A DAY AT THE NEW FOOD LITERACY CENTER COOKING SCHOOL

8:30 am
Maliah lives across the street from school and from the new cooking school being built.

10:00 am
Maliah's math class learns measuring with fractions while they cook.

6:00 pm
Maliah and her mom stop by their community garden plot to harvest ripe veggies.

12:00 pm
At lunchtime, Maliah sees familiar veggies on the salad bar, so she eats them.

4:30 pm
After school, Maliah's mom meets her for Family Dinner Night. Everyone takes home recipes.

2:00 pm
Maliah's science class learns about the parts of a plant & tastes veggies in their school garden.

We provide FREE programs to children facing these health barriers:
- Low-income
- Food insecure
- High risk for diet-related disease
- Live in food deserts

ADDITIONAL FOOD LITERACY PROGRAMS:
- Open Garden Day • Community Garden Plots
- 14-Week Curriculum in Afterschool Programs throughout the School District • Educational Field Trips

Follow the progress and support ongoing free programs at www.foodliteracycenter.org