



KIDS IN NUTRITION

Impact Report

A MESSAGE FROM OUR CEO

The 2025-2026 academic year has been defining for Kids In Nutrition (KIN). Together, we didn't just grow, we evolved. From launching new programs and enhancing our curricula, to transforming our volunteer training and welcoming new chapters across the US, the KIN movement is stronger than ever.

To our staff, volunteers, and donors: thank you. Your dedication to our mission is what brings our programs to life.

Why KIN? By investing in youth, we are empowering college mentors and young learners with the knowledge and habits needed to prevent chronic disease before it starts, foster health equity, and cultivate a sustainable, climate-resilient food system.

KIN doesn't just teach nutrition; we inspire. By grounding everything we do in our "why," leadership, motivation, and positive daily choices naturally follow—uplifting the next generation of mindful eaters and food leaders. Because health begins with YOUTH!

With Gratitude,

Michelle Nicolet, Co-founder & CEO

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



IMPACT SNAPSHOT

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Nationwide Chapters

2,112

Students Taught

661

KIN Volunteers

116

Classrooms

606

Lessons

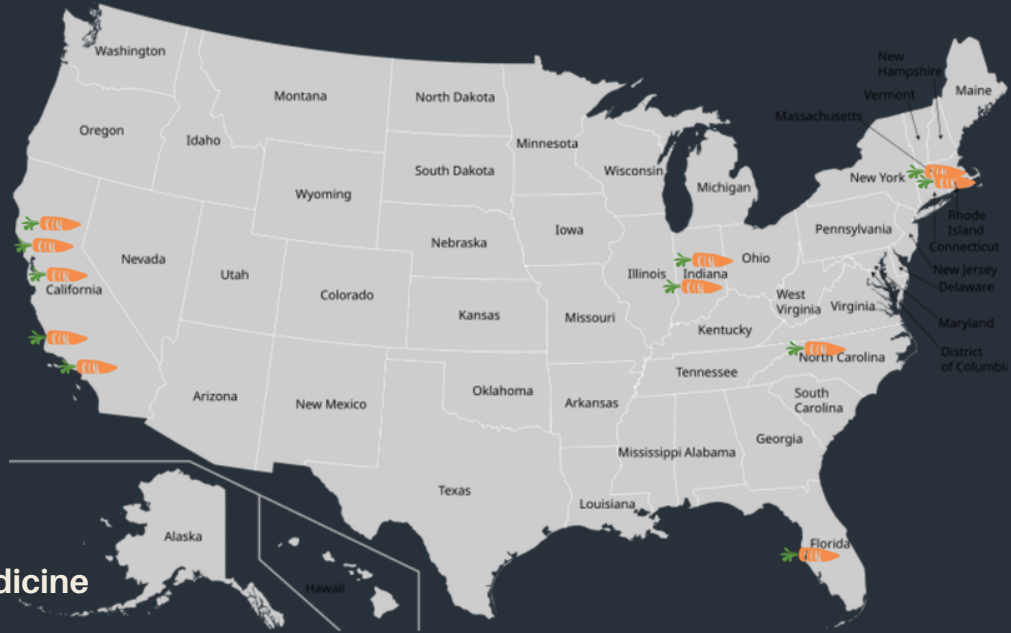


KIN'S NATIONWIDE CHAPTERS

The KIN movement is **GROWING**, reaching **ELEVEN** nationwide chapters across **FIVE** states!

CHAPTERS:

- UC Santa Barbara
- UC Berkeley
- UCLA
- UC Davis
- Northeastern University
- Tufts University
- UNC Chapel Hill
- Butler University
- Indiana University, School of Medicine
- Stanford University *New!*
- University of South Florida, Morsani College of Medicine *New!*



BUTLER
UNIVERSITY



THE UNIVERSITY
of NORTH CAROLINA
at CHAPEL HILL



Northeastern
University



SCHOOL OF
MEDICINE



Tufts
UNIVERSITY

LET'S GIVE A WARM WELCOME TO TWO NEW CHAPTERS THAT JOINED THE MOVEMENT IN 2026:



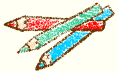
Stanford
University

EDUCATION

2025-2026 ACADEMIC YEAR WRAP UP...



