



COOKING with KIDS

JULY & AUGUST 2018 SUMMARY

This free, hands-on weekly program teaches families to make healthy food choices, while learning to cook fresh, affordable recipes from diverse cultural traditions.

QUALITATIVE RESULTS

"I learned that cutting new veggies up smaller will **help introduce them to my picky eaters.**"

"**Great Program** for kids/families to learn how to eat healthy meals on a budget!"

"I learned how much my kids **like** cutting up fruits and veggies."

"We learned that **trying new foods can be fun!**"

"I learned a lot of **healthy meals** that are easy to make!"

"I learned more **ways to let my child help** make dishes."

"I learned **to have patience** teaching the little ones."

QUANTITATIVE RESULTS

94%

of families reported making more meals at home.

100%

of families reported eating together as a family more.

94%

of parents reported their children want to help them cook more often.

94%

of parents reported their child is more willing to try new foods.

81%

of parents reported their child has been eating more fruits and vegetables.

100%

of families would like to participate again.



74%

of Cooking with Kids class participants are Flint residents.



95%

of families attended each class for the program duration.

NUMBER OF PARTICIPANTS*

MAY 2018 - 140

JUNE 2018 - 164

JULY 2018 - 156

AUGUST 2018 - 176

SEPTEMBER 2018 - 222

NOVEMBER 2018 - 210

*126 PARTICIPANTS ON WAITLIST

