



EATS

EAT AWESOME THINGS AT SCHOOL



2018/2019 ANNUAL REPORT



STORY OF EATS

EATS began in 2013 with a question, "What's going on with school food?" Founders, Ann Bloomquist and Susan Odell, met with Park City School District's Child Nutrition Services Director, Kathleen Britton, to learn about the school lunch program. This conversation sparked a movement. People all over town wanted to know what they could do to improve school food.

Fast forward to 2018 when delicious, scratch-made food launched in all four of the District's elementary schools. The results have been astounding! Kids and families are thrilled! Most importantly our community's children are better nourished.

EATS is planning to extend our community outreach with our Curious Cooks program expanding to family cooking classes. We're collaborating with local restaurants and neighborhood partners to encourage locally-sourced food with a Utah Farm to Table partnership.

A garden isn't a garden without people. EATS isn't just growing vegetables. With our school garden program we're cultivating interest in where our food comes from along with the importance of caring for our planet and each other. Along with our 3 raised-bed gardens and 6 Tower Gardens we're reaching students in 6 schools. Because learning should be fun, we have summer camps in partnership with Swaner Eco Center and Summit Community Gardens that promote our love for getting dirty and eating clean.

EATS's vision is to create a healthier generation. We are dedicated to ensuring every child and their families have opportunities to develop lifelong healthy habits and access to fresh, nutritious, and appealing food. Good food is the cornerstone of health.

In a society where 75% of healthcare costs are spent treating chronic diseases, of which the majority are preventable with lifestyle, one's health and the health of our community is our focus.

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A LETTER FROM EATS LEADERSHIP

"Hard work should be rewarded with good food." Ken Follett

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EATS has had an incredible year! We have taught more cooking classes than ever before. We have multiple new collaborations with Christian Center of Park City (CCPC), Big Brothers Big Sisters of Utah, Summit County, Farm to Table Task Force, and one of our biggest collaborative wins is the addition of scratch-cooked school lunch in all FOUR Park City elementary schools. 70% of middle school EATS participants expanded their taste palates, while 400 of elementary students have expanded their preference for vegetables.

EATS and our new collaboration with CCPC has made 350 vulnerable community students healthier by sending home fresh fruits donated from Deer Valley Resort and reduced the level of processed food distributed in their backpacks. These small changes have a huge impact on the children we serve.

EATS has representation on the PCSD Wellness Committee and helped steer the District's updated Wellness Policy. The approved policy may have been somewhat controversial, and we're okay with that. Controversy starts conversations and that is exactly what is happening. The evolution of our community's health and knowledge about food started with a question, "What's up with school food?"

Thank you for joining us in creating a healthier generation!

Warmest regards,

Meaghan Miller-Gitlin

Meaghan Miller-Gitlin
Executive Director, EATS



IN 2018- 2019 EATS GOT THE JOB DONE

IN THE 2018-2019
SCHOOL YEAR, EATS:



Taught **103+** cooking
classes to **500+**
students



Taught **72**
after-school classes



EATS has helped install
& maintain
6 tower gardens
in 6 schools in the Park
City School District.

See more detailed evaluation of middle
and elementary classes on the next page.



EATS teaches classes in each
elementary and middle school
after-school program.

Christian Center of Park City Collaborations: Food Pantry & Cooking Education

Monthly, EATS facilitated
nutrition and culinary education
at Christian Center of Park City's
Food Pantry.



EATS staff and guest chefs
demonstrated how to cook healthy meals using ingredients
entirely sourced from the food pantry.

Farm to Table Family Cooking Classes

EATS is kicking off Farm to Table Family Cooking Classes this
summer, a 5-week series where families come together to learn
how to cook quick, healthy meals.