2,112 elementary students taught



116 classrooms reached



661 university volunteers engaged



606 nutrition lessons delivered



LED BY YOUTH, FOR YOUTH

KIN now offers **FOUR** evidence based curriculum tailored by grade level that focus on holistic health and environmental stewardship.

**1ST AND 2ND
GRADE**

**CORE
NUTRITION
CURRICULUM**



7-LESSON SERIES

Explore food groups, make healthy choices, and build daily habits through hands-on activities.

**1ST AND 2ND
GRADE**

**FIBER
LESSON**



SINGLE LESSON

Understand the importance and benefits of fiber in nutrition.

**3RD AND 4TH
GRADE**

**COOL BEANS
AROUND THE
WORLD**



9-LESSON SERIES

Learn about diverse legumes, cultures, and recipes across the globe.

**5TH AND 6TH
GRADE *New!***

**FOOD WASTE
REDUCTION
SERIES**



6-LESSON SERIES

Apply food waste reduction and sustainability practices to daily habits.

CORE NUTRITION CURRICULUM

Launched in 2014 as KIN's very first program, our *1st/2nd Grade Core Nutrition Curriculum* remains the heartbeat of what we do.



Our core 7-lesson nutrition series introduces students to food literacy essentials, focusing on whole foods, fiber, balance, diversity, nutrition labels, and mindfulness. By engaging students through vibrant visuals, movement-based activities, and group challenges, the curriculum helps build healthy habits that last a lifetime.

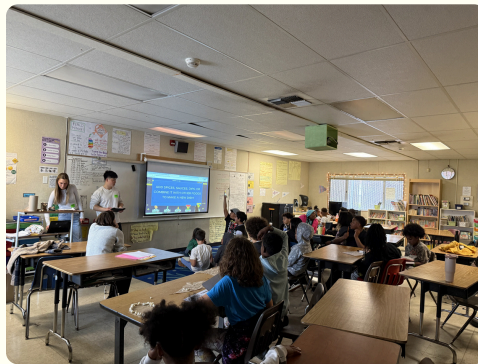
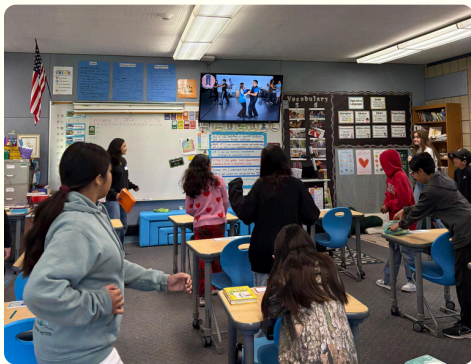
This past year, we refined our approach based on direct feedback from teachers and KINstructors, resulting in our most engaging iteration yet. As KIN's capacity expands to meet evolving community needs, this core series serves as a vital foundation from which deep, lifelong food literacy can grow.



FOOD WASTE REDUCTION SERIES

This past winter, KIN launched our *5th/6th-Grade Food Waste Reduction Series*. Throughout this 6 week curriculum, students explore the food system to understand how food gets from "farm to fork," examine the environmental and social impacts of food waste, and learn practical strategies to reduce waste at home and school.

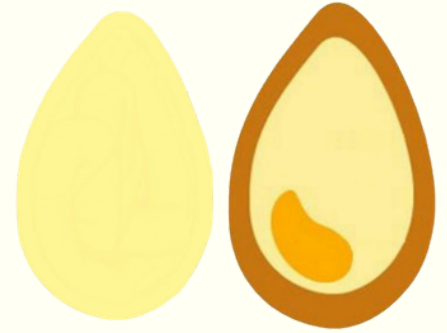
Following a successful pilot, we are excited to continue offering this program in the upcoming school year!



FIBER LESSON

This year, we brought KIN's *Fiber Lesson* to dozens of elementary classrooms, teaching youth how fiber fuels the mind and body.

