

## FoodRight Roots

In 2006 a needs assessment in **central Milwaukee** conducted by Lisa Kingery, founder and CEO of FoodRight, revealed a youth population with a consistently poor diet, high prevalence of obesity, and a lack of programming to address the issue. The idea to introduce a re-invented home economics to address the needs of today's youth was born. The **Youth Chef Academy®(YCA)**, a cooking-based nutrition education program, was created based on behavior change theory and food acceptance research.

Evaluation by the University of Wisconsin's School of Public Health found that **YCA changed eating behavior and increased student's classroom engagement**. These results were presented at the 2013 American Public Health Association conference and are published in the Journal of School Health.

## Our Mission

FoodRight **empowers** youth, families and communities to choose foods that sustain life-long health.

## Our Vision

- That all people **understand the impact of food on health** and are able to make life-supporting choices
- That all people have **access to wholesome, sustainably-raised foods** no matter their income
- That all people **possess the basic skills to cook wholesome foods from scratch**

## Our Values

- **A sustainable food system** —environmentally sound, economically viable, and socially just
- **Diversity in foods** grown and eaten as a key component to individual and environmental health
- **Experiential learning** as a tool for impactful education
- **Family meals** as a powerful means of promoting well-being



**6,000+ CHILDREN  
REACHED**



**1,200+ LESSONS  
TAUGHT**



**24 SCHOOLS SERVED**

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**Youth Chef Academy: Pilot Results From a Plant-Based Culinary and Nutrition Literacy Program for Sixth and Seventh Graders**

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# Programs



Since FoodRight officially launched in 2014, it has continued to grow its programming. FoodRight has expanded its reach as a **Milwaukee-based nonprofit** that partners with **Milwaukee Public Schools** and community-based organizations to offer garden-based and culinary nutrition education programming taught by registered dietitians. **FoodRight develops its own recipes**, created to be affordable with accessible ingredients, plant-based, and globally minded.

## Youth Chef Academy: Food and Culinary Education for 7th – 8th graders.

This curriculum for middle-school students promotes intake of vegetables, legumes and whole grains while addressing academic standards in math and English language arts.

## Youth Chef Academy—Elementary: Food and Culinary Education for 5th & 6th graders.

Aimed at elementary-aged children from 5th - 6th grade. This hands-on curriculum addresses common core standards while engaging students in positive experiences with healthy foods. Children are exposed to more than 40 different vegetables, legumes and whole grains from 14 different world cuisines.

## Growing Chefs: A Gardening and Cooking Education Program for 1 – 3rd graders.

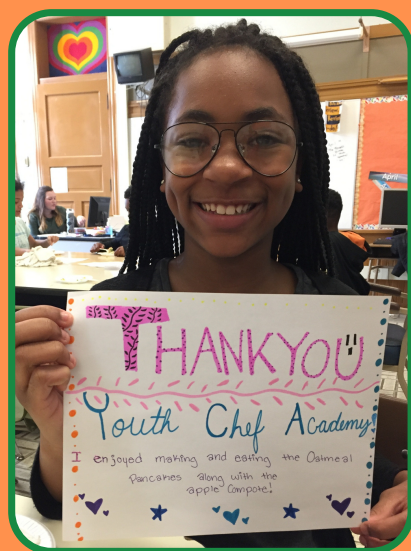
The Growing Chefs© curricula uses gardens to change students connection to food and eating behavior. Students prepare and eat dishes using vegetables that they planted, cared for and harvested from their own class gardens. The program highlights the interdependence of soil, seed, plant, and health in a single school-year.

## Cooks for Life© & Worksite Wellness:

We offer culinary education classes to adults in community living facilities as well as teachers and parents as they play a key role in influencing the health of youth promoting a healthier school and home environment.



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