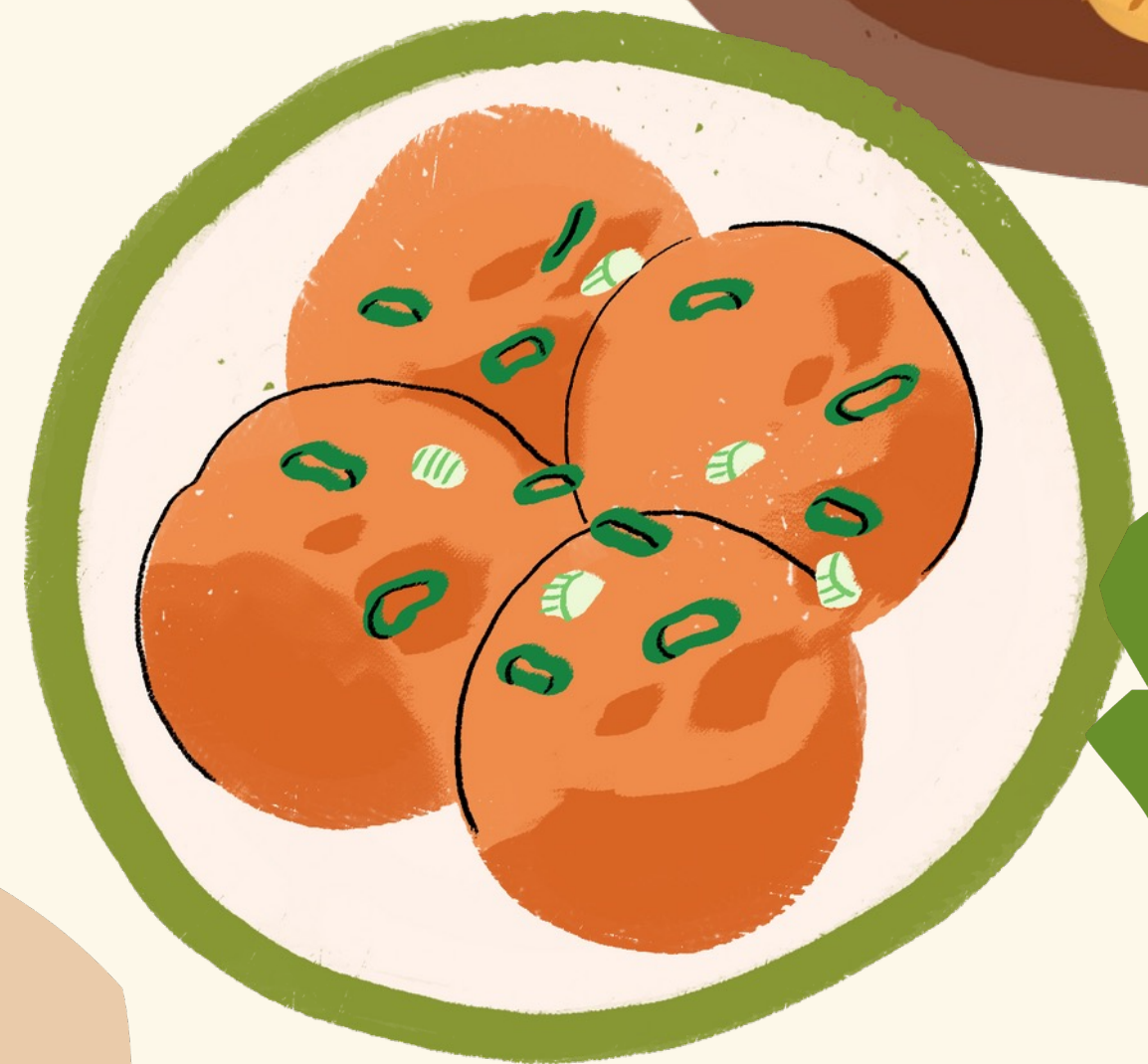


From Srtch

FOOD EDUCATION

A WRAP AROUND
SERVICE





Research suggests that nutrition education can heighten students' understanding of how a nutritious diet affects not only themselves but also their families, community, and emotional well-being. Given the urgent requirements of students and families in District 75 special education schools, it is crucial to forge partnerships that provide comprehensive services. These year-long collaborations have led to the development of extended learning programs, emphasizing youth development, staff training, parent education, and ongoing student government engagement with local officials.