Designed as an easily adaptable standalone lesson, KIN celebrates diverse, colorful whole foods and empowers students to build fiber-rich plates every single day.



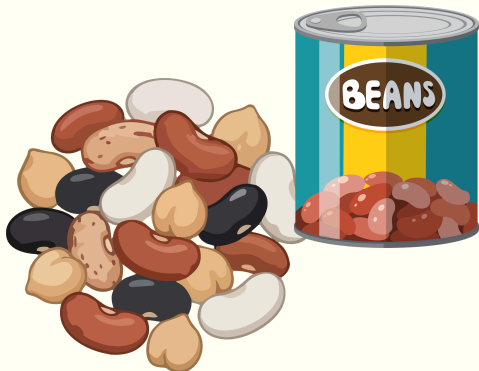
COOL BEANS AROUND THE WORLD

In partnership with [Healthy Kids, Happy Planet](#), KIN brings *Cool Beans Around the World* to 3rd and 4th-grade classrooms!

This interactive, 9-lesson series empowers kids to make mindful, bean-forward food choices while exploring how the humble bean is a delicious staple in cuisines across the globe. Through hands-on activities, students discover how the food on their plates directly impacts both their own health and the health of our planet.

Why beans?

- Nutrient-Rich: Packed with fiber and protein.
- Planet-Friendly: Low carbon footprint and great for soil health.
- Accessible: Affordable and shelf-stable.
- Culturally Diverse: Celebrated in cuisines worldwide!



EDUCATING EDUCATORS



We are excited to announce KIN's new **Online KINstructor Training!**

At KIN, we equip our volunteers with the knowledge and tools they need to deliver consistent, trauma-informed, and culturally responsive curricula. By educating our educators, we are cultivating the next generation of food systems leaders while empowering youth with the skills they need to build lifelong healthy habits.



5th/6th Food Waste
Reduction Series...



1st/2nd Grade Core
Nutrition Curriculum...



3rd/4th Cool Beans Around
the World KINstructor...



KIN Community Nutrition
Education Training (CNET)...

FOOD ACCESS

Recipe Kits

KIN assembled and distributed **72 recipe kits**, encouraging hands-on learning at home and sparking meaningful family conversations about food, culture, and health. Each kit includes a bilingual recipe and ingredients to make a fiber-rich, home-cooked meal.

Thank you to Lazy Acres Market of Santa Barbara for supporting this initiative!

LAZY ACRES
natural market



CHICKPEA PASTA

- Bring a large pot of water to a boil. Cook 12 oz of pasta until al dente. Reserve 1/2 cup of pasta water, drain, and set aside (do not wash after draining).
- If you have an 1/2 of an onion and 5 cloves of garlic, in a large pot or skillet, heat 1 Tbsp olive oil over medium heat. Add onion (chopped) and cook for 5 minutes, until softened and lightly golden. Add garlic (minced) and cook for an additional minute.
- Add 1/2 cup water to scrape up any browned bits. Simmer until reduced.
- Stir in 1 can of tomato paste and cook 3-5 minutes, stirring until it's a brick red color.
- Add 1 can of coconut milk, 1/2 cup of water, 1 can of chickpeas, and seasonings (optional). Simmer gently uncovered for 10 minutes on low, stirring occasionally (don't let it boil).
- Stir in cooked pasta and, if using (optional), 2 handfuls of spinach for the last few minutes. Stir until spinach wilts, 1-2 minutes. Add reserved pasta water if needed to loosen the sauce.
- Serve warm in a pasta dish.

