KIDS COOKING FOR LIFE



KIDS COOKING IMPACT REPORT FY 2025





IMPACT REPORT

FY 2025



A FRUITFUL YEAR

Message from the President and the Executive Director,

As we launch our first annual impact report, we are filled with gratitude and pride for all that we've accomplished together.

Thanks to the dedication of our teachers, the enthusiasm of our students, the generosity of our donors, the commitment of our school and community partners, and the support of our volunteers, Kids Cooking for Life has continued to grow its impact—one class, one child, and one healthy dish at a time.

This fiscal year, we empowered thousands of kids and teens to discover the joy of cooking and the importance of nourishing their bodies with fresh, healthy food. In the classroom, we saw confidence grow as students learned not just recipes, but skills that will last a lifetime.

Your support makes this possible. Whether you contributed time, resources, or partnership, you have helped us create a lasting ripple of health, knowledge, and empowerment in our communities. From all of us at Kids Cooking for Life, thank you for believing in our mission and for helping us continue to cook up a healthier future for kids everywhere.

With heartfelt appreciation,

Saeri Yuk Lara Rajninger **President Executive Director**



FY 2025 at a Glance

+1,700	students reached over summer, fall and spring semesters
80%	of students from under-resourced schools
+800	classes taught
+40	school and community partners (over 50% for 4 years or more)
+15,000	student learning hours
87 %	of students surveyed at end of classes want to cook more at home
75 %	of students want to eat more healthy food, fruits and veggies
93%	of students surveyed would recommend KCL to friends
+50	college and high school interns and volunteers mobilized
1,200	hours of community service performed
90%	of expenditure dedicated to program-related costs
\$24k	in healthy groceries consumed

COOKING UP HEALTHY HABITS



MISSION STATEMENT: Kids Cooking For Life teaches nutrition and inspires healthy eating habits through hands-on cooking classes to at-risk students, including those from under-resourced communities and those with special needs. KCL empowers Bay Area kids and teens with nutritional knowledge and cooking skills for their lifelong health and well-being.

Our passionate chef instructors go on-site to Bay Area schools and organizations. In small groups, students learn about fresh ingredients through KCL approved kid-friendly recipes. Through progressive classes, students develop essential cooking skills and nutritional knowledge.

ESSENTIAL COOKING SKILLS

Cooking Fundamentals

Kitchen Safety

Healthy Food Choices

Mindful Eating

OUR 4 PILLARS OF NUTRITION

Be Sugar Smart

All-in for Whole Grains

Eat the Rainbow

Lean on Protein

KIDS COOKING FOR Life

THE CHALLENGE SURROUNDED BY PROCESSED FOOD

Across the Bay Area, kids are surrounded by processed food and convenience meals. As a result, kids suffer from poor nutrition, leading to long-term health challenges.

of California kids and teens aged 10-17 are overweight or obese¹

of daily calories consumed by American kids come from ultra-processed foods²

adolescents aged 12-17 nationally have pre-diabetes, per CDC data³



The preservatives, artificial ingredients, excess sodium, sugar, and fats in processed foods puts kids at risk of heart disease and stroke. Poor nutrition and is also correlated with worse education outcomes.

By contrast, food cooked from scratch with fresh ingredients has many benefits for kids:

- micro and macro nutrients
- lower sodium and saturated fat levels
- more fiber and protein