FOOD WASTE

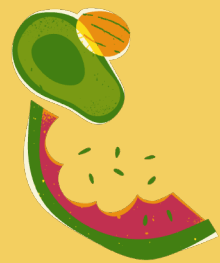
Approximately one-third of all food produced worldwide, equivalent to 1.3 billion tons, is lost or wasted annually

The economic cost of global food waste is estimated to be about \$1 trillion annually

Over 820 million people worldwide still suffer from hunger



WHAT KIND OF FOOD ENDS UP IN FOOD WASTE?



**MISSHAPED FRUITS
AND VEGETABLES**



EXPIRED FOOD



PEELS AND RINDS



PLATE WASTE

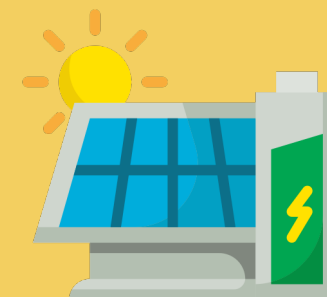
WHAT ARE THE IMPACTS OF INCREASED FOOD WASTE?



**INCREASED CARBON
EMISSIONS**



LOSS OF SOIL NUTRIENTS

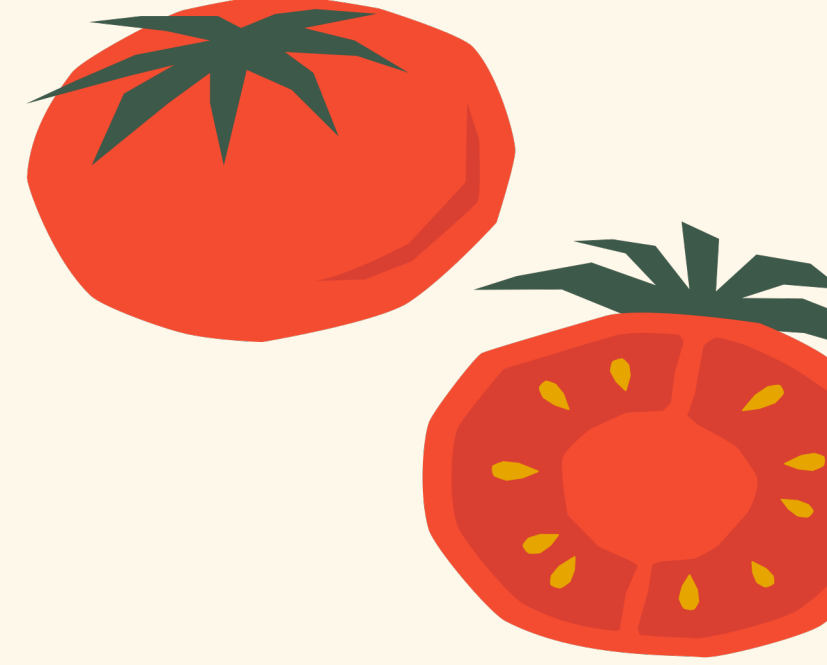


**A LARGE AMOUNT OF
ENERGY IS WASTED TO
DESTROY IT**



FromScratch teaches weekly cooking classes at several NYC Public Schools. In each class, students prepared a recipe that emphasized plant-based foods and the rich culinary cultures of New York City. These classes help students develop self-efficacy about cooking and provide opportunities to work on collaboration and independence. Students learn that they can make healthy food that tastes delicious!





