



KIDS IN NUTRITION

Impact Report

A MESSAGE FROM OUR BOARD

The **2022-2023** school year was a remarkable milestone for KIN. We forged impactful partnerships, established new chapters led by passionate teams, and strengthened our overall organizational capacity. Thank you to our donors and volunteers for being the driving force behind our success and believing in the transformative power of nutrition education!

THIS PAST YEAR'S DEVELOPMENT & SUCCESSES

First and foremost, we would like to welcome three new KIN chapters at UC Berkeley, UC Davis, and UC Los Angeles!

With seven chapters operating across California, Massachusetts, and Indiana, they all provided nutrition education in their local communities. We also distributed recipe bags and curated location-specific food access resources for each region we serve, available in English and Spanish.

We have continued to collaborate with experts in the field, including pediatricians and RDNs, to further sharpen KIN's lesson relevance to underserved populations.

IMPACT SNAPSHOT

942

Students Taught

223

KIN Volunteers

50

Classrooms

221

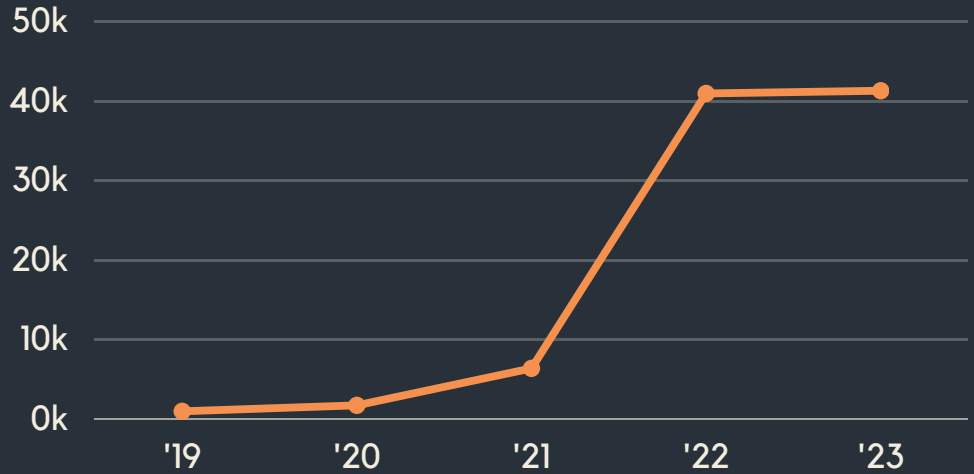
Recipe Bags



FUNDS RAISED SCHOOL YEAR 2022 - 2023

\$ 41,321

Another successful fundraising year! We extend our heartfelt gratitude to all our generous donors and dedicated supporters whose contributions have been instrumental in establishing lasting foundations for health within our youth and community networks.



PROJECTS

DETAILS

OUTCOMES

Education

Teams of 5 volunteers visit local elementary classrooms to teach nutrition topics once a week for seven weeks.

Our annual research continues to show greater nutrition comprehension and healthier food preferences compared to non-KIN students.

Food Access

KIN students receive food access resources and ingredients to prepare a healthy home-cooked meal with their families.

KIN distributed 221 recipe bags and food access resources to underserved youth and their families.

Family Engagement

The KINcentive Program seeks to engage families outside the KIN classroom through resources and activities.

942 families received challenges, worksheets, and newsletters for enhanced parent engagement.

25 participants were involved in lessons taught at a health care clinic for low-income families.



KIDS IN NUTRITION

NEW YEAR, NEW GOALS

KIN has already hit the ground running for its **2023-2024** school year projects and goals! We have recruited various volunteers and experts to assist in development and implementation. Check out what we have brewing!



PROJECTS

DETAILS

Education

KIN is establishing new chapters in South Carolina and North Carolina! We have also set the foundation to pilot our first in-person food sustainability curriculum in Spring 2024.

KIN is working with researchers, professors, and medical students on a more comprehensive research model to measure the efficacy of our program.

Food Access

Scale partnerships with local organizations and businesses to enhance food distribution.



Family Engagement

Adapt KIN's family workshop framework to optimize relevance to each community we serve.



We couldn't have done it without your generous *support.*

Thank you

to all our donors and volunteers.

Board of Directors

Michelle Nicolet, CEO
Angela Shields, Chairwoman
Sean Clancy, Secretary



✉ info@kidsinnutrition.org

🌐 www.kidsinnutrition.org

📷 @kidsinnutrition

