



Resources for Teachers

Encourage students and parents to adopt healthy habits with our free materials

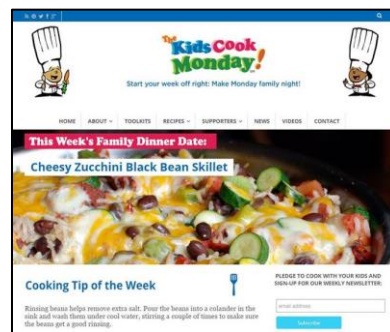
The Kids Cook Monday is a non-profit public health initiative that encourages families to set aside the first night of every week to cook and eat together. Using The Kids Cook Monday to introduce parents and children to healthy home cooking and the advantages of family dining is a great service to families. And it's fun, too! Our free resources are available to teachers and include:

- **Toolkit for Educators:** We offer a free educator's toolkit to help you offer Kids Cook Monday classes that will be popular with children and parents. The toolkit includes equipment lists, lesson plans and activity suggestions written for a variety of age groups and settings.
- **Website and Social Media:** Our website, TheKidsCookMonday.org includes an archive of recipes perfect for child involvement, a collection of informative blog posts and space to highlight our partners. We actively engage with our partners on social media to promote their Kids Cook Monday activities.
- **The Family Dinner Date Weekly Newsletter:** Each week, our free newsletter delivers a simple recipe alongside tips and resources to help create an exciting, educational family dining experience. Forwarding this resource to parents at your school is a great way to encourage family dinners week after week.
- **The Family Dinner Date Printable PDF:** The same materials available in our weekly newsletter are also available as a printable PDF, which can be distributed during cooking classes, special events or in student backpacks. We will happily customize this resource for you with your school seal or logo!

Newsletter



Website



Recipe Printouts



To partner with The Kids Cook Monday and learn more about our free resources, please contact:

Diana Rice, RD

Registered Dietitian & PR Associate

646.878.0321

drice@mondaycampaigns.org