



Fund-a-School

Help bring cooking & nutrition education to low-income kids!
Make their health a priority today.

“Fiber allows us to be great!”

~ first grader telling us one thing he learned in food literacy class.

Why do we need food literacy?

40%

of children in Sacramento struggle with obesity.

Only 6%

of kids eat their recommended amount of daily veggies.

Sacramento has a

58%

child participation rate in free/reduced lunch programs.

Food insecurity has been shown to directly affect children's cognitive development and academic performance.

2 generations of Americans don't know how to cook from scratch and are reliant on packaged foods.

Cooking as the Solution

At Food Literacy Center, we let kids play with their food!—and inspire them to eat their vegetables.

Studies show that when kids help cook, they're more likely to eat their veggies. So we teach them cooking and nutrition, and expose them to a wide variety of fruits and veggies. This helps them create healthy habits that last a lifetime.



Evaluation Data

We don't rely on anecdotes to know that our program is working – we measure it, analyze it, and use our findings to further improve our programs.

In the last year, we saw the following positive changes in knowledge, attitude and behavior of food literacy students:

Knowledge:

- 76% of kids can provide an example of a healthy vegetable.
- 83% of kids know how to read an easy recipe.
- 82% of kids know how to make a healthy snack.
- 81% of kids know how to choose foods that are healthy.

Attitude:

- 73% of kids agree it matters where our food is grown.

Behavior:

- 48.5% of kids took more apples at the end of the program than in the beginning.
- 58.5% of kids took fewer chips at the end of the program than in the beginning.
- 38.5% of kids took more carrots at the end of the program than in the beginning.



What We Teach

We focus on positive reinforcement to celebrate the foods kids already eat that are good for them, and then we offer them healthy adjustments, like swapping out jelly in a sandwich and replacing with apple slices. We make food literacy fun and approachable by offering STEM-based, hands-on cooking, crafts or science experiments in every lesson.

Who We Teach

Our 501c3 nonprofit reaches 700 kids per week. These low-income, food-insecure elementary kids are in after-school programs where 90% or more are on free or reduced lunch programs. Their families often lack access to affordable healthy food.

Our Instructors

We created a program to help us scale called the Food Literacy Academy. We train community members as Food Geniuses. They receive 28-hours of intensive training, including nutrition lectures from a professor, and in-depth knowledge of food safety, food systems, classroom management, our positive curriculum—and more. Once trained and certified, these instructors deliver food literacy programs in schools and libraries.

28-week program
fee per school:
\$14,619

\$10/month
funds 1 child for the
entire school year!

Lessons include learning what “food literacy” means, cooking, identifying fruits & vegetables, exploring nutrition, learning to make healthy snacks, financial literacy through food budgets, understanding where their food comes from, and so much more!

Cost includes: all program fees include food and high quality, seasonal produce, supplies, teachers

Age Level: Kindergarten to 6th Grade

Time: 45 minutes per class & 3 classes

Class Size: 120-160 students

Our Mission

To inspire kids to eat their vegetables. We teach low-income elementary children cooking and nutrition to improve our health, community and environment.

In 2015, our nonprofit was recognized by the James Beard Foundation and Food Tank in their Good Food Org Guide for our exemplary work in cultivating a better food system through food literacy education.



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