

Healthy Cooking In The Classroom



Family Wellness provides hands on cooking instruction in the classroom to local elementary students. In the 2021-2022 school year, we impacted 4,000 students! Our staff 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 and West Fargo 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.

2021 - 2022 OUTCOMES



Feel more comfortable in the kitchen



Feel more comfortable making healthy food choices



Overall enjoy cooking



Make their own snack more often

OVER **177** CLASSES TAUGHT

4000+ STUDENTS IMPACTED



Inspire
Wellness
Initiative

A FamilyWellness Community Impact Fund

If you have questions contact Tori Lee at 701.234.8162 or tori.lee@sanfordhealth.org