



FOOD LITERACY CENTER FIELD TRIP PROGRAM

Dear School Admin and Teachers,

Food Literacy Center is a nonprofit organization whose mission is to inspire kids to eat their vegetables. We believe healthy food should be fun. We teach kids to love foods that are good for them and good for the planet. We also help kids develop healthy eating habits while they're young.

Food Literacy Center has openings for FOOD LITERACY FIELD TRIPS at our new cooking school for hands-on cooking and nutrition-focused lessons. In this one-of-a-kind program, students will cook, talk about nutrition, learn where our food comes from, and explore the joy of healthy food!

Our hands-on curriculum is delivered by trained Food Geniuses who have completed an intensive 28-hour training program on nutrition, cooking with students, classroom management, education best practices, our food, and our planet. They are background-checked and certified food handlers.

We look forward to inspiring you and your students.

Best regards,

Amber

Amber K. Stott, Founder & CEO



FOOD LITERACY CENTER FIELD TRIP PROGRAM

Cost: \$500 per program

Cost includes: All program fees include cooking supplies, take-home materials, and food costs.

Scholarships: Limited number of scholarships available for Title-1 Elementary Schools.

Class Size: Up to 32 students, Age Level: 4th Grade to 6th Grade

Program length: 90 minutes

Program Agenda:

- How to read a recipe worksheet.
- Arrivals and Introductions.
- Students learn to read a recipe and safely handle knives to create a veggie forward entree.
- Students eat their dish and help clean up.
- Student Farm tour with free time to explore.
- My Favorite Food Culture Worksheet. (Optional)

FOR SCHOOL DISTRICTS: Food literacy programs offer academic enrichment and provide hands-on educational experiences both academically and culturally. Recipes are culturally relevant and age appropriate. **Book field trips for multiple schools!**

FOR SCHOOLS: These farm to school field trips are designed to strengthen the connection students have with fresh, healthy food and deepen their understanding of healthy cooking and local agriculture. **Book field trips for multiple grade level classes!**

FOR TEACHERS: Cooking classes for students offer hands-on opportunities to practice reading and math skills in a real world setting. Students work as a team to complete a recipe while learning about food cultures from their classmates.

Book field trips for your students!

SKILLS LEARNED: Teamwork, Communication, Fine Motor Skills, Basic Cooking Methods, Reading, Math, Time Management, Problem Solving, and Healthy Eating Habits.

Health Education Standards Alignment:

Fourth Grade: 4.1N, 7.1N, 7.2N, 8.1N

Fifth Grade: 1.6N, 2.2N



To Book Contact:

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foodliteracycenter.org