



Annual Report 2019

Our mission is to inspire kids to eat their vegetables. We teach elementary children in low-income schools cooking, nutrition, gardening, and active play to improve our health, economy, and environment.





Nopales Note from the CEO & Chief Food Genius

I write this letter in a time of national crisis, reflecting on work that has prepared us and our children for this challenge. Pre-COVID, Food Literacy Center was already committed to the principles of public health: rather than waiting until kids are sick, how can we keep them from getting sick in the first place? Eating vegetables is a way to protect kids' health from diet-related diseases, which affect half of all Americans! Last year, we reached 890 kids with critical, hands-on nutrition and cooking education.

Vegetables are a powerful tool! California's Surgeon General called for Californians to maintain a nutritious diet to combat the stress caused by the pandemic. The recession has increased food and nutrition insecurity in our most vulnerable communities. The Black and Brown children we serve are simultaneously experiencing national racism, a form of trauma. Healthy food, when provided with dignity and joy, can heal. Improving food access and repairing a broken food system builds resilience in our communities. Our work has never been more important. We spent the first part of this year pivoting to meet the unique needs of the kids we serve, including online STEM curriculum and recipe box distributions.

I write this with an eye to the future. Our new cooking school, which we broke ground on last fall, will allow us to better serve our children when it opens in late 2021. The commercial kitchen with dry and cold food storage will enable us to feed those without food—and allow local residents to help in the effort. Our student garden and farm will be a public park and outdoor learning area, where traumatized residents and students can be close to nature and begin to heal.

Through this crisis, let's focus on building a better future than the past we just left. I believe that kids and carrots can change health inequities in our communities. Let's make sure they have the tools and training to be successful!

In health,

Amber

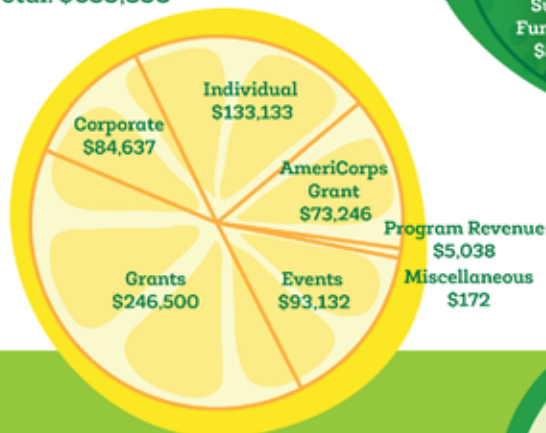
Expense

Total: \$538,058



Revenue

Total: \$635,858



In-kind Contributions:
\$88,344

2019 BOARD OF DIRECTORS

Amber K. Stott, *Founding Executive Director, Food Literacy Center*

Stacey Kauffman, *Board Chair, Entercom*

Nicole Rogers, *Secretary, Nugget Markets*

Elise Bauer, *Treasurer, Simply Recipes*

Erin Alderson, *Naturally Ella*

Erik Johnson, *Sacramento Area Council of Governments*

Liza Kirkland, *Dignity Health*

Sarah Modeste, *KMP Strategies*

Jay Hansen, *Honorary Board Member, California Foundation on the Environment and the Economy*

Greg Lucas, *Honorary Board Member, California State Library*

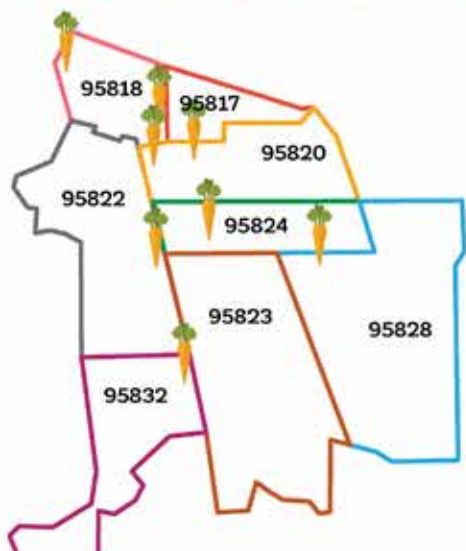
Josh Nelson, *Honorary Board Member, Selland Family Restaurants*



Inspiring Food Adventurers

In 2019-2020, Food Literacy Center continued to provide food literacy to Sacramento City Unified School District schools in South Sacramento.

