

Harvesters' Kids in the Kitchen Program

Nutrition education classes for children



PROGRAM BENEFITS

- A healthy diet helps kids do well in school.
- Kids who eat healthy are more likely to make good food and nutrition choices as adults.
- Cooking gives children a creative outlet, builds confidence and teaches them skills that are useful at home.

Harvesters' Childhood Hunger Initiative includes the Kids in the Kitchen program to help kids learn basic cooking skills and make healthy food choices.

HOW KIDS IN THE KITCHEN WORKS

- Kids in the Kitchen is a fun, interactive and challenging way for students to learn about healthy cooking and eating.
- Classes meet for four weeks and last 60 to 90 minutes.
- At each class, kids are involved in hands-on preparation of at least one recipe.
- Harvesters can train someone from your site to teach the classes. Trainings are held multiple times per year.
- Harvesters provides the food, cooking equipment and education materials.



ELIGIBILITY

To be considered for Kids in the Kitchen classes, organizations must:

- Serve low-income children between the ages of 5 and 18.
- Be located in Harvesters' 26-county service area (*visit www.harvesters.org for a map of counties*).
- Have access to a room with space to educate 20 children, sinks for handwashing and dishwashing, and a secure storage space for Harvesters' cooking equipment (*a kitchen with a stove, oven, microwave and refrigerator is preferred, but not necessary*).



ABOUT HARVESTERS

Harvesters is the area's only food bank and was Feeding America's 2011 Food Bank of the Year. Serving a 26-county area of northwestern Missouri and northeastern Kansas, Harvesters provides food and related household products to more than 620 not-for-profit agencies including emergency food pantries, soup kitchens, homeless shelters, children's homes and others. Agencies in Harvesters' network provide food assistance to as many as 141,500 people each month. Harvesters, which was founded in 1979, is a certified member of Feeding America, a nationwide network of more than 200 food banks, serving all 50 states. For more information, visit www.harvesters.org.

For more information about Kids in the Kitchen,
contact Nutrition@harvesters.org
www.harvesters.org
816.929.3034 (Kansas City) or 785.861.7734 (Topeka)

