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

Program Expenses $429,199
Core Mission Support: Fundraising $59,890
Core Mission Support: Services $48,969

Revenue
Total: $635,858

Program Revenue $56,036
Contributions: $88,344

In-kind

2019 BOARD OF DIRECTORS

Amber K. Stott, Founding Executive Director,
Food Literacy Center
Stacey Kaufman, Board Chair, Entercom
Nicole Rogers, Secretary, Nugget Markets
Elise Bauer, Treasurer, Simply Recipes
Erin Alderson, Naturally Ela
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

foodliteracycenter.org
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
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

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

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
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.
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