, and create!

In addition to providing all the supplies and training for CWK educators to lead this activity, MOIFA also opened its doors to third graders from Los Niños Elementary School in Las Vegas, New Mexico. Over the span of two days in late April, four 3rd grade classrooms came to the museum to tour the exhibits, cook **Japanese Rice bowls (view recipe here!)**, and create their own uchiwas in the museum's sunny and spacious atrium.



Left to Right: Third graders prepare bok choy and carrots; MOIFA bilingual educator Kemely Gomez assists a student with attaching a frame to his fan; CWK educator Charmaine Griego reads a story about an American boy who moves to Japan with his family; an eager young chef samples his culinary creation.

Thank you to the Museum of International Folk Art for helping kids deepen their cultural connections with the food they make in Cooking with Kids!

Cooking Up a Delicious Collaboration

Cooking with Kids was recently honored to be named a partner agency for **The Food Depot**, the non-profit organization that provides no-cost, healthy food across nine counties in northern New Mexico. With over 150 food distribution sites and more than 80 partner agencies, the Food Depot's innovative hunger-relief network is focused on free, accessible, healthy food for all.



Cooking with Kids applauds The Food Depot's commitment to innovative programming, nourishing food, and advocating for systems changes. We are excited to partner with an organization that shares our commitment to creating healthier communities.

The Food Depot works to increase food access in all the counties that Cooking with Kids also serves: Rio Arriba, San Miguel, and Santa Fe. As a partner agency, Cooking with Kids now has the ability to order food from The Food Depot. Not all the ingredients for a specific recipe may be available from The Food Depot, but this spring, we were able to order canned corn to add to our Ecuadorian llapingachos and rice to make Japanese Rice Bowls. These kinds of pantry staples are just the beginning of what we can do together!

Nuevo Thursdays at the New Mexico School for the Deaf



This fall, the student nutrition director at the **New Mexico School for the Deaf** reached out to Cooking with Kids with a puzzle. She wanted to cook up some new cafeteria recipes and introduce some new fruits and veggies, fully aware that new dishes in the cafeteria can be a hard sell. Kids (like most of us) stick to familiar foods, especially when making quick choices along a cafeteria line.

The solution? She teamed up with Cooking with Kids to "promote" these new foods on Thursdays as part of CWK's "Nuevo Thursdays" programming. It's a simple marketing concept applied to the least marketed foods out there—fruits and vegetables!

Cafeteria promotions draw fun, cheerful attention to new foods that kids may not have chosen when going through the cafeteria line. Kids get a second chance to engage and choose to try something new—and they frequently do!



"NUEVO" FOODS WE TRIED THIS YEAR:

- Swiss chard
- Melons
- Apples
- Crunchy Cabbage Salad
- Parched Corn
- Watermelon
- Radishes
- Red & Green Mustard Greens
- Dried Fruit
- Asian spinach
- Snap Peas



Example of a table display to promote local honeydew and canary melons. Cooking with Kids provides monthly "Nuevo Thursday" cafeteria promotions in all CWK participating schools.

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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