

WHERE DO YOUR NICKELS GO?

KIDS COOKING FOR Life

OUR VISION FOR CHANGE:

Kids Cooking For Life (KCL) is a nonprofit organization that teaches nutrition and inspires lifelong healthy cooking and eating habits through hands-on cooking classes to students from low income households and those with special needs in the Bay Area. We believe that instilling an understanding of proper diet and nutrition is one way to help fight the childhood obesity epidemic and the early onset of type 2 diabetes, heart disease and some cancers, which are all rising at an alarming rate among children.



KIDSCOOKINGFORLIFE.ORG

TEACHING HEALTHY SKILLS:

The organization was founded in 2009 by a former restaurateur who was dismayed by children's growing reliance on convenience and fast food options. Since our inception, KCL has grown from serving a start-up class of 12 students at one community center to reaching over 10,000 students and their families at schools, youth organizations, hospitals and community events throughout five counties in the San Francisco Bay Area.



MAKING NUTRITIOUS MEALS:

KCL's lessons are delivered by our trained instructors, who have a wealth of knowledge and experience in nutrition, culinary, and early elementary education. The KCL team provides age-appropriate lesson plans including learning objectives, support materials, and evaluation measures as well as recipes and information for parents describing how to incorporate the recipes at home. During our classes, children are exposed to all aspects of food preparation and sanitation, using knives, reading labels and more. In addition, we deliver lessons on heart health, diabetes prevention, and cancer wellness.

EACH TIME YOU USE YOUR REUSABLE SHOPPING BAGS, YOU GET A NICKEL TO DONATE!

United
Healthy Choices. Honest Value.