



Food Literacy Center (FLC)

Mission

Inspire kids to eat their vegetables; teach children in low-income elementary schools cooking, nutrition, gardening, and active play to improve our health, environment, and economy.

Who We Serve

Students throughout Sacramento schools. Programs teach children about nutrition, cooking skills, food preparation, and healthy decision-making through hands-on classroom experiences.

Project: Food Literacy Program Expansion

Funding will increase access to hands-on curriculum and grow school partnerships to serve approximately 40 schools. The program is especially timely given increasing challenges around food insecurity and reductions in assistance programs such as SNAP. Services help students build skills that can positively impact long-term health outcomes.

How Grants Funds Will Be Used

The grant will help support staffing, volunteer coordination, and operational growth needed to reach additional students. FLC has developed a strong and replicable program model that can be implemented across different school environments. The curriculum is designed so that volunteers are trained to support classroom delivery. With strong community partnerships and significant volunteer engagement, there are approximately 2,000 volunteer hours annually supporting classroom activities, kitchen operations, and program needs.

Sustainability

FLC has several strategies for long-term sustainability, including additional grants, school partnerships, fundraising efforts, service-based revenue opportunities, and culinary ventures. The organization has also begun developing relationships where schools contribute financially toward programming, which may provide additional sustainability as expansion continues. FLC is also documenting and filming program processes to help support future sustainability and replication.

What is Unique About This Project

The program is unique because it focuses not only on food access but also on behavior change. Having access to healthy food does not always translate into people knowing how to prepare or consume it. A focus on cooking skills, nutrition education, and confidence around food makes the approach different from traditional food access programs.

The model has the potential for broader community impact because it addresses both education and prevention by helping students build lifelong skills.