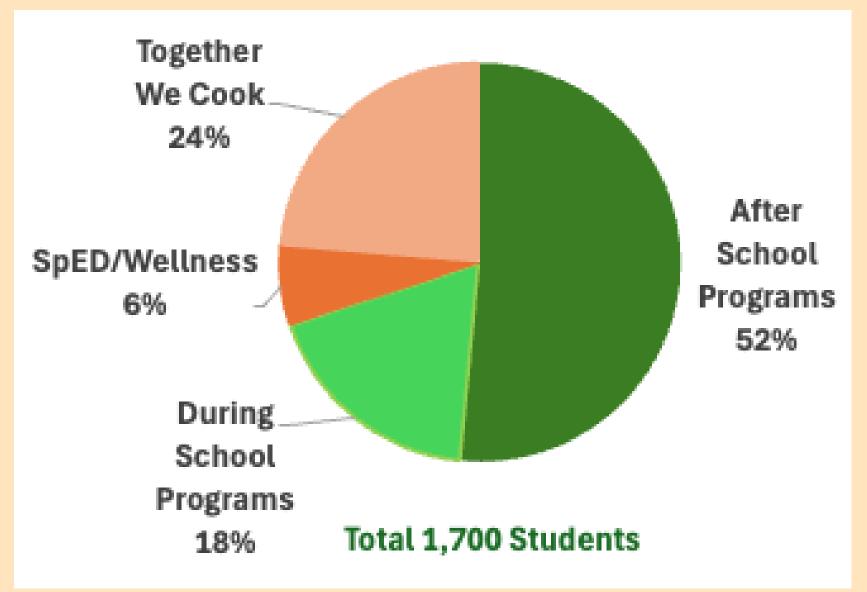


REACHING THOUSANDS OF KIDS

During FY 2025, KCL reached over 1,700 students through more than 800 classes; this represents almost 15,000 student learning hours, based on 9 hours of class per student.

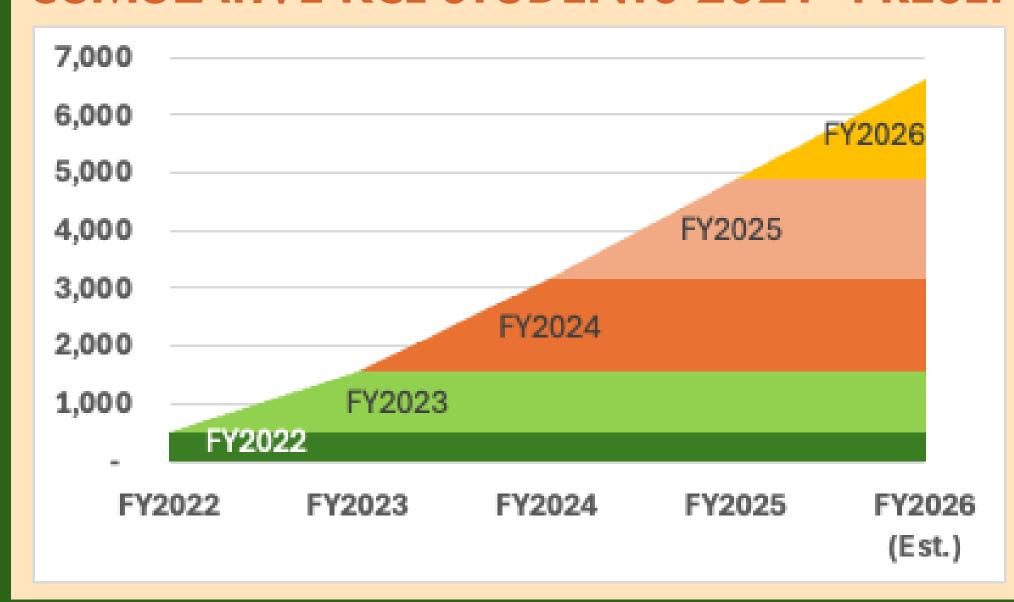
We have reached over 6,000 children since re-starting programming after COVID in 2021 - with numbers increasing every year - and we estimate over 12,000 kids have attended KCL since founding in 2009.

STUDENT REACH BY TYPE OF CLASS FY2025



- 70% of students joined in-person classes during/after school.
- 6% of students joined tailored special needs classes.
- 24% reached through KCL's
 'Together We Cook' program,
 where KCL trains staff at partner
 organizations to teach classes.

CUMULATIVE KCL STUDENTS 2021- PRESENT



- KCL re-started in-person classes in fall 2021, after going remote.
- Numbers of classes and student enrollment is growing year on year.

