

Cooking at Summer Camp with the Boys & Girls Club

By Cassandra Culps, Nutrition Education Coordinator



Local children make healthy delicious, and decorative snacks with fresh "Locally Delicious" produce during a cooking class with the Boys and Girls Club at the Loleta Community Resource Center, taught by our Nutrition Education Coordinator, Cassandra Culps.

Thanks to a special grant from Locally Delicious, Food for People is having a greater impact on food insecurity and access to fruits and vegetables in one of Humboldt County's most vulnerable populations: children. In partnership with the Loleta Community Resource Center and the Loleta Boys and Girls Club, Food for People led a weekly cooking class for 8 summer camp attendees this season. Each week, a new rotation of 8 students joined the hands-on cooking class. In keeping with the grant guidelines, a local vegetable or protein was the star of each dish. The first class featured local, organic cilantro from Rain Frog Farm in Blue Lake. Students blended the cilantro with chickpeas, limes, garlic and olive oil to create a delicious and fragrant Cilantro Lime Hummus. They spread the hummus on crackers and added various vegetables on top to create Plant Part Art. Students learned about the different plant parts that we eat along with the beneficial vitamins and minerals contained in the plants. As the children ate their creations, we enjoyed several table topics of discussion: gardening, family, and their favorite vegetables. Each student went home with a bunch of cilantro, two cans of chickpeas, a recipe, and they were filled with excitement about recreating this dish with their families! 🌱