- 890 students received 14 weeks of FREE food literacy classes
- 513 kids and families served through cooking club, Kids Spring Farmers Market, take-home Veggie STEM Box recipe kits, and fresh produce distributions
- K - 6th graders
- 90-100% on free or reduced lunch programs
- 92% are African American, Hispanic and Asian American
- Majority eat 3 subsidized meals per day in school



- Bret Harte Elementary
- Camellia Basic Elementary
- Ethel Phillips Elementary
- Leataata Floyd Elementary
- Oak Ridge Elementary
- Pacific Elementary
- Susan B. Anthony Elementary
- Woodbine Elementary



102 Volunteers
1,182 Hours

OUR STUDENTS EAT THEIR VEGGIES!

95% fearlessly tasted a new fruit or vegetable each week as Produce of the Day

84% have a positive attitude toward healthy food

VEGGIE OF THE YEAR

Corn, Brien Kuznicki, Executive Chef, Legends at Golden 1 Center

WINNER!

Tomato, Ravin Patel, Executive Chef, Presidio Co.

Squash, Kevin O'Connor, Chef at Large, Cobram Estate

Cauliflower, Nina Curtis, Executive Chef, Adventist Health

Eggplant, Jodie Chavious, Executive Chef, Shangri-la Fair Oaks



A GROUNDBREAKING EVENT!

In September, we broke ground on our future cooking school and student gardens at Leataata Floyd Elementary. Elected officials, community members, and importantly, our kids, joined us to celebrate the milestone! Completion is scheduled for late 2021!





COVID HAS CHANGED US



2020 has challenged us all. Our work is more critical than ever. The COVID-19 pandemic closed schools and we pivoted quickly to continue supporting our kids and their families. Our solutions today are not static. We are responding as the world around us rapidly changes.

Today, these are our solutions in action.

**numbers reflect March through July 2020*

ONLINE CURRICULUM & VIDEOS

March - May

As soon as schools closed, our staff jumped into action creating videos and designing our once-proprietary lessons for public use. They are available for FREE, because we know that parents and teachers need access to quality STEM resources for distance learning.

- 15 lessons and skill sets created
- 27,070 social media reach



VEGGIE STEM BOXES & RECIPE KITS

April, ongoing

With students at home, we designed take-home recipe kits for our kids to continue learning food literacy with printed STEM-based curriculum and fresh produce. As we started summer, we distributed recipe kits for the whole family. Thanks to our partners SCUSD Nutrition Services Department and support from Whole Foods Market and The Safeway Foundation.

- 585 Veggie STEM Boxes & Recipe Kits
- 3,825 pounds of fresh produce



COMMUNITY CONNECTIONS 95820

May, ongoing

At an Oak Park elementary school we serve, a coalition of nonprofit partners came together to identify dozens of families that are food insecure and lack transportation. Our

role is to provide food safety oversight and training, food sourcing, budgeting and meal planning, evaluation design, and volunteer coordination. Every week, we arrange for food pickups from the food bank and Root 64 Farm, then pack and deliver boxes of healthy food.

- Serving 33 families (including 98 kids) every week
- 2,730 pounds of fresh produce
- 2,402 pounds of canned goods and staples



*numbers reflect March through July 2020

13,172

POUNDS OF PRODUCE DISTRIBUTED



510

FAMILIES SERVED



ONLINE RECIPES & VIDEOS

June, ongoing

We've partnered with Oak Park Farmers Market to produce a weekly Food Literacy Friday recipe demo using veggies found at the market. It supports small farmers hard hit during the pandemic and

helps families learn to use healthy ingredients and how to receive EBT matching funds.

