

# KIDS IN NUTRITION

A Food Literacy and Food Access Program for Elementary School Children and Families

## SINCE ITS LAUNCH IN 2014

**8,007** KIDS RECEIVED NUTRITION & FOOD SUSTAINABILITY EDUCATION

**2,652** INTERACTIVE LESSONS DELIVERED

**1,356** UNIVERSITY STUDENT VOLUNTEERS ENGAGED

**381** ELEMENTARY SCHOOL CLASSROOMS RECEIVED INSTRUCTION

**570** RECIPE KITS DISTRIBUTED

**8** CHAPTERS ESTABLISHED IN CALIFORNIA, INDIANA, MASSACHUSETTS, AND NORTH CAROLINA

## OUR MISSION

Kids In Nutrition (KIN) is a nonprofit committed to enhancing food equity and improving health for at-risk youth and families through food literacy and food access. Recognizing that children develop lifelong habits by the age of nine, KIN's mission is to enhance nutrition knowledge and inspire positive food preferences during their formative years. We target marginalized communities, where educational and health disparities in low-income areas contribute to a disproportionate risk of chronic diseases. Early food literacy plays a pivotal role in instilling healthy and sustainable dietary habits into adulthood, building a foundation for:

### Chronic Disease Prevention Health Equity





## THE PROGRAM

KIN's approach mobilizes university students to inspire healthy dietary behaviors in youth through a three-pillar intervention: education, food access, and family engagement. These pillars work in unison to equip children and their families with the knowledge and resources they need to make informed dietary choices.

KIN's elementary nutrition curriculum provides a foundation for food literacy and positive dietary change. Teams of five volunteer university student 'KINstructors' visit local elementary classrooms to teach once a week for seven weeks. Lessons are evidence-based and include interactive visuals, hands-on games, physical activities, individual reflection, and group work. Our university-to-elementary student peer mentorship approach fosters positive associations with healthy behaviors and cultivates enthusiasm for nutritious food.

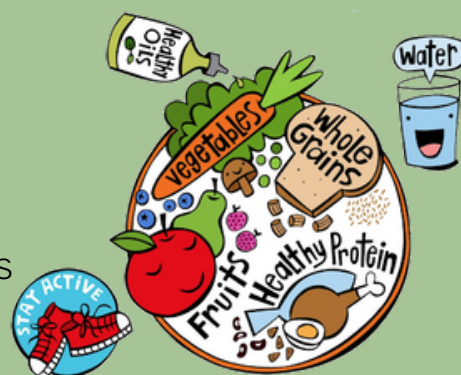
By mobilizing existing resources and spearheading grassroots change, KIN empowers individuals from all backgrounds to be part of a movement that will directly impact themselves, their peers, their community, and future generations.

1ST/2ND- GRADE NUTRITION CURRICULUM, STUDENTS LEARN:



1. WATER & SODIUM
2. FRUITS & VEGETABLES
3. GRAINS & PROTEINS
4. FATS & COOKING METHODS
5. SUGARS
6. MODERATION, BALANCED PLATE, & NUTRITION LABELS
7. NUTRITION WRAP

SEE [HERE](#) FOR DETAILS ON KIN'S LESSON OBJECTIVES







*KIN's services are free for participants. Free education eliminates financial barriers and ensures equal access and opportunity across communities from all backgrounds.*



# KIDS IN NUTRITION

Community Impact In South Santa Barbara County Since 2014

-  **286 Classrooms**
-  **5,813 Elementary Students**
-  **750 UCSB Volunteers**
-  **630 Recipe Kits**

KIN prioritizes participants by examining the following school enrollment data:

- Economically Disadvantaged**
- English Language Learners**
- Free or Reduced Lunch Program**

## SANTA BARBARA UNIFIED SCHOOL DISTRICT

### Programming (classes taught)

- Adams Elementary- 6
- Adelante Charter School- 22
- Franklin Elementary- 2
- Harding Elementary- 13
- Monroe Elementary- 5
- Peabody Charter School- 38
- Santa Barbara Charter School- 16
- Washington Elementary- 33
- Santa Barbara Community Academy- 2

### Target Schools

- Cleveland Elementary
- McKinley Elementary
- Roosevelt Elementary

### Impact To-Date

- 137 classes
- 2,790 students taught

## GOLETA UNION SCHOOL DISTRICT

### Programming (classes taught)

- Brandon Elementary- 35
- Ellwood School- 19
- Foothill School- 2
- Hollister School- 1
- Isla Vista School- 2
- Mountain View School- 1
- La Patera School- 30
- El Camino School- 2

### Target Schools

- Kellogg School
- Goleta Family School

### Impact To-Date

- 92 classes
- 1,845 students taught

## CARPENTERIA UNIFIED SCHOOL DISTRICT

### Programming (classes taught)

- Canalino Elementary- 18

### Target Schools

- Aliso School
- Summerland Elementary
- Carpinteria Family School

### Impact To-Date

- 18 classes
- 376 students taught

## HOPE ELEMENTARY SCHOOL DISTRICT

### Programming (classes taught)

- Hope School- 21
- Vieja Valley School- 3
- Monte Vista School- 13

### Impact To-Date

- 37 classes
- 742 students taught

### Additional Schools:

- Montecito Union Elementary School District- Our Lady of Mount Carmel School:
  - Students: 60
  - Classes: 2

### Partnerships:

- Apples to Zucchini Cooking School
- Goleta Boys & Girls Club
- Franklin Health Care Clinic
- Santa Barbara Food Bank
- Santa Barbara Neighborhood Clinic

