Cooking with Kids Foundation

Inspiring your kids to eat healthy!

CWKF's mission is to change the lives of children by reducing their risk to the epidemic of childhood obesity and diabetes by teaching the valuable life skill of healthy cooking.

Jan. 2, 2024

Dear Holly Sonne Lafayette Chamber of Commerce

Back in camp, we used to play a game called, "If You Knew Me, You'd Know ..." as a way to introduce ourselves.

Today, I want to introduce you to my Big Idea that has been cooking (yes, yes, I know!} for a long time to teach healthy food preparation to more diverse children.

But first, "I want to play, if you Knew ME, You'd Know…".

I identify as spiritual. One of my strongest-held values is gratitude. My passion is FOOD. I am a food snob, but in a sweet way. I love the ingredients, the flavors, even the temperature (yes to ICE in iced water, right?} And this time of year, I get joy from watching people open their gifts.

When I work with children, teaching them how to prepare nutritious food, witnessing them taste things they've never seen or tried, and watching them light up with delight at the flavors, I am at my best.

That is why I am finally ready to introduce my next chapter of Cooking with Kids, which involves serving the mission of this nonprofit and really beginning to expand our classes to communities of lower income families who both have less access to fun after-school activities and can, science tells us, benefit perhaps more than anyone from learning to love healthy food.

I am so excited to announce: we are ready to launch! A recent partnership agreement with Loaves & Fishes has given us access to a professional kitchen. Additionally, this nonprofit, which serves meals to low-income and food-insecure families, will help us find our first cohort of deserving children.

Our first pilot will launch in the spring of 2024 –just as I am planting my garden.

During the weeks, they will learn to plan a meal. Together, we will plan and design a shopping list. Then, they will learn the skills to prepare a number of meals with and for their families. They will also get to bring home, thanks to Loaves and Fishes, a box of groceries to practice skills at home following each class.

So, just as a chef collects ingredients ahead of time, now it's time to collect the resources I will need to take 8 children through this 5-week cooking course.

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I am writing to you today because I am looking for a few things:

- Obviously, we will need money to fund this program.c
- I am also looking to build community! If you want to hear more or have ideas for me, PLEASE respond to this email. I am so excited about this program, the chance to talk about it with you would be amazing.
- If you have ANY questions about what I am up to, I would love to answer them – or find answers if I don't know right away. (I am in full learning mode as I launch this new endeavor!)

The initial cost to establish this program is $10,685. That includes the one time cost of furnishing tools needed in the kitchen, training the instructor and their aide and the cost of the first 5 week session.

Happy holidays and year-end to you!

With love and appreciation (and a little bounce in my step to be sharing this), Chef Lynda

Chef Lynda Rexroat
Executive Director
Cooking with Kids Foundation