- 11 weeks of recipes and videos
- 9,046 reach

HEALTHY EATING ON FRANKLIN BLVD

May - February 2021

Franklin Boulevard's zip code is considered a food desert. People in this Latinx community experience high rates of health disparities linked to poor diets. We are training a Food Literacy Youth Street Team to educate their community. The owner of a local Mexican restaurant, El Caballo Blanco, is attending the training and will create a healthier menu item through this project.

- **Partners:** Franklin Blvd. Business District, La Familia Counseling Center
- **Funding provided by** Dignity Health



BLACK CHILD LEGACY CAMPAIGN

June, ongoing

Summer 2019 we delivered our Food Literacy Academy to Black moms in Del Paso Heights. This summer, we have partnered with this group to provide weekly veggie boxes from the food bank. With funding from Raley's, we are planning a second training this fall.

- 400 produce boxes
- 5,200 pounds of produce



Looking to the Future

Plans for the upcoming school year will focus on distance learning, recipe kits, virtual classes, and small group in-person outdoor classes with our most vulnerable children.

Construction for our new cooking school and student garden is back on track with an anticipated late fall 2021 opening. This crisis has shown the increased need for this outdoor learning space. It will also allow us to provide more nimble food distribution for our vulnerable communities.

Thanks shallot to our funders for emergency COVID response funds.



When you donate, you make all of this possible. Support our kids today!
www.foodliteracycenter.org



"This type of health education should be mandatory in every school on a consistent basis. Our kids grow up healthier due to the instruction that Food Literacy Center provides. This program is invaluable. And the kids love preparing and tasting their creations."

Tawney Lambert
Monthly Donor, School Nurse, Leataata Floyd Elementary

TOP FUNDERS



2019 FUNDERS

We rely on supporters like you to bring free food literacy classes to more kids! Thanks to the following donors who supported Food Literacy Center between January 1, 2019 and December 31, 2019.

\$30,000+

AmeriCorps
The California Endowment
Dignity Health
The Rite Aid Foundation KidCents

\$20,000 to \$29,999

Raley's Family of Fine Stores
Sierra Health Foundation
SMUD
UC Davis Health

\$10,000 to \$19,999

The Anthony Cerami Ann Dunne Foundation for World Health, Inc
California Rice Commission
Clover Sonoma
FNL Foundation
Kaiser Permanente
Margaret Deterding Fund

\$5,000 to \$9,999

Bailarin Cellars, Insight Coffee,
Sun & Soil Juice Company
Cobram Estate
Confucius Institute, University of California Davis
Downtown Sacramento Partnership
Mechanics Bank
PFund Family Foundation
Ralph and Marla Anderson Family Fund
The Richard & Kathleen Zacky Family Foundation
The Safeway Foundation
TEGNA Foundation

\$2,500 to \$4,999

Erin Alderson & Michael Crumm
Elise Bauer
Marsha & Nick Ifurung
Jiffy Lube
Stacey & Galvin Kauffman
Lucas Family Donor Fund
Sarah & Scott Modeste
Nugget Markets
The Sacramento Bee Book of Dreams Fund
Sacramento Kings Foundation
Selland Family Restaurants
Visit Sacramento
Whole Foods Market

\$1,000 to \$2,499

Bacon and Butter
Natasha Baker & Andrew Shaw
Brew Dr. Kombucha
Matt & Jennifer Brickley
C&S Wholesale Grocers
Cannady-Ford Family Fund
Nina Curtis
Downtown Railyards Venture
Entercom
Enterprise Holdings Foundation
Frans DeBry Fund
Green Acres Nursery & Supply
Peter & Karen Holmes
Erik & Andrea Johnson
Kaplan Family Foundation
Bert Kawamura
Keller Family Pathway Fund
Local Roots Food Tours
The Niello Company
OneSpeed Pizza
Megan Riggs
Nicole & Dan Rogers
Sacramento Republic FC
Amber Stott & Brendan Belby
Sutter Health
United Way California Capital Region
The Waterboy
Western Health Advantage