



Kids' Cooking Coalition



OUR MISSION

The Kids' Cooking Coalition (KCC) is a community program designed to help children establish the lifelong habit of cooking and eating healthy foods.



WHAT WE DO

KCC is a community-based initiative for elementary school children.

In six weekly sessions, our program specifically gives children the hands-on experience preparing, cooking, and tasting their food.

"Education is doing anything that changes you" –George Leonard

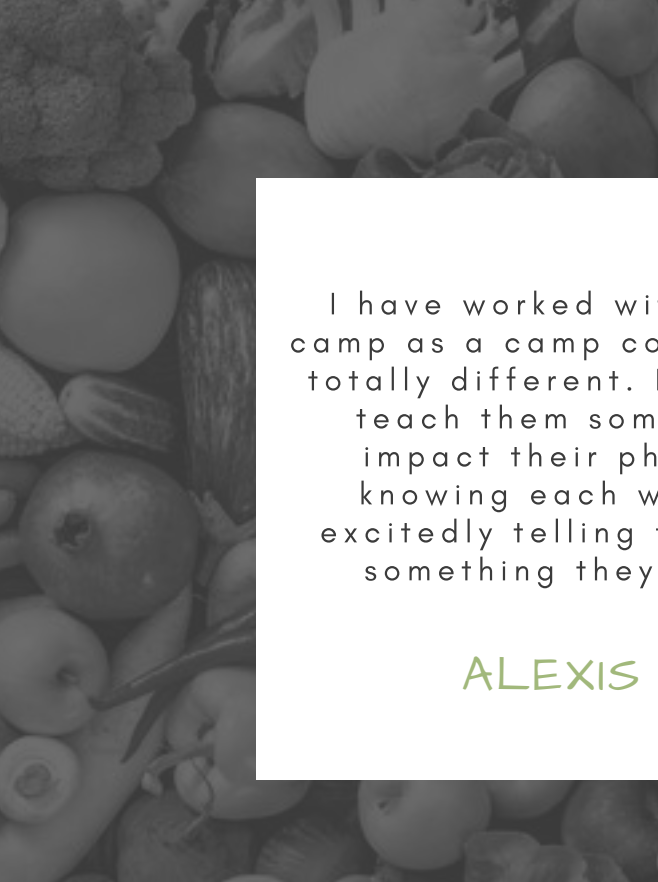




WHY WE CARE

When it comes to serving children in our community, we take a wholesome and inclusive approach to educate about the importance of healthy nutrition

A person's overall health is in part determined by the behaviors and knowledge that we gain as children



I have worked with kids in a summer camp as a camp counselor, but this was totally different. I liked being able to teach them something that would impact their physical health and knowing each week that they are excitedly telling their families about something they learned in class.

ALEXIS (WFU '18)



WHO WE ARE

KCC is a group of engaged organizations, community members, and students, KCC values its identity as a **coalition**.

We provide nutrition education programming by working collaboratively with our partner sites.

THE THINGS THAT MATTER

We want to make cooking more accessible for everyone, and we offer an enrichment opportunity which inspires creativity through the creation of healthy meals.

We value the relationships that kids form with our volunteers. Both students and our WFU volunteers are impacted by this connection.



WELCOME TO OUR TABLE

STUDENT VOLUNTEERS

We work with trained student volunteers from Wake Forest University who are dedicated to forming strong relationships with our young learners.

YOUNG LEARNERS

At our partner sites in Winston-Salem, we engage with our young learners between the 2nd and 5th grades. Our 6-week program allows participants to develop their skills each week.

COMMUNITY PARTNERSHIPS

We work closely with local schools and community centers to ensure that we meet our collaborative goals and enhance their capacity to serve children.



BUILDING COMMUNITY

Each lesson is carefully structured to ensure positive experiences and learning outcomes. Each recipe is crafted to highlight healthy eating practices. And we end each session in the most important place:
AROUND THE TABLE



LEARNING TO COOK

Children who participate in KCC acquire the skills and confidence necessary to prepare food, from washing and chopping to safe food handling.

Each child has the opportunity to learn to comfortably and safely operate equipment such as blenders, food processors, induction burners, and ovens.



"I think this program was a great opportunity to engage deeper with the Winston-Salem community and to empower the children with whom we worked to take these skills with them in the future. I really enjoyed teaching these kids and learning along with them, and I will definitely look for more opportunities to get involved in similar programs in the future.

HANNAH (WFU '18)

HAVING FUN

We build activities into each lesson to keep students interested and engaged while they learn. These games highlight a core value of the Kids' Cooking Coalition; imparting lifelong knowledge to children by working together in a fun and innovative way.



GO!

Our game, *Go! Slow! Woah!*, is a high-energy activity that encourages children to think about how frequently they eat healthy foods compared to healthier options.



SLOW!

We all love our favorite dessert or holiday treat, but we challenge our young learners to slow down and think about alternative food options.



WHOA!

Unfortunately, sometimes the most accessible and convenient foods contain ingredients that we should try to avoid. That's why we work to provide food preparation and cooking skills so that kids are able to make their own healthy meals and snacks!




TEACHING NUTRITION

In addition to acquiring the skills and confidence necessary to prepare food, we believe that it is important for children to learn the value of healthy meals.

Each week, we cycle through the food groups and help kids to be better able to make healthy choices.





"Something I realized was that I love working with food and children. Teaching others the joys of cooking and sharing my passion with them is so amazing to me and amazing to witness."

MAREESA (WFU '21)

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