

# Creating an after-school cooking class program in your community



# Presentation Overview

- Sharing the model piloted in Whitefish
  - Motivation
  - Nuts and bolts of the program
  - Lessons learned
  - Online zoom classes

*5-Minute break!*

- Adapting the model for your community
  - Group brainstorming session
  - Sample proposals, budgets, recipes
  - Group share out





The mission of Farm Hands – Nourish the Flathead is to build a strong community food system that fosters socially just ways of accessing food.



# Whitney Pratt

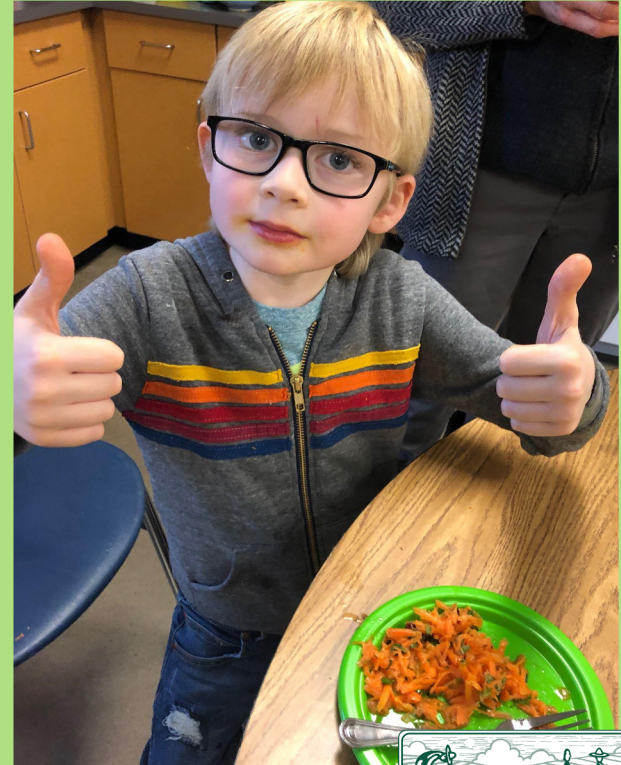
- Education Coordinator  
Farm Hands Nourish 2019-Present
- Farm to School Educator  
Muldown Elementary 2018-2019
- Farm Manager  
Purple Frog Gardens, 2016-2020
- FoodCorps Service Member  
Somers, Bigfork, Kalispell 2014-2016



# After-School Cooking Classes

## Motivation (Why)

- Expand after-school opportunities
- Deepen Farm to School education
- Teach the next generation about cooking
- Offer paid programming







# After-School Cooking Classes

## Preparation (How)

- Grant from FoodCorps Alumni Network
- Partnership with Whitefish School District
- Partnership with Gallatin Valley Farm to School
- Experience teaching kids cooking classes
- Connections in the school district



# After-School Cooking Classes

## Implementation (How)

- 9-week session
- Three courses (K-1, 2-4, 5-8)
- 1-2 teachers
- Held in school district buildings
- Paid programming with scholarships

## Farmer In the Kitchen

### After-School Cooking Club



Your child will learn to cook in a fun, hands-on environment. The program focuses on skill development, food literacy, and trying new fruits and vegetables grown here in Montana!

#### K-1

- Wednesdays, 3:15-4:30pm (2:45-4:00pm for early release)
- 9 weeks - \$100
- Alternative High School Kitchen
- Parents encouraged to participate!

#### 2-4

- Tuesdays, 3:45-5pm
- 9 weeks - \$100
- Middle School Culinary Arts Room
- Parents encouraged to participate!

#### 5-8

- Thursdays, 3:30-5:30pm
- 9 weeks - \$120
- Middle School Culinary Arts Room
- Parents welcome!



**January 20th -  
March 20th 2020**



**Scholarships available!**  
Contact us to request one!

#### Scholarships & Questions:

📞 406-261-5569  
✉ [info@farmhandsnourish.org](mailto:info@farmhandsnourish.org)



**Register today:**  
<http://buytickets.at/farmhands>





# K-1 Course

- ★ Wednesdays (early release)
- ★ 75-minute classes
- ★ Maximum 10 students
- ★ 1 teacher
- ★ Held in Independent High School kitchen
- ★ Cost: \$90
- ★ 2 scholarships available
  - one 100% and one 50%



Photo: Channing Johnson

# 2-4 Course

- ★ Tuesdays
- ★ 75-minute classes
- ★ Maximum 16 students
- ★ 2 teachers
- ★ Middle School Culinary Arts Room  
(students bused over)
- ★ Cost: \$90
- ★ 2 scholarships available
  - one 100% and one 50%



