



Fund-a-School

“This is the first health food class where everyone wanted seconds.”

- after-school teacher about food literacy class



THE RESULT?



40% OF SACRAMENTO-AREA KIDS SUFFER FROM CHILDHOOD OBESITY



1 IN 3 KIDS HAS TYPE 2 DIABETES

ALL OF THIS IS PREVENTABLE IF WE EAT OUR VEGETABLES!

But two generations of Americans do not know how to select or cook with vegetables. Our nonprofit teaches cooking & nutrition to create a healthy generation.

YOU CAN HELP!



GOAL: 10 schools in 2017

\$120 funds 1 student

\$4,000 funds 1 class

\$12,000 funds 1 school



Thanks to the following funders for their 2017 commitments to help fund 4 schools

The California Endowment, Simply Recipes, Kaiser, USDA Farm to School, Raley's Family of Fine Stores, Northwest Land Park, Setzer Family Foundation & Soroptimist International of Sacramento.



How do we inspire kids to eat their vegetables?

Recipes: Kids are more likely to eat the foods they help make. Kids cook hands-on by learning to measure, make an emulsion, and to cut with a knife.

We start with a peanut butter sandwich, swapping jelly for fresh fruit slices. We talk about which has more sugar and which has more fiber.

Kids learn they should eat a fruit or vegetable with every single snack or meal. They're developing the habit of eating healthy through this exercise, much like young children learn to brush their teeth.

Produce of the Day: We're changing kids' attitudes towards vegetables by turning them into Food Adventurers. Each day, we provide a taste of a new fruit or vegetable. Our students tell us this is their favorite part of class.

Food Geniuses: We train community members as instructors through our 28-hour intensive Food Literacy Academy. Once certified, they become Food Geniuses, ready to teach our curriculum to more kids. This program allows us to scale.

Our program works!

"I thought it was gonna taste bad because of the green stuff, but then I tried it and it was good!" ~ Crystal, 9 years old

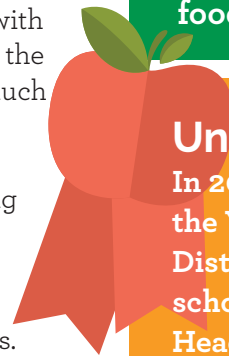
Evaluation Data

96% of kids say healthy snacks taste good! We're changing kids' attitude towards vegetables.

82% of kids know food grows on farms! We're teaching kids where food comes from.

96% of kids know how to read an easy recipe. We're teaching kids to cook.

88% of kids can read a nutrition label. We're increasing their knowledge & empowering them to make informed food choices.



Unanimously Selected by SCUSD

In 2016, our nonprofit was named "Project of the Year" by Sacramento City Unified School District. We were selected unanimously by the school board to become operator of a Broccoli Headquarters, a 2.5 acre learning kitchen and student farm on Leataata Floyd Elementary School campus. The project will be built and funded through an innovative partnership by the City of Sacramento, the school district, and The Mill at Broadway and will be built by 2018.

Our Mission

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



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