

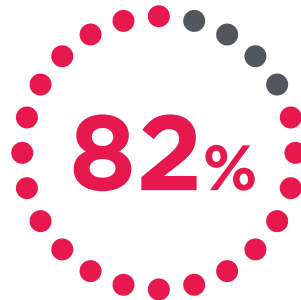
Healthy Cooking In The Classroom



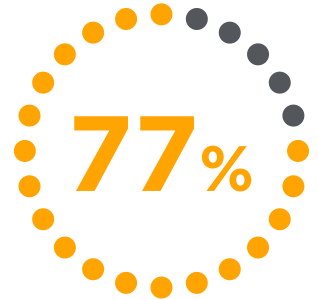
Family Wellness provides hands on cooking instruction in the classroom to local elementary students. In the 2024-2025 school year, we impacted 1520 students! Our staff taught children many different food preparation skills such as: opening cans, slicing, mixing, dry and wet measuring and heat element safety.

The Healthy Cooking in the Classroom program is in the health curriculum for all 4th and 5th grade students in the West Fargo School District. 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.

2024 - 2025 OUTCOMES



Feel more comfortable in the kitchen



Feel more comfortable making healthy food choices



Overall enjoy cooking



Feel they are eating more fruits & veggies

99 CLASSES TAUGHT

1520 STUDENTS IMPACTED

Familywellness
A PARTNERSHIP BETWEEN **SANFORD** HEALTH

If you have questions contact Amanda at 701.234.8162
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