



# KIDS IN NUTRITION

A Nutrition and Food Sustainability Education Program for Elementary School Children Across America

## SINCE ITS LAUNCH IN 2014

**5,600+ KIDS RECEIVED NUTRITION & FOOD SUSTAINABILITY EDUCATION**

**1,800+ INTERACTIVE LESSONS PROVIDED TO ELEMENTARY SCHOOL STUDENTS**

**965 VOLUNTEERS ENGAGED IN ELEMENTARY SCHOOL CLASSROOMS**

**262 ELEMENTARY SCHOOL CLASSROOMS RECEIVED INSTRUCTION**

**6 CHAPTERS ESTABLISHED IN CALIFORNIA, INDIANA, AND MASSACHUSETTS**

## THE PROGRAM

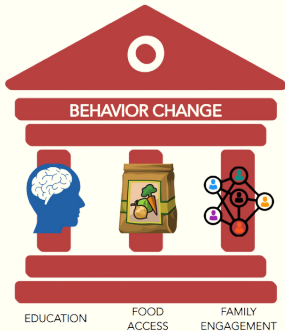
Kids In Nutrition (KIN) is a university student-led nutrition and food sustainability education program for elementary school students. KIN is designed to improve nutrition and food sustainability knowledge to inspire food preference change in kids. Given that children develop habits by age nine, KIN teaches kids during their formative adolescent years. Early food literacy education has a tremendous downstream effect on carrying healthy and sustainable dietary habits into adulthood, thus building a foundation for chronic disease prevention, health equity, and environmental impact awareness.

KIN establishes a university-to-elementary student small group dynamic in each classroom. Our programming consists of 2 curricula coordinated & taught by university students, each containing a 7-week lesson plan linking nutrition and exercise to public health and environmental sustainability. In addition to in-person instruction, KIN offers virtual lessons to maximize educational reach.



"I went to the grocery store with my older sister. She wanted to buy goldfish, but I told her to get carrots instead!"

- 1st grade KIN student at Hope Elementary



KIN's approach organizes university students to promote healthy and sustainable dietary behavior in youth through a three-pillared intervention: education, food access, and family engagement. Each pillar operates in unison to empower children and families from all socioeconomic backgrounds to make informed decisions and take control of their health and wellness.



Our university-to-elementary student mentorship exerts a powerful influence on behavior change by making lessons relevant and engaging.



## BALANCED PLATE



Health Begins In **YOUth!**

**KIN Offers Education in the Following Settings**

In-person activities available for South SBC only

**7-week, 1 hour/week in-person classroom instruction**

**7-week, 35 minutes/week virtual classroom instruction**

**Youth Clubs (virtual or in-person)**

**Health Clinics**

**School & Community Fair Tabling**

**NEW! Family Workshops  
~Coming Soon~**

KIN's first- and second-grade nutrition curriculum provides a foundation for nutrition and healthful dietary change, while the fifth-grade food sustainability curriculum educates about the link between our food system and environmental health. Lessons are evidence-based and include interactive visuals, hands-on games, physical activity, and group work.

“ I love how the UCSB students bring such enthusiasm and the fact that this program is **FREE** is an extra benefit.  
- Nancy Lusk, 1st Grade Teacher



KIN emphasizes the importance of a healthy heart and how our individual choices impact our wellness and the world around us.

### 1ST/2ND-GRADE NUTRITION CURRICULUM, STUDENTS LEARN:

1. WATER & SODIUM
2. FRUITS & VEGETABLES
3. GRAINS & PROTEINS
4. FATS & COOKING METHODS
5. SUGARS
6. MODERATION, BALANCED PLATE, & NUTRITION LABELS
7. NUTRITION WRAP



### 5TH-GRADE FOOD SUSTAINABILITY CURRICULUM, STUDENTS LEARN:

1. INTRODUCTION TO FOOD SUSTAINABILITY
  2. CLIMATE CHANGE
  3. FOOD SYSTEMS
  4. ANIMALS
  5. FOOD WASTE
  6. PROCESSING & PACKAGING
  7. FOOD LABELS & MARKETING
- (THIS CURRICULUM IS CURRENTLY UNDER REVISION, WILL BE AVAILABLE BY 2023)



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