



KIDS IN NUTRITION

Impact Report

A MESSAGE FROM OUR CEO



The **2024-2025** academic year was a transformative time for Kids In Nutrition (KIN). We enhanced volunteer training, enriched our educational content, strengthened director team building, and expanded our outreach initiatives. A heartfelt thank you to our dedicated volunteers and incredible donors—your support brings KIN's programs to life. Together, we are empowering the younger generation with the knowledge and resources to use nutrition as a lifelong tool for health, equity, and joy.

THIS PAST YEAR'S DEVELOPMENT & SUCCESSES

This year, KIN delivered a record number of nutrition education programs to youth across nine university chapters. In addition to our ongoing work at UC Santa Barbara, UC Davis, UC Berkeley, UCLA, Tufts, Northeastern, and Indiana University School of Medicine, we proudly welcomed Butler University and UNC Chapel Hill for their successful first year of KIN programs. We're thrilled to have them join the KIN Movement!

Read more for highlights on KIN's chapters, partnerships, accomplishments, and goals!



IMPACT SNAPSHOT

1826

Students Taught

533

KIN Volunteers

88

Classrooms

616

Lessons

167

Recipe Kits



KIN'S NATIONWIDE CHAPTERS

KIN has reached a new milestone, celebrating **TEN** nationwide chapters! We continue to generate record-breaking contributions from our generous donors and university student involvement! Starting at UC Santa Barbara in 2014, we are thrilled to see the KIN movement ignite across the United States.

CHAPTERS:

- UC Santa Barbara
- UC Berkeley
- UCLA
- UC Davis
- Northeastern University
- Tufts University
- UNC Chapel Hill
- Butler University
- Indiana University, School of Medicine
- University of Iowa (NEW)



Let's give a warm welcome to the University of Iowa! Led by a passionate team of undergraduate volunteers across diverse majors, KIN's Ulowa chapter is set to teach its first classroom in Fall 2025.



NEW PARTNERSHIPS



KIN is proud to partner with Fresh Approach, a Bay Area-based nonprofit, to enhance our volunteer training. Their Community Nutrition Education Training (CNET) equips KINstructors with the knowledge and tools needed to apply trauma-informed teaching methods and deliver nutrition lessons effectively.



In 2025, KIN launched Healthy Kids, Happy Planet's curriculum, Cool Beans Around the World, taking children on a culinary journey to explore legumes celebrated in cultures across the globe. KIN's goal is for chapters to bring these engaging protein-packed adventures to our local schools!



KIN is thrilled to be part of the Beans Is How campaign! Together, we're on a mission to double global consumption of beans, lentils, peas, and other pulses by 2028 — for the health of people and the planet.

Through KIN's student-led youth nutrition education programs across the United States, we will deliver a new 3-lesson hands-curriculum all about pulses.



Through our partnership with Leah's Pantry, a California-based nonprofit, KIN is developing a new 5-lesson Food Waste series for fifth-graders. Our KINstructors will be trained to be food waste prevention advocates and inspire the younger generation to practice sustainable habits.

EDUCATION

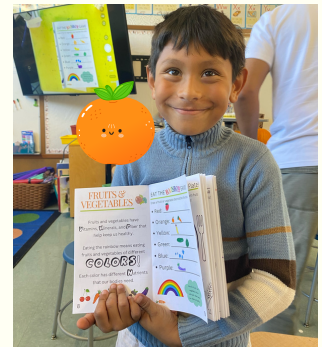
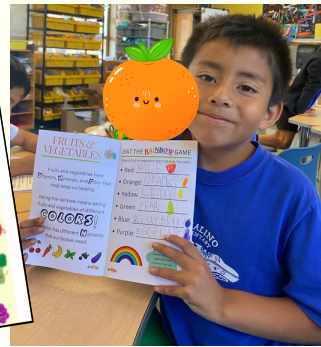
Overall Impact

Throughout the 2024-2025 academic year, KIN provided nutrition education to 1,840 elementary students across 563 classrooms, engaging 563 university student volunteers in delivering 609 nutrition lessons.



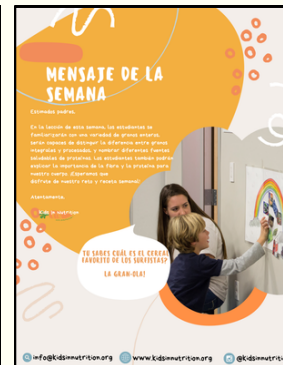
Nutrition Workbook

KIN's new 44-page Nutrition Workbook complements our lessons with engaging activities, games, coloring pages, and reflection room to explore food habits and preferences.