FROM SCRTCH's Hands-On Programs:

From Scrтч In-School

Our From Scrтч in school program brings dynamic food education and culinary skills directly to the classroom, engaging students with hands on cooking experiences and nutrition knowledge

Age Range: Any Age

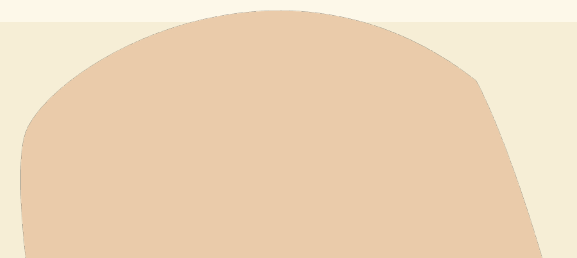
How to get involved: School based partnerships with NYCPS

From Scrтч AfterSchool

In our afterschool program, we provide access to food via grocery drop-off and weekly cooking classes led by professional chefs.

Age Range: Any Age

How to get involved: School based partnerships with NYCPS





School Offerings - Student Sessions

Goals:

- To educate students on the importance of fueling our bodies and being aware of how and what we are consuming.
- To engage students in interactive activities that enhance their knowledge and excitement about healthy eating habits and well-being.

Activities:

- Interactive Games and Activities focusing on foods, food groups, nutrition labels, mindful eating, awareness of food and well-being.
- Hands-on Cooking Sessions: Students prepare simple, healthy recipes, learn basic preparation and measuring skills, and get excited about cooking.
- Educational Sessions: Discuss the nutritional benefits of culturally diverse foods and food groups.
- Field trips





School Offerings – Parent Programming

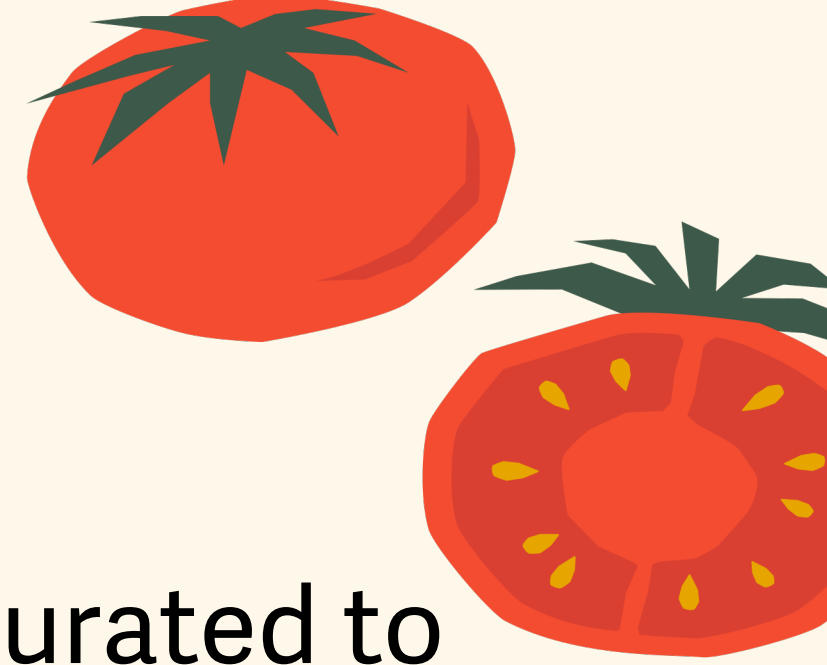
Goals:

- Achieve family buy-in and reinforce lessons beyond the school environment.
- Empower parents with the knowledge and skills to prepare healthy meals at home and try new recipes/foods.
- Encourage parents to engage their children in the cooking process to make it a family activity and promote family bonding.

