Dear Jane Bishop,

The after-school youth nutrition program, Kids in the Kitchen, has been honored to be a community partner with Des Moines Public Schools, serving students throughout the district thanks to essential 21st Century grant funds.

The Kids in the Kitchen curriculum is a hands-on, evidenced-based youth nutrition program that is based on the MyPlate guidelines. When youth in Kindergarten-5th grade participate in this program they learn about healthy food choices, food safety, and active living. During the 7-week program youth build self-efficiency in the kitchen through promoting skill development in: measuring, recipe reading, knife skills, food safety, and nutrition knowledge.

The topics covered in the Kids in the Kitchen curriculum include kitchen and food safety, physically activity, and the five food groups: fruits, vegetables, grains, dairy, and protein. After each lesson, the youth help create and taste a recipe related to the food group discussed. For example, dairy, the students build their own yogurt parfait.

ISU Extension and Outreach would be pleased and honored to continue this relationship in the future with Des Moines Public Schools. This would be equal to an $1,800 in kind donation from our organization.

Sincerely,

Cassie Odland

Cassie Odland

Family Life and Nutrition Educator

Iowa State University Extension and Outreach, Polk County