



# Healthy Cooking in the Classroom

OVER **5,000**



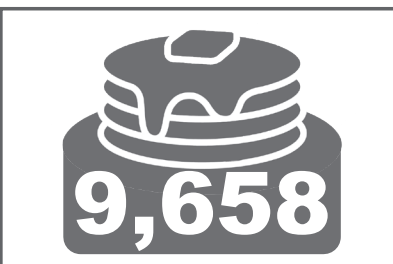
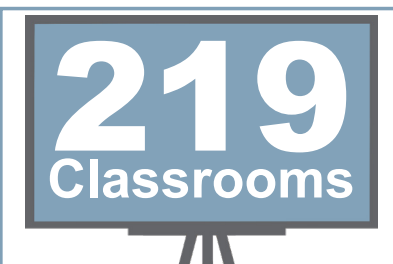
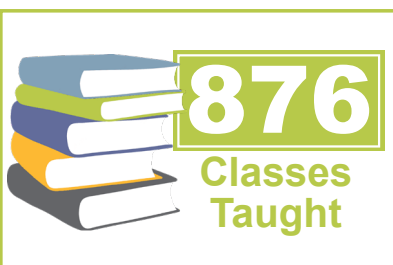
## Students Impacted

**Over 40  
Volunteers**



**DONATED**

**2,049**



Family Wellness provides hands on cooking instruction in the classroom to local elementary students. In the 2018-2019 school year, we impacted over 5,000 students! Our staff along with over 40 volunteers taught children many different food preparation skills such as: opening cans, slicing, mixing, dry and wet measuring, and heat element safety.

The Healthy Cooking in the Classrooms program is in the health curriculum for all 4th and 5th grade students in the Fargo, West Fargo, and Moorhead Area School Districts.

Students participated in four lessons throughout the school year and each lesson discussed the MyPlate food groups and information on good nutrition.

The students prepare entire recipes from start to finish, ending with a delicious sampling that introduces them to new foods.

With the success of this program, Family Wellness will be offering a Healthy Cooking In The Classroom "Train the Trainer" program to reach more students in schools outside of the FM area. This program will provide a training along with the tools and resources schools need to run the program on their own.

**Familywellness**  
A PARTNERSHIP BETWEEN SANFORD HEALTH

# Healthy Cooking in the Classroom



## 2018-2019 Outcomes



**84%**

Feel More Comfortable  
In the Kitchen



**88%**

Feel More Comfortable  
Making Healthy Food  
Choices



**74%**

Make Their Own  
Snacks More Often



**45%**

Student and/or  
Parent Made The  
Recipes From HCIC  
At Home

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