Cooking with Kids for a Healthy Future (CWK)

Cooking with Kids, Inc.

Overview

Cooking with Kids for a Healthy Future (CWK) is a school-based food nutrition education curriculum program designed to educate and empower children and families to make healthy food choices through hands-on learning with fresh, affordable foods from diverse cultural traditions. The program uses 3 nutrition education and obesity prevention approaches: direct education, multi-level interventions at multiple complementary organizational and institutional levels, and community and public health approaches to improve nutrition. CWK includes integrated curriculum guides (bilingual and grade-specific) with cooking lessons, school lunch recipes, how-to-videos, recipes, and other resources. CWK provides nutrition education in SNAP-Ed qualifying public schools and supports community and public health approaches, including the development of teaching kitchens in schools and the support of Farm to School and Child Nutrition Program staff training. Target Behavior: Healthy Eating Intervention Type: Direct Education, Social Marketing, PSE Change

Intervention Reach and Adoption

CWK targets elementary school-aged children and their families at SNAP-Ed qualifying public schools and farmers’ markets. While the intervention is primarily located in one county (Santa Fe County), it has been implemented in numerous counties throughout New Mexico. Ten teaching kitchens (to date) have been created in new and renovated public schools; the social marketing campaign is being piloted in three schools in underserved areas. The direct education component reaches 5,000 students annually through direct education and 137,000 recipes and newsletter sent home to families. Over the past 20 years, CWK has provided nutrition education to over 17,000 students. Setting: Community, School Age: Elementary School, Adults Race/Ethnicity: All
Intervention Components

CWK includes a school-based nutrition education curriculum as well as policy, systems, and environmental supports to healthy eating in schools, including gardening and Farm to School programming and involvement in Local Food Policy Councils. These intervention components include the CWK direct education curriculum for elementary school children, including recipes and how-to videos available on the CWK website.

Intervention Materials

- For free: tasting lessons, cooking lesson samples, recipes in English and Spanish. [https://cookingwithkids.org/tools-for-teachers/](https://cookingwithkids.org/tools-for-teachers/)

Evidence Summary

The following articles provide information around the adoption, implementation, and impact of the CWK program:


Classification: Research-tested (direct education); Practice-tested (PSE and social marketing)

Evaluation Indicators

Based on the SNAP-Ed Evaluation Framework, the following outcome indicators can be used to evaluate
intervention progress and success.

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<th>Readiness and Capacity – Short Term (ST)</th>
<th>Changes – Medium Term (MT)</th>
<th>Effectiveness and Maintenance – Long Term (LT)</th>
<th>Population Results (R)</th>
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<td>Sectors of Influence</td>
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**Evaluation Materials**

The University of New Mexico Prevention Research Center (PRC) is developing and implementing statewide evaluation tools.

**Additional Information**

**Website:** The CWK website ([http://www.cookingwithkids.org/](http://www.cookingwithkids.org/)) includes resource information for families and educators, online recipes in English and Spanish, a Blog, how-to videos, and other resources. **Contact Persons:** Anna Farrier (Executive Director) Jane Stacey (Program Director) Cooking with Kids, Inc. PO Box 6113 Santa Fe, NM 87502-6113 Email: contactus@cookingwithkids.org Phone: (505) 438-0098