# 5-8 Course

- ★ Thursdays
- ★ 120-minute classes
- ★ Maximum 16 students
- ★ 2 teachers
- ★ Middle School Culinary Arts Room
- ★ Cost: \$110
- ★ 2 scholarships available
  - one 100% and one 50%





## Budget

Expenses	Anticipated Cost	Our Cost
Cooking Kit	\$0 - \$1,000	\$395
Ingredients (per student, per session)	\$3 - \$5	\$3
Space Rental Fee (per session)	\$0 - \$20	\$5
Insurance	\$250 - \$1,000	\$250
Training - ServSafe (per person)	\$172	\$172
Training - First Aid (per person)	\$100	\$0
Labor (2-3 hrs prep for every 1 hr class)		\$2,450
Printing	\$0 - \$300	\$128
Advertising	\$0 - \$300	\$75



# Lessons Learned

- Shorter course lengths are better (4-5 weeks instead of 9)
- Best advertising is through the school channels
- Food cost less than we thought (\$3/student vs \$4/student)
- Labor cost more than we thought (estimate 2-3 hours of prep for every hour of class)
- These classes were a HUGE hit, particularly for upper elementary and middle school students



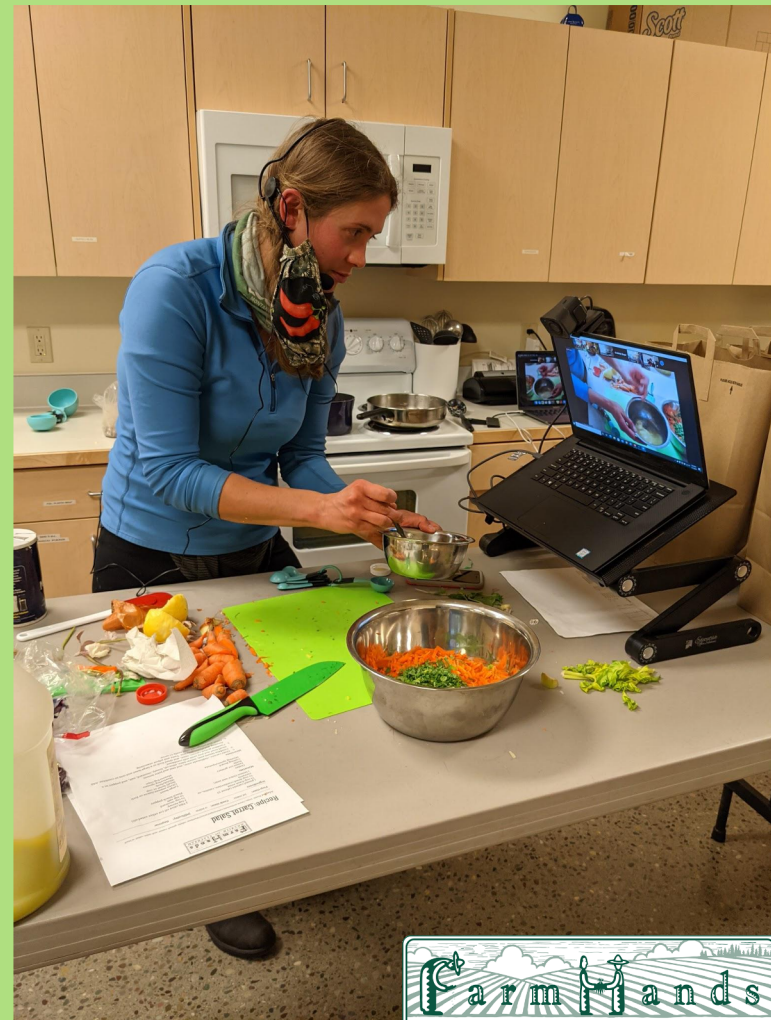
# Online Zoom Classes





# Online Zoom Classes

- 4-week sessions
- Three courses (K-1, 2-4, 5-8)
- 1 teacher
- Held online via Zoom
- Paid programming with scholarships



# Lessons learned

- Better in the winter
- Best age group was middle school
  - Made dinner for the family
- Harder to advertise/market
- Needs to be very inexpensive for families, but the student-teacher ratio can be very high



# Questions?



Photo: Channing Johnson

# Group Brainstorm:

## How can this model fit your community?

- Funding
    - Paid vs free programming
    - Online vs in-person
    - After-school vs summer
  - Location
    - Non-profit vs school district vs individual
  - Seasonality
  - How to maximize local food
  - Teachers
  - Training
- Brainstorm here!





# Individual/Group Work

- Worksheets with program and budgeting information
- Let me know if you have any questions!



Photo: Channing Johnson



# Thank you!!

Photo: Channing Johnson



P.S. We're changing our name in 2022



**Land to Hand**

M O N T A N A