



# Fund-a-School

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

“Jelly is not a fruit.”

~ 2nd grader telling us one thing she learned in food literacy class.

## Why do we need food literacy?

40%

of children in Sacramento struggle with obesity.

Over 75%

of kids don't eat the recommended amounts of fruits & veggies.

Sacramento has a

58%

child participation rate in free/reduced lunch programs.

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

2 generations of Americans don't know how to cook 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.

Highlights from 3 years of evaluation at Capitol Heights Academy in Oak Park, Sacramento:

- 87% of kids can provide an example of a healthy vegetable. This is a big achievement in a school where, in our first year, kids had never seen broccoli or plums!
- 91% of all students say YES, healthy snacks taste GOOD!
- 80% of kids know how to make a healthy snack and read a recipe.
- 87% know how to save money by selecting foods that are good for them.
- 80% of kids know how to read a nutrition label.



## What We Teach

We focus on positive reinforcement to celebrate the food 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 hands-on cooking, crafts or science experiments in every lesson.

## Who We Teach

Our 501c3 nonprofit reaches 600 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 Literacy 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.

**13-Week Program**  
**Fee per School:**  
**\$4,215.90**

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**\$26.34**  
**funds 1 child for the**  
**entire program!**

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 2014, our nonprofit earned the Slow Food Sacramento “Snail of Approval Award” for our commitment to good, clean and fair food.*



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