

# Healthy Cooking In The Classroom



## 2019-2020 OUTCOMES

Over **5,000**  
Students  
Impacted

**748**  
Classes  
Taught

Over **80**  
Volunteers

Family Wellness provides hands on cooking instruction in the classroom to local elementary students. In the 2019-20 school year, we impacted 5,000 students! Our staff along with over 80 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 now offers a Healthy Cooking In The Classroom "Train the Trainer" program to reach more students in schools outside of the FM area. This program provides training along with the tools and resources schools need to run the program on their own.*

If you have questions contact Angie at 701.234.7294 or [angela.hasbrouck@sanfordhealth.org](mailto:angela.hasbrouck@sanfordhealth.org)

**81%**

Feel More  
Comfortable  
In the Kitchen

**83%**

Feel More  
Comfortable  
Making Healthy  
Food Choices

**68%**

Make Their Own  
Snacks More  
Often

**46%**

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

**Familywellness**

A PARTNERSHIP BETWEEN **SANFORD HEALTH**

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