WORD SEARCH

N O R Z O P R O E E E O O O
 O A E E O T T P S T O T T Z
 L O P C B O I A E O S P M P
 R S E T A S E P Z S S O R E
 H L N S S L T T P T T S S S
 T O N T I S A R O E T O N O
 O A E L L I N P Z A O S O P
 P T I H P A S T A T M A I N
 L A P N O A B L T R A I N T
 G O L N S S I P O T T S O R
 O H S L L E H S L N O A S T
 O N N A O S P A G H E T T I
 S R O E T T A A L L N O O E
 T N H T C I L R A G Z L T A

ONION SPAGHETTI TOMATO GARLIC PINEAPPLE PESTO

OPTIONAL SEASONINGS

- 1 tablespoon tamari
- 2 teaspoons maple syrup
- 2 teaspoons dried basil
- 1 teaspoon dried oregano
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/2 teaspoon crushed red pepper flakes
- 1 teaspoon salt, adjust to taste

For more recipes, visit [kidsinnutrition.org](https://www.kidsinnutrition.org)

la Receta de Hoy! Avena Trasmochada

• 1/2 taza de avena
 • 1/2 taza de leche de coco
 • Fruta seca de su gusto
 • 1 cucharadita de semillas de chía (opcionales)
 • Endulzante (al gusto)

Instrucciones:

- Vierte la avena y las semillas de chía en un tazón.
- Vierte la leche de coco en el mismo tazón y mezcla bien.
- Agrega el endulzante al gusto y vuelve a mezclar.
- Distribuye la mezcla en un contenedor hermético.
- Cuelga la fruta seca sobre la mezcla de avena, ya sea mezclándola suavemente o dejándola encima.
- Cierra el contenedor y colócalo en el refrigerador por al menos 6 horas, o preferiblemente durante toda la noche.



KIDS IN NUTRITION

Westside Los Angeles Food Access Information

Anyone can use this guide to help them navigate free and/or affordable food in their local community!

Good Meals and Groceries for Families and Kids

- Westside Food Bank** | (310) 828-6016 | 1710 22nd St. Santa Monica, CA 90404
 - Partner programs serve neighborhoods of Santa Monica, Venice, Culver City, West Los Angeles, West Hollywood, Inglewood, the LAX area, the West Los Angeles VA, and several college campuses: <https://www.wsfb.org/out-services/need-food-help/>
 - Hours vary from site to site, check out the website above to find your nearest distribution center
- Los Angeles Regional Food Bank** | (323) 234-3030 | 1734 East 41st Street, Los Angeles, CA 90058
 - Distribution Sites: <https://www.lafoodbank.org/find-food/pantry-locator/>
 - Enter your address above to find your local food pantry.
 - Pantry distribution dates and times are subject to change. Please contact the agency directly to confirm distribution times.
- FEEDLA** (For Kids Ages 1 - 18)
 - Visit <https://www.ymcaila.org/feedla> for various sites near you; dates and times will be posted there
 - Participants may register at any participating location. For more information, please contact Soysaga@ymcaila.org
- Nourish LA (Nuestros Alimentos)** Each weekend, Nourish LA hosts free food giveaways, offering fresh produce and recovered items generously provided by local partners such as restaurants, foodcyc, West Side Food Bank, private donors, restaurants, farmers' markets, and fruit gleaned from trees across Los Angeles. Westside Location: Mar Vista Farmers Market, Angeles. Westside Location: 3826 Grand View Blvd, Los Angeles, CA 90066. <https://www.nourish.la/get-food>
- ALDI - Marina Del Rey Area** | 3330 W Century Blvd, Inglewood, CA 90303 Offers budget-friendly groceries with a focus on simplicity and efficiency. Known for its private-label products that match or exceed national brand quality at lower prices. Ideal for individuals and families seeking a wide variety of food items—including produce, dairy, snacks, and frozen goods—without stretching their budgets.
 - <https://www.instacart.com/store/aldi/storefront>

Westside Los Angeles Food Bank's Mobile Pantries

- St. Gerard's Social Service | Tuesdays at 9 a.m. 4439 Inglewood Blvd., Los Angeles
- West LA Veterans Administration (veterans only) | Wednesdays at 12 p.m. North of Wilshire, in Parking Lot 7 off Eisenhower Avenue. Between Wadsworth Chapel and Wadsworth Theatre, Los Angeles
- Virginia Ave Park Pantry (Parking lot of Virginia Ave) | Thursdays at 11 a.m.-2:00 p.m. Virginia Ave, Santa Monica
- Farragut Ave Elementary School | Thursdays at 3 p.m. 10820 Farragut Drive, Culver City
- West LA Civic Center | Fridays at 3:30 p.m. 1645 Corinth Ave, Los Angeles

