

YOUR GENEROSITY

HELPS KIDS FEEL GOOD!



MEET SASHA

Age: 7 years old
Grade: 2nd grade
Years in food literacy class: 2 years

“

I feel good when I get to teach my mom new recipes I learn!

”

SASHA FEELS GOOD WHEN SHE...



experiences 45 minutes of joy every week in food literacy class



learns a new recipe she's excited to bring home to her family



discovers new favorite foods like bell peppers



learns healthy habits that she can practice on her own



feels active, awake & healthy from the new foods she's eating



is inspired by Strawberry Susan, her food literacy teacher



feels brave to try new foods & have her food choices respected

Food Literacy Center

Subscribe to our newsletter at:
www.foodliteracycenter.org



GIVE UNTIL YOU FEEL GOOD



10 schools
1,200 kids weekly

TOGETHER, WE ARE CREATING HEALTHIER KIDS!

86% of kids have positive attitudes toward healthy food

79% of kids go home and ask for the fruits and veggies they have tried in food literacy class

78% of kids can identify the difference between a fruit and a vegetable

85% of kids fearlessly tasted a new fruit or vegetable each week

84% of kids know where their food grows



Our Mission

To inspire kids to eat their vegetables. We teach low-income elementary students cooking and nutrition to improve our health, environment, and economy.

