



A DAY AT THE NEW FOOD LITERACY CENTER COOKING SCHOOL



8:30 am

Maliah lives across the street from school and from the new cooking school being built.



10:00 am

Maliah's math class learns measuring with fractions while they cook.



6:00 pm

Maliah and her mom stop by their community garden plot to harvest ripe veggies.



We provide **FREE** programs to children facing these health barriers:

- Low-income
- Food insecure
- High risk for diet-related disease
- Live in food deserts



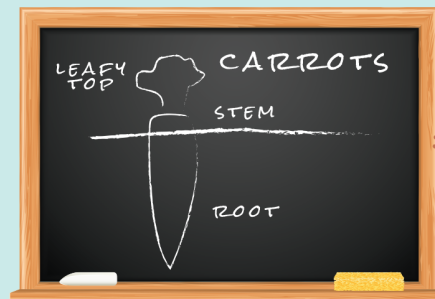
12:00 pm

At lunchtime, Maliah sees familiar veggies on the salad bar, so she eats them.



4:30 pm

After school, Maliah's mom meets her for Family Dinner Night. Everyone takes home recipes.



2:00 pm

Maliah's science class learns about the parts of a plant & tastes veggies in their school garden.



ADDITIONAL FOOD LITERACY PROGRAMS:

- Open Garden Day • Community Garden Plots
 - 14-Week Curriculum in Afterschool Programs throughout the School District • Educational Field Trips
- Follow the progress and support ongoing free programs at www.foodliteracycenter.org