KIDS IN NUTRITION

Alimentación en la Accesibilidad Alimentaria

Backyard Bounty del Banco de Alimentos de Santa Bárbara - El banco de alimentos frescos de patios traseros, jardines, granjas y huertos en el área de Santa Barbara es una persona de la comunidad que enfrentan hambre e inseguridad alimentaria. Las opciones mencionadas en esta hoja de recursos dependen de voluntarios!

Backyardbounty

sin fines de lucro Soliciten subvenciones a través de Santa Barbara - www.sbfoundation.org/nonprofits/grant-opportunities

The Terrace Foundation (649) Pilgrim Terrace Drive, Santa Barbara, CA 93101, y de que las comunidades deben tener el poder de cultivar sus propios alimentos locales informados. - <https://www.theterracefoundation.org>

Saludablemente Sin Costo Adicional

Source de Harvard para obtener información nutricional actualizada.

Alimenta familiar de KIN para acceder a recursos prácticos.

PARA COMER SALUDABLE

VEGETALES
GRANOS INTEGRALES
PROTEÍNA SALUDABLE
FRUTAS

AGUA
 Tome agua, té, o café (con poco o nada de azúcar). Limite la leche y lácteos (1-2 porciones al día) y el jugo (1 vaso pequeño al día). Evite las bebidas azucaradas.

Come una variedad de granos (cereales) integrales (como pan de trigo integral, pasta de granos integrales, y arroz integral). Limite los granos refinados (como arroz blanco y pan blanco).

Escoge pescados, aves, legumbres (habichuelas/leguminosas/frijoles), y nueces; limite las carnes rojas y el queso; evite la tocina ("bacon"), carnes frías (hambres), y otras carnes procesadas.

Coma muchas frutas, de todos los colores.

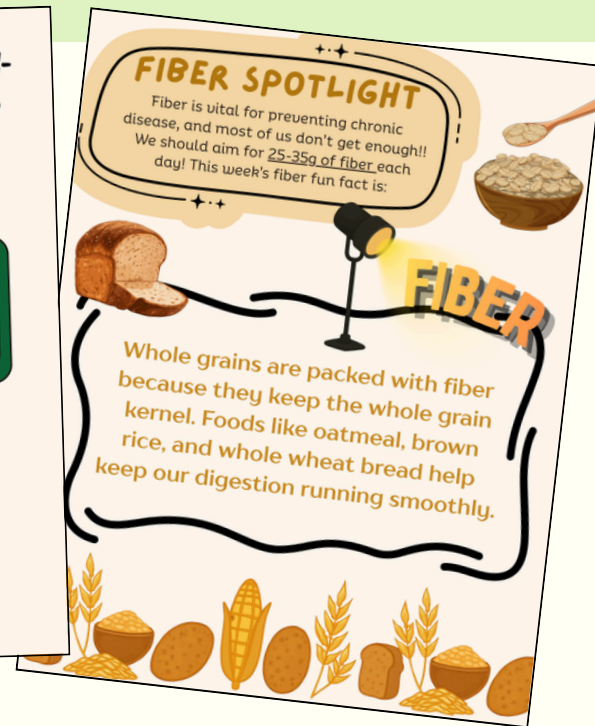
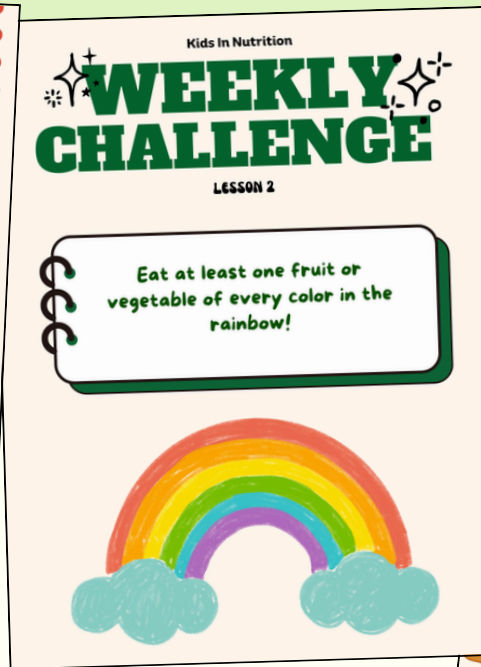
Mejor: Las papas (papas) y las papas fritas (papas fritas/papitas) no cuentan.

