

# Kids in the Kitchen

## State of Iowa

Healthy habits start young. Children who participate in Kids in the Kitchen learn about healthy choices, food safety and active living. But most importantly, they have a ball learning cooking skills and trying the recipes they prepare together.



421

children served



51%

identify with an underserved race/ethnicity

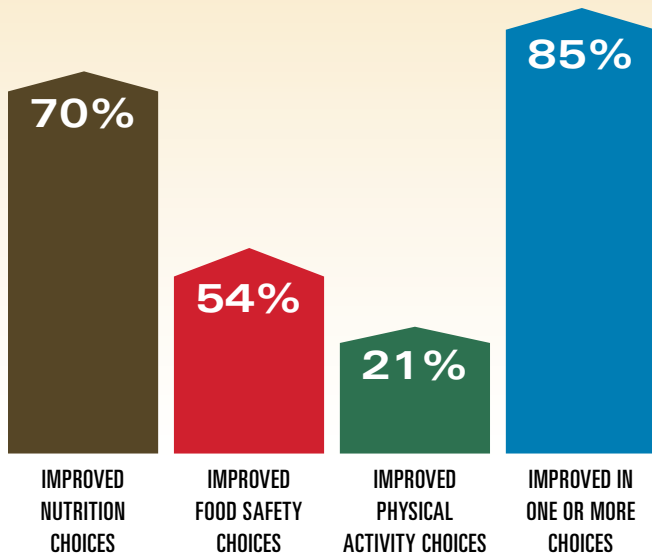


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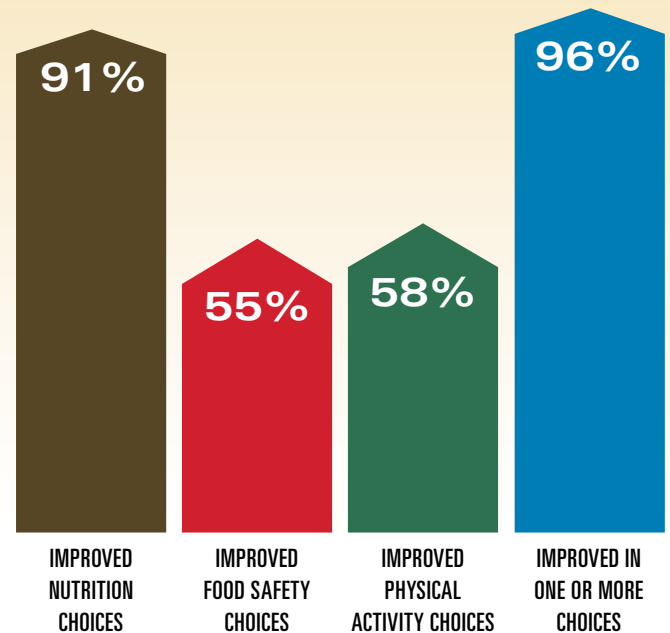
partnerships with other organizations

*The 3rd-5th graders in the Mitchellville Kids in the Kitchen group travel by bicycles and scooters to the local convenience store to purchase groceries for their families. Many of these youth were expected to care for and feed younger siblings while single parents worked late. As each lesson started, the youth would share what they made at home and how they were using their newly acquired skills. During Kids in the Kitchen, they built life skills that helped with food security, tried new foods, and had a place where they could enjoy time with friends after school and "just be kids".*

### Kindergarten through 2nd Grade



### 3rd Grade through 5th Grade



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