



GIVE OUR KIDS A HEALTHIER FUTURE

Become a sustaining monthly donor today and help us continue to inspire kids to eat their vegetables.

Our community is in a crisis. Rates of food and nutrition insecurity are rising. At Food Literacy Center, we combine immediate food assistance with resilience skill-building, and we haven't let the crisis stop us.



All giving levels support the ongoing work of our mission to inspire kids to eat their veggies. Help us focus on the priority needs of our kids and families, including delivering healthy food, online curriculum, and more!

\$10
a month



Supports veggies for a take home recipe kit.

\$15
a month



Helps us ensure that kids can follow along at home with our weekly recipe video demos.

\$25
a month



Hosts a virtual food literacy cooking class for our students. They join our instructors live for a hands-on cooking class.

\$50
a month



Develops a new recipe for our kids and families that is delicious, budget friendly, and simple to make.

\$75
a month



Creates a new STEM-based curriculum lesson with activity, recipe, and lesson plan.

\$100
a month



Funds the dream of a community that is healthier for our kids, including our new cooking school coming Fall 2021. Support strategic planning and big thinking!



Set up your recurring donation now!

Monthly giving provides stable, ongoing funding that not only saves us time and money, but helps us plan for the future. Your recurring donation has a greater impact for our kids!

Donate at foodliteracycenter.org





"I had fun making this oatmeal recipe with my grandma, and I gave some to my dad, too. Everyone liked the oatmeal with the fruit and honey."
- Zamiel



We have missed seeing our students in class this year. They've shared photos of themselves cooking, gardening, and tasting new veggies!

Our Veggie STEM Boxes are filled with fresh fruits and veggies, a recipe, and printed STEM-based curriculum for the kids to learn about healthy foods and practice their food literacy skills at home.



Angel, ready for his virtual cooking class. They made guacamole and learned about healthy fat!



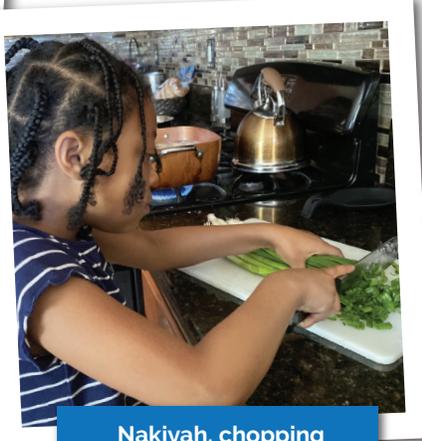
Samuel, watering veggie plants he received with his Veggie STEM Box this spring.



Melody with all the veggies for Veggie of the Year Rice Salad.



Darren, Angie and Dale cutting pears and apples for their oatmeal recipe. Look at those knife skills!



Nakiyah, chopping green onions like a pro.



Amia with her finished guacamole during a virtual class. "I love it so much I could eat the whole bowl".



Santiago, tasting broccoli from his recipe.

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November 13, 2020

Dear [FIRST NAME],

Our community is in a crisis. Rates of food and nutrition insecurity are rising. At Food Literacy Center, we combine immediate food assistance with resilience skill-building, and we haven't let the crisis stop us. We're distributing Veggie STEM Boxes that include healthy recipe ingredients for 4 that students can cook at home with our STEM-based curriculum.

We serve with the purpose of building a more resilient community. We engage the students we serve, allowing their needs to determine our strategies. We ensure that food for those facing food insecurity is healthy, quality, and culturally appropriate.

"I like eating healthy food. You know it's healthy because it has juice inside and fiber."
- 1st grader, Leataata Floyd Elementary

You make our crisis response possible when you donate. **Your gift of \$25/month helps us sustain this work through the crisis and beyond.**

Adapting to Best Serve Our Kids

Within 3 days of schools closing, we adapted our weekly curriculum to be available for free via online video classes with downloadable lesson plans and recipes. Our STEM-based curriculum teaches students cooking and nutrition with subjects like math and science with activities like measuring, following a recipe, how fiber and sugar work in your body, and more.

Yet, 30% of our kids do not have internet at home. We're solving this problem by bringing our printed curriculum—plus Veggie STEM Boxes—directly to them during school lunch distribution.

"Carrots are called carrots, because they care about you!" - 2nd grader, Parkway Elementary

Be part of our creative solution. Please donate \$25/month to sustain us through this crisis and beyond.

Building Resilience through Joy

We are navigating difficult times. Food Literacy Center entered this crisis with a toolkit to help our children build resilience, which is the ability to cope with hard times. Our program was designed to respond to the emotional needs of our students. We show up with joy—even in hard times. By providing a brief, bright experience in their day, we model positive coping.

Our Veggie STEM Boxes offer a bit of joy to our kids. As we distribute them, our students like Samuel wave enthusiastically from their cars as they see us waiting for them outside their school. They are excited to see us again—and we're so happy to see them!

Students like Samuel know they can count on us. **\$25/month helps us count on you during this crisis and beyond.**

In health,

Amber

Amber K. Stott
CEO & Chief Food Genius