Food Access Guides

For each of its chapters, KIN develops a community-tailored, bilingual Food Access Guide to help families navigate affordable, nutritious food options in their local areas.

Explore KIN's Food Access Guides on our website!

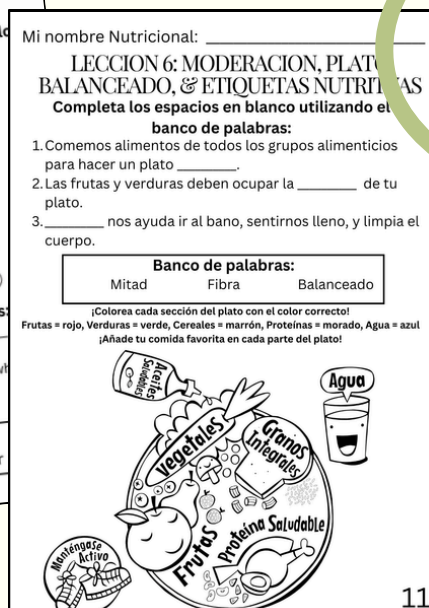
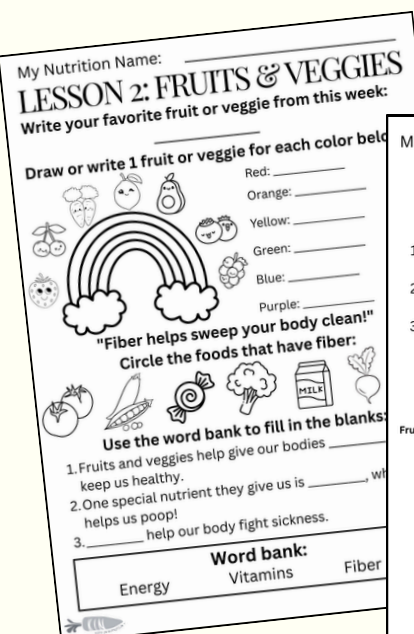
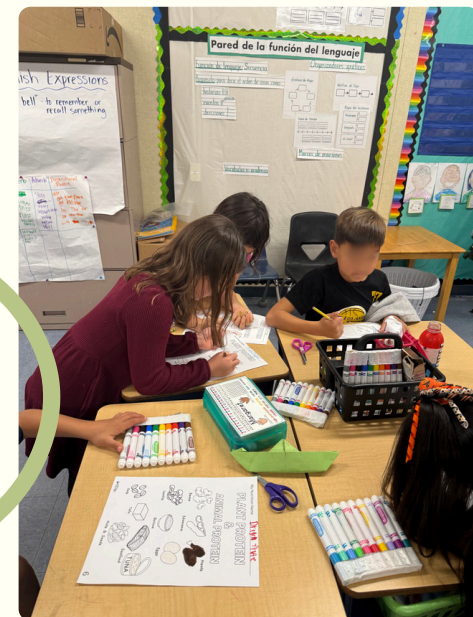
FAMILY ENGAGEMENT



Weekly Newsletters

KIN launched new weekly family newsletters across all programs, bridging the gap between classroom learning and home life to help families build healthy habits together.

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



Worksheets

KIN's new lesson worksheets are here! Designed to reinforce learning, they're the perfect way for kids to share what they've learned at home.

COMMUNITY OUTREACH

CLINICS

KIN's UCSB chapter delivered **19 nutrition lessons** to the Santa Barbara Neighborhood Clinic, expanding their impact beyond the classroom!



