



Kids Cook! in Action!

“This is great fun. The food is really good!”

ALAMOSA ELEMENTARY STUDENT

Eat Food, Real Food
with Variety and Moderation

KIDS COOK

2010 Report



Participation

13 schools participated in Kids Cook! this year, for a total of 280 classrooms and 6,433 students. Of the 280 classrooms, 87% of classrooms participated in all 8 Kids Cook! units throughout the year

Volunteers

Throughout the year, 2,710 family members volunteered in Kids Cook! classrooms



Volunteers Hours

Between tasting units and cooking units our 2,710 volunteers clocked 6,124 volunteer hours.

Thank you Volunteers!

Survey results

5,872 Surveys were sent home to our parents and 2,920 (50%) returned. The highest return of all participating Kids cook! schools was Zuni with 63% return.

GREAT JOB, THANK YOU!

Family Night

Kids Cook! hosted 1 family nights per school per semester with 496 family members participating throughout 13 schools. Families prepared a Mediterranean and an East Asian meal.

Survey Highlights

Kids Cook!

all School Results

- * 42% of families have tried Kids Cook! recipes at home
- * 76% of parents have noticed an increase in their child's consumption of fruits and vegetables
- * 83% of parents have noticed improvements in their child's kitchen skills
- * 75% of students have talked about importance of regular exercise at home.
- * 93% of parents would like to see Kids Cook! return next year

Teacher- “Kids Cook! is an excellent resource for students. They learn to try new foods and they learn the importance of eating healthy. They love and look forward to participating in an activity in which ALL can succeed!”

Parent- “When I am able to volunteer it makes my children feel special because I have 3 kids and that is the only time I get with my 2 school age children. We are able to bond more. They love it.”