Weekly Newsletters

KIN developed new weekly newsletters for seven family-friendly weekly newsletters help keep parents engaged with their child's KIN lessons at home.



Available in English and Spanish on our [website!](#)

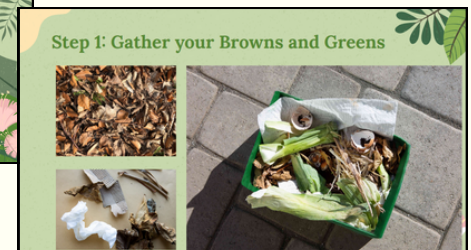
Fiber Lesson

Developed by KIN at Butler, our new stand-alone fiber lesson offers hands-on learning all about the power of fiber!



Vermicomposting Lesson

Through KIN's partnership with UC Berkeley's Student Environmental Resource Center, KIN now offers a stand-alone lesson all about the magic of composting-- what is it? why is it important? how do we practice it?



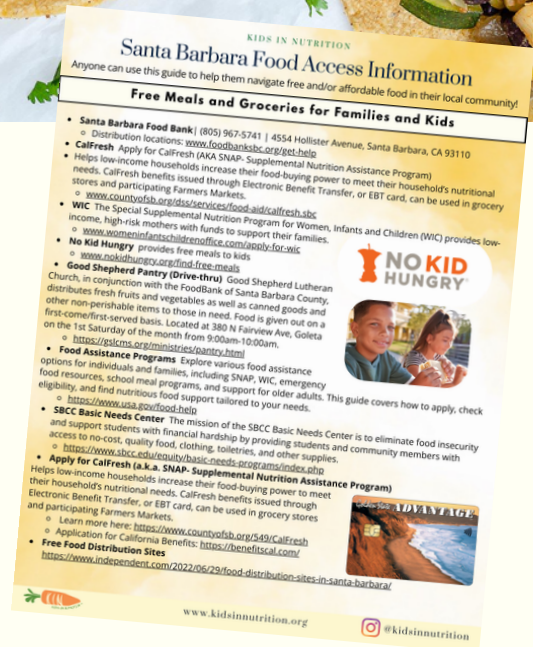
FOOD ACCESS



Recipe Kits

UCSB KIN assembled and distributed **167** recipe kits, encouraging hands-on learning at home and conversations about food, culture, and health. Each kit includes a community-curated, bilingual Food Access Guide to help families navigate affordable and healthy food options in their area.

Explore KIN's [Food Access Guides](#) on our website!



Food Recovery

In partnership with Nourish LA, KIN at UCLA supports food recovery efforts by sorting and distributing surplus food—helping to feed LA families, reduce food waste, and protect environmental resources.

COMMUNITY OUTREACH

NUTRITION PANEL

In January, KIN hosted its first-ever Nutrition Panel in Isla Vista, CA. The panel featured five community experts from diverse sectors of nutrition, who shared insights and answered questions through the lens of their fields.



FAMILY ENGAGEMENT



UCSB KIN activities, games, and prizes, at the 2025 Santa Barbara Earth Day Festival!



KIN's UCSB chapter brings nutrition education to the Santa Barbara Neighborhood Clinic, expanding their impact beyond the classroom! 19 family participants were involved in lessons taught at SBNC.



KIN at UC Davis hosted 5 interactive tables at the Davis Farmer's Market! Activities included trivia, scavenger hunts, and fun prizes!



KIDS IN NUTRITION

NEW YEAR, NEW GOALS

KIN is already preparing new projects and goals for the upcoming 2025-2026 academic year. Check out what we have brewing!



PROJECTS

DETAILS

KIN will develop and offer:

Education

- a 5-lesson food waste series for 5th graders in partnership with Leah's Pantry.
- a 3-lesson legumes curriculum in partnership with Beans Is How.
- classroom kits with posters and activities for year-round nutrition education.

Food Access

- Scale partnerships with community organizations and local businesses to enhance food access and recipe kit distribution.
- Establish Student Basic Needs Coalition (SBNC) Ambassadors at each KIN chapter to connect food insecure university students with their eligible SNAP dollars.



Family Engagement

- Scale partnerships with neighborhood clinics and host more interactive farmer's market tables across KIN's nationwide chapters.



We couldn't have
done it without your
generous *support.*



Thank you
to all our donors
and volunteers.

Board of Directors

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IF YOU OR SOMEONE YOU KNOW IS INTERESTED IN:

1. Starting a new KIN chapter at your university
2. Bringing KIN to an elementary school classroom
3. Partnering with us

Join the #KINMovement

Please contact KIN's CEO, Michelle Nicolet: mnicolet@kidsinnutrition.org