EVENTS



UCSB KIN at the 2026 Santa Barbara Earth Day Festival!



UC Berkeley KIN at the 2026 Berkeley Unified School District Climate Fair



KIN joins City of Hope's 2026-2027 Healthy Living Grant Cohort! [Learn more here](#)

MEDIA SPOTLIGHTS



[805 Living Magazine](#) celebrates UCSB KIN's youth-led nutrition education programs in their November 2025 Edition!



[Beans Is How](#) spotlights Kids In Nutrition for World Children's Day on November 20th, 2025!

A REMINDER OF OUR WHY

Habits start early.
So should food literacy.

Today, 67% of the calories American children consume come from ultra-processed foods. 1 in 3 teenagers is pre-diabetic and 1 in 5 have obesity. Heart disease remains the leading cause of death in the US.

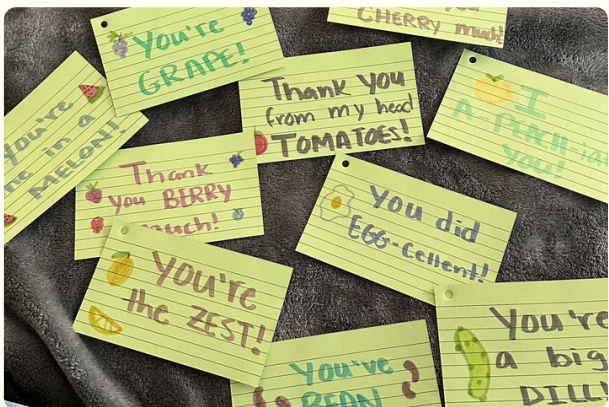
These crises are highly preventable through our food choices—yet nutrition education is virtually nonexistent in our schools.

At KIN, we believe food literacy is a fundamental life skill. Just as we teach children to read and write, we must teach them how to nourish their bodies, navigate a broken food system, and lead the movement to transform it.

We are breaking the cycle of chronic disease by inspiring the next generation of conscious eaters and health leaders. Together, we are building a future that prioritizes both public and planetary health.

Why KIN?

Because Health Begins with **YOUth.**





KIDS IN NUTRITION

NEW YEAR, NEW GOALS

Check out what we have cooking for the 2026-2027 academic year!



Education

- Developing a 4-lesson 1st/2nd Grade *Beans for People and the Planet Series*, in partnership with Beans Is How.
- Launching KIN's new volunteer coordination and impact portal, a one-stop hub for nationwide program operations.
- Launching TWO new chapters, stay tuned for the unveiling

Food Access

- Revamping our community-curated local food access guides to better support families in putting nutrition knowledge into access and practice.

Family Engagement

- Scaling partnerships with neighborhood clinics.
- Hosting interactive farmer's market tables across nationwide chapters.
- Updating our website to better connect the general public with KIN's resources.



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

Thank you
to our volunteers,
partners, donors, and staff.

Board of Directors

Michelle Nicolet, CEO
Angela Shields, Chairwoman
Sean Clancy, Secretary



✉ info@kidsinnutrition.org

🌐 www.kidsinnutrition.org

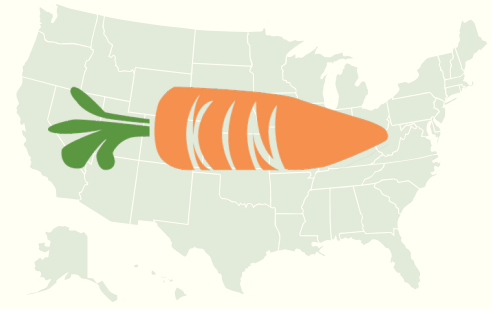
📷 [@kidsinnutrition](https://www.instagram.com/kidsinnutrition)



JOIN THE KIN MOVEMENT!

You can...

1. Join one of our nationwide chapters
2. Start a new KIN chapter at your university
3. Bring KIN to an elementary school classroom



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