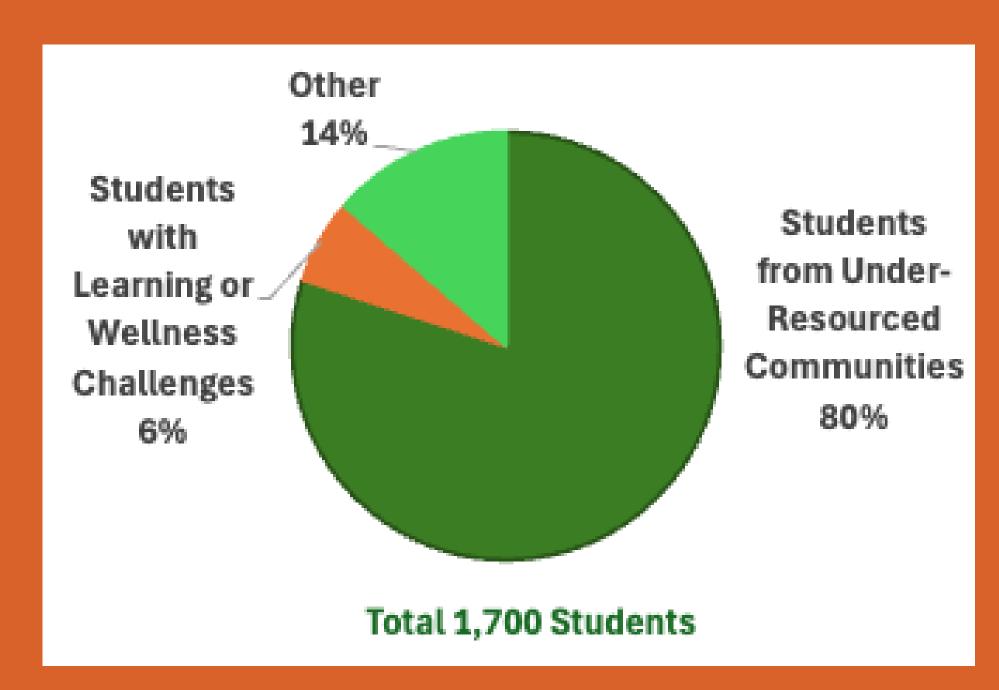


FOCUSED WHERE IT MATTERS MOST

Focusing on kids at risk, KCL serves primarily Title I schools in Marin, Oakland and San Francisco, and our classroom demographics reflect the diversity of the Bay Area. About 80% of students come from under-resourced communities.

Long term partners include UCSF Benioff Children's Hospitals, United Cerebral Palsy, Kaiser Pediatric and many school districts serving youth with developmental and health challenges.

STUDENT DEMOGRAPHICS FY2025



In our classes, every child learns to cook with fresh food and gain confidence in creating healthy and delicious meals, regardless of background!

REAL SKILLS, REAL LEARNING IN 8 WEEKS



KCL classes are small so every child receives practical hands-on learning, unique from other demonstration based classes where only adults cook and students watch. Our curriculum encourages teamwork, mutual respect and experimentation, as well as practical kitchen skills and nutrition learning.

Student surveys from 2025 show that after completing an 8-week semester:

73% of students want to eat more fruits and vegetables.

77% understand the differences between natural and processed foods.

66% report having proficiency in cooking skills and in making healthy choices.

87% want to cook more at home.

90% would get their friends involved in KCL classes.

STUDENT SPOTLIGHT

Our students can't wait to cook with us, experiment with new ingredients and learn how to be healthy!



I help my dad in the kitchen for dinner. I cut vegetables by myself. I make eggs in the morning by myself! - Russell, 7th Grade

You learn what's good for your health and what's good and bad for your body.

I would recommend this class, because it's [about] eating with friends, and I love all the people.

I feel confident in the kitchen and I like Chef Rose, she makes me feel successful. I learned to not be scared of the hot pans, I know I won't burn myself - Sulma, 7th Grade



