

CookShop Launches in More Classrooms than Ever Before

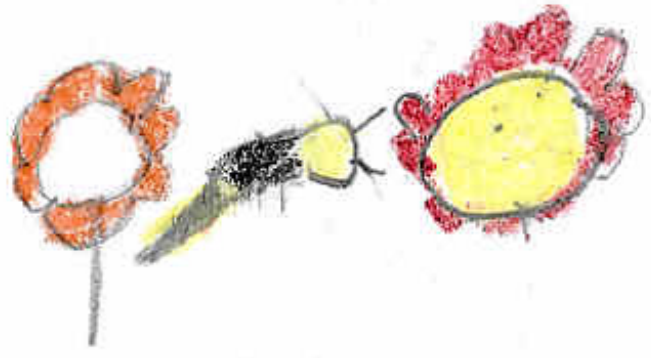
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As the holiday season draws near, we at the Food Bank have an additional reason to celebrate: the annual start of CookShop, which this year will reach record numbers of children, teens and adults throughout the city.



Our federally funded nutrition education program, CookShop helps teach low-income New Yorkers the skills and knowledge to make healthy food choices on a limited budget. Starting this December, approximately 30,000 New Yorkers – **nearly twice as many as last year** – will participate in hands-on workshops featuring fresh fruit, vegetables, whole grains and legumes.

In [CookShop Classroom for Elementary School](#), participants will find out about where food comes from (hint: it's not the fridge or the bodega!) and use their five senses to explore food up close. Participants in [CookShop for Families](#) will learn helpful nutrition tips like how to plan healthy and affordable meals at home. But the best part of CookShop, as our participants tell us time and again, is the cooking – and, of course, the tasting! No one puts it better than Mossiah, an elementary student at P.S. 307K in Brooklyn: "I learned in CookShop that when we are done we get to eat food and it tastes good. It tastes so good. I said, MMMMM."



We look forward to working with teachers and students in more than 1,300 CookShop classrooms in the months to come!