Activities:

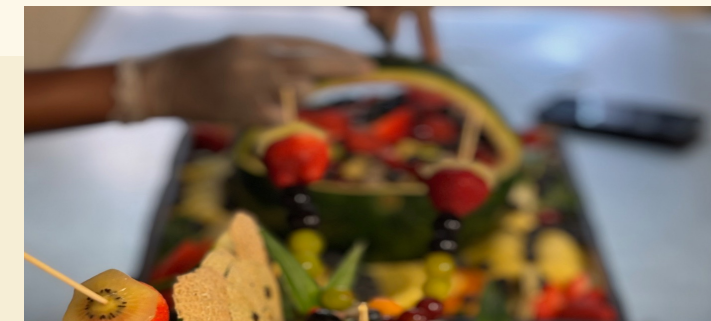
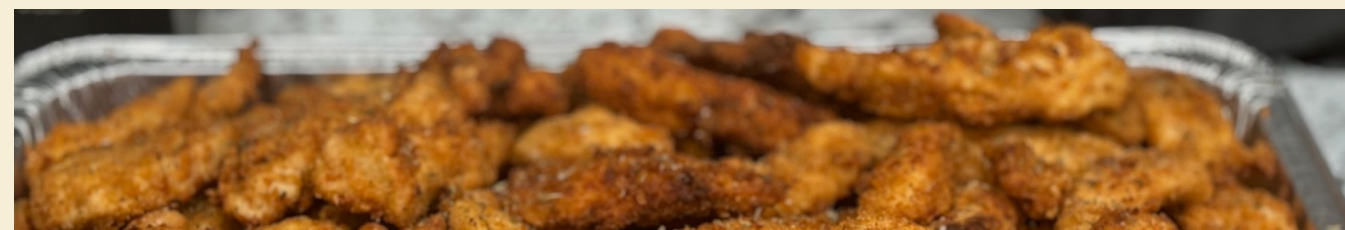
- Parent Cooking Classes: Offered both in person and virtually for flexibility
- Discussions on meal planning, budgeting for healthy foods, and reading nutrition labels
- Grocery Store Tours

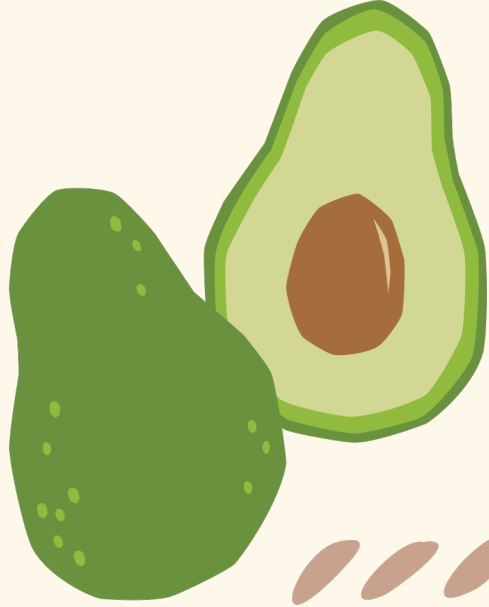




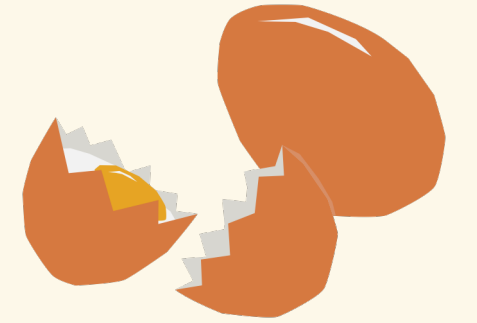
FROM SCRTCH Catering:

Delight in the freshest, locally sourced ingredients expertly curated to create culturally diverse fusion culinary masterpieces for your special occasion Our farm-to-table catering brings the essence of the Earth to your plate, ensuring a memorable and sustainable dining experience.





QUESTIONS?



IF YOU WOULD LIKE TO WORK WITH US NEXT SCHOOL YEAR ?

EMAIL US AT FROMSCRTCHLLC@GMAIL.COM