PARTNERING FOR IMPACT

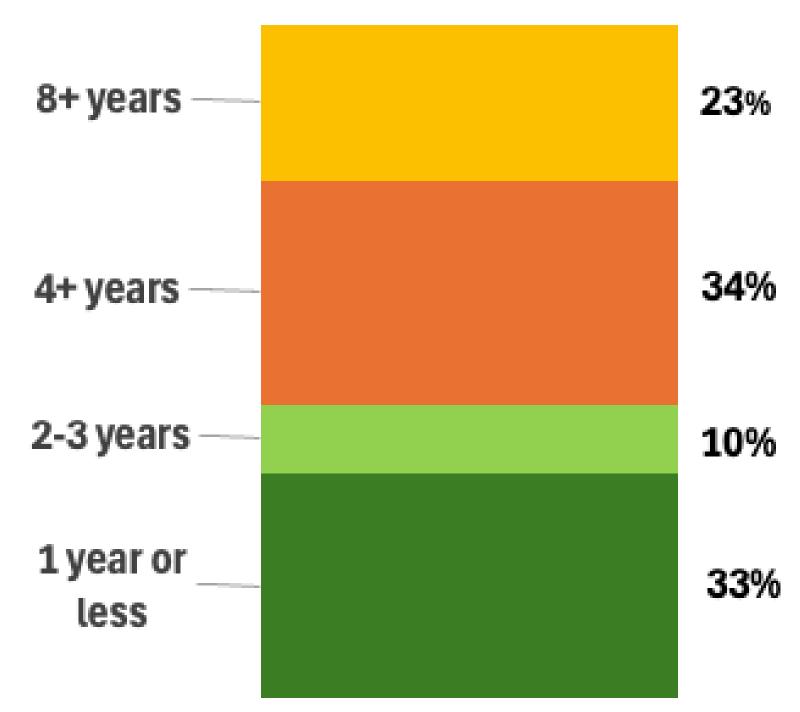
KCL achieves impact by long-term partnerships with elementary, middle and high schools, and trusted social organizations - community centers, hospitals, libraries, and urban farms and many more.

Over the last year, we worked with about 40 partners - almost 70% of which have been with KCL 2 years or more:

- 23% have worked with KCL for 8 years or more
- 57% have partnered for 4 years or more
- 33% are new organizations chosen to deepen our impact in targeted locations



Current Partners by Length of Partnership



Our partners highly value KCL, as attested by the length of our cooperation and by their willingness to help cover class costs.

KCL has worked with over 120 organizations since founding.



CULINARY COACHES SPICE IT UP

KCL's instructors - drawn as much as possible from the communities where they teach - are the core to KCL's success.

Their skills range widely, giving KCL a powerful collective knowledge base. They share a passion for cooking and working with kids.

They are:

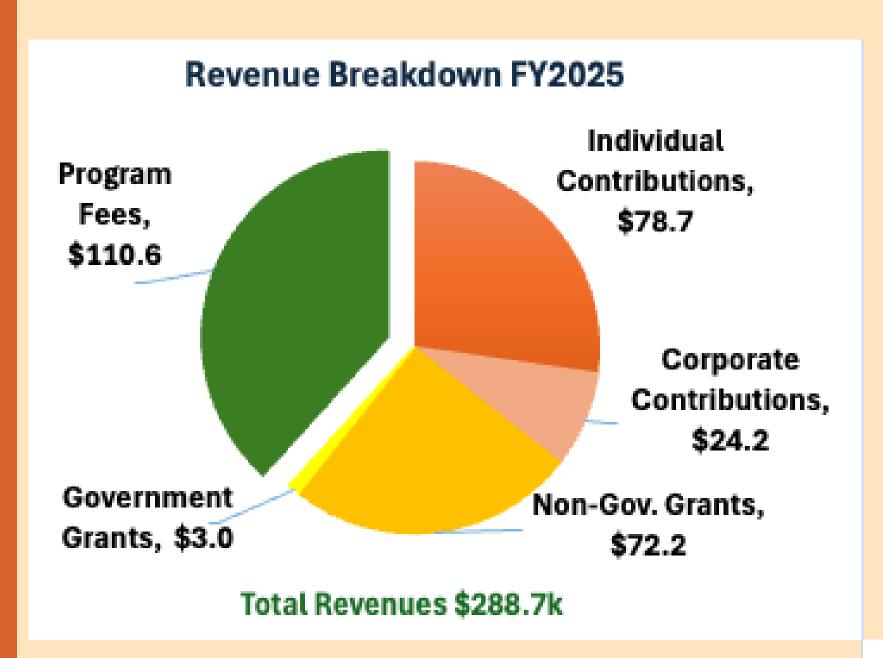
- educators
- nutritionists
- dietitians
- holistic chefs
- nurses
- food scientists
- epidemiologist
- artisanal food makers

Besides hiring great instructors, KCL also trains many staff at partner organizations, such as Boys and Girls Clubs, to teach the KCL curriculum through our Together We Cook program, creating professional development opportunities in the community.

SAVORING EVERY CENT

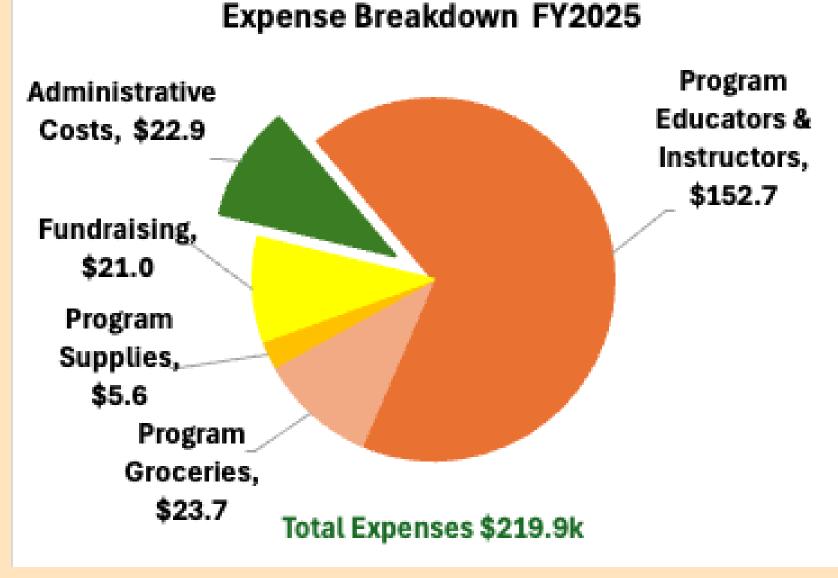
KCL wants all donations and partner school fees to make as great an impact as possible. In FY 2025, we kept costs low and built reserves:

- · We balanced donation revenue with reasonable fees from partners.
- We obtained low-cost services and technology as a 501c3, and the management team continues to work on a largely volunteer basis.
- Rather than own a building or assets, we leverage partner resources.
- We generated a \$68.8k increase in net assets, bolstering reserves.



School fees made up 38% of total revenues, supplementing donations and demonstrating that schools and partners value our programming.

We ensured that the vast majority of resources - approximately 90% of total expenditures - were invested directly into programmatic impact. Administrative costs accounted for only 10.4%.



STIRRING UP COMMUNITY ENGAGEMENT

In FY 2025, KCL provided many student internship and volunteer opportunities for local college and high schools students:

- 50+ interns and volunteers worked at KCL, serving as valuable role models
- They contributed 1,200 hours of community service Adult volunteers are also engaged in many support capacities



We recruit student interns from college programs in the Bay Area that specialize in culinary arts, nutrition and health-related fields.



KCL participates in many food-related events open to the community - cooking demonstrations, events with local farms, farmers markets and restaurants!



HEALTHY EATING BEYOND THE CLASSROOM

Many students want to share their cooking experience at home. KCL works to increase family and community engagement, celebrating local ingredients and the joy of healthy cooking:

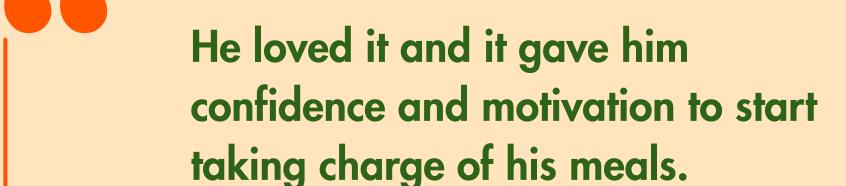
- "Tasty Table" on the last day of class for families to join in
- Digital recipes and cookbooks
- Cooking competitions for students

SHARED BY PARENTS

My boys often ask me when the next cooking class is. It was easy for the kids, not too expensive to obtain all the necessary ingredients, and so delicious!







My daughter loved the class and is inspired to do more healthy cooking. Thank you so much!!



HEARD FROM OUR PARTNERS

The UCSF Benioff Children's Hospital Wellness Center for Youth with Chronic Conditions has been privileged to partner with Kids Cooking for Life to bring educational and fun cooking classes to youth living with chronic medical conditions and their families. Cooking is an effective tool for building selfconfidence and health, and the KCL instructors make cooking fun!" Emily, Professor of Pediatrics, UCSF, Oct 2025

"Students have been enjoying the cooking class and the different recipes made! I love to see students excited to share what they have made with their caregivers, friends, and staff at the school. Parents are also enjoying hearing about their students' experiences."

Erika, Director of Expanded Learning, KIPP Summit Academy, Nov 2025

"It was so much fun to pop, sizzle, and steam with you! Looking forward to more good times in the kitchen!"

Dr. Martin Luther King Jr. Academy

"I am seeing so much growth in the students in their willingness to try new foods. There were quite a few students who had insisted they wouldn't try new foods and they are. The recipes have incrementally gotten more complicated and the students are rising to the occasion."

Christine A, Creative Expressions Teacher, Franklin Elementary School, Oct. 2025

"Our inspiring collaboration has empowered our students to make healthier food choices, develop lifelong culinary skills, and connect the joy of food with the science of living well. I have personally and repeatedly seen how engaged our students are in these classes. Thank you for your partnership!"

Nick, Superintendent, Griffin Technologies Academy, Oct.2025

FRESH FLAVORS AND INITIATIVES

Enjoying farm-to-table tour and chef-led cooking class [donated by Alameda Point (APC) Collaborative]





Launching Inter-Generational cooking class in West Marin Elementary

At the Bay Area Community Resources vendor fair





Making Three Sisters
Soup for Native
American Heritage
Month in November

DONORS - OUR KEY INGREDIENT

KCL is incredibly grateful for the backing of our philanthropic and corporate supporters, who have provided grants, goods and services, as well as the many generous individual donors

FINANCIAL PARTNERS

100Marin

Atkinson Foundation

Bank of America

Bank of Marin

Bella Vista Foundation

Bogart Foundation

Bothin Foundation

Carl and Roberta Deutsch

Foundation

China Live

Il Fiorella

Chocolate Salon

County of Marin

El Porteno Empanadas

Alameda Point Collaborative

Good Earth Natural Foods

George Peterson Insurance

Agency

Bridge Association of Realtors

Giving Marin

Target

Harbor Point Charitable

Foundation

Kaiser Permanente

Marin Charitable

Marin Community Foundation

Marin Health

IN-KIND PARTNERS

Nugget Markets

Mollie Stone's

Oro Puro

Point Reyes Farmstead

Cheese Company

Meta

Oakland Drinks Water

Peaceful World Foundation

Philanthropic Ventures

Foundation

Safeway Foundation

Sprouts Healthy Communities

Foundation

The Allens by Charity

The CARES Foundation

Umpqua Bank

West Marin Fund

Raley's

Ramini Mozzarella

Stanly Ranch

Trader Joe's

Wrap Assembly



DK is a retired graphic designer who lives in San Francisco, she loves KCL's mission of giving local kids self-reliance and life skills.

"I believe that getting kids situated early is important. It's wonderful to learn about cooking... the main thing for kids is building confidence, thinking through things, learning how to follow instructions, and actually coming out with a result they're happy with! They teach themselves reliance and confidence, and I just think that's a wonderful thing."

KCL BOARD - OUR SECRET SAUCE

Our Board members come from different backgrounds and share a deep commitment to ensuring KCL's sustainable growth and impact.

Melanie Harris, President

Assistant Principal, Mill Valley Middle School

Taissa Cherry, MD, Treasurer

Director, Interventional & Surgical Pain Medicine, Kaiser Permanente

Steven Shakin, Secretary

Senior Member, The Guardsmen

Eksha Khanna, Director

Client Success Manager, Doctor On Demand by Included Health

Marion McGovern, Director

Governance Chair, The Front Portch

Jennifer Silva, Director

Executive Director, Call Marin Home

Angela Trinh, RDN, Director

Assistant Sports Dietician, Stanford University

Saeri Yuk, Ex-Officio Director/President

20+ years experience strategic development of start-up companies

Lara Rajninger, Ex-Officio Director/Executive Director

Extensive management experience in nonprofit organizations

Christine Atkins, Advisor

Creative Expressions Teacher, Franklin Elementary School



RECIPE FOR A HEALTHY FUTURE

Every KCL class plants a seed — of curiosity, confidence, and connection.

Through partnerships, education, and joyful cooking, KCL is helping kids discover that healthy food is not only good for you, but fun to make and share.

With every student reached, KCL moves closer to its mission: empowering all children with the lifelong skill of healthy cooking for themselves and their communities.

As KCL marks [16] successful years in operation, it thanks all partners, donors, volunteers, and schools for helping bring cooking, confidence, and healthy habits to thousands of Bay Area kids.

Together, we're cooking up a healthier future — one class, one meal, and one child at a time.