Delicious Green Curry

INGREDIENTS

- 2 Tbsp Green Curry Paste
- 2 cans coconut milk
- Vegetable oil (or other high heat oil)
- Varied vegetables for curry-
bell peppers, kale, squash,
eggplants, potatoes, etc.
- 2 cups brown rice or quinoa



DIRECTIONS

1. Prepare quinoa or brown rice ahead of time using directions on package.
2. Chop your assorted veggies.
3. Heat pan on medium and add vegetable oil. Saute the green curry paste in the oil until aromatic, add the vegetables and stir to combine well with the curry paste. Add the coconut milk and bring it to a quick boil. Let simmer for 10 minutes until the curry slightly thickens.
4. Serve over brown rice or quinoa and enjoy!

IMPACT NUMBERS

MIDDLE SCHOOL COOKING CLASS EVALUATION

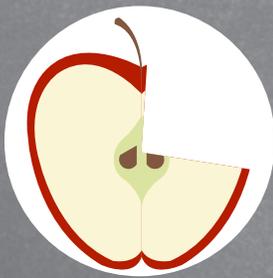
EATS cooking classes have exposed me to new foods.

~ 86%



I have liked foods we prepared that I thought I did not like before taking EATS cooking classes.

~ 70%



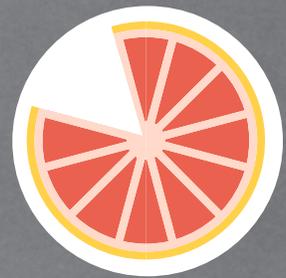
EATS cooking classes have taught me about nutrition.

~ 95%



EATS cooking classes have made me more health conscious.

~ 83%



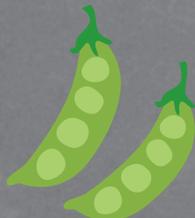
Note: Percentages represent # of participants in middle school cooking classes that selected "agreed" or "strongly agreed" for the above statements when surveyed.

ELEMENTARY SCHOOL COOKING CLASS EVALUATION

63 % liked basil



75 % liked peas



75 % liked cucumber



73% liked beans



66 % did not like kale



EATS PROGRAMS

— Gardens —

Empowering students to explore where our food comes from and the effects proper nutrition has on our bodies and brains.



EATS supported Parley's Park Elementary School in every step of their greenhouse development.

“The greenhouse is a great visual representation of where the Park City School District (PCSD) is heading with our Master Plan and integrating outdoor education into each school,”

Dr. Jill Gildea, Park City Superintendent.

EATS plans to support PCSD in integrating outdoor education through school gardens.

— Cooking Classes —



Teaching students (K-9) how to cook meals that are both nutritious and delicious.

PROGRAM SPOTLIGHT

— Backpack Program —



Weekend backpack programs are at the forefront of assisting food insecure kids to be well-fed through the weekend. In these backpacks distributed on Friday afternoons, kids take home snacks and entrées they can prepare themselves. After state funding was cut for the program in Park City, the CCPC took it on. EATS collaborated with CCPC to improve the quality of the food in the backpacks and with Deer Valley, to add fresh fruit to each distributed backpack.

Initial Backpack Program	EATS + CCPC + Deer Valley Backpacks
<ul style="list-style-type: none"> • Top Ramen • Instant Oatmeal • Kraft Mac & Cheese 	<ul style="list-style-type: none"> • Apples, oranges, and bananas donated by Deer Valley • Kyoto organic low sodium ramen • Organic oatmeal • Annie's organic mac and cheese



Harvest Table

EATS Harvest Table is comprised of families who invest \$1,000 or more annually to support creative nutrition education and advocacy in the Park City community.

Take your seat with like-minded parents, foodies, and community members who want to improve access to nutritious foods for the kids and families of our community. If you are interested in joining Harvest Table please contact Meaghan Miller-Gitlin at meaghan@eatsparkcity.org or 435-709-5234.

GRANTORS

Anonymous
 Belle Foundation
 Expanding Opportunities Fund
 Fore River Foundation
 Girls Giving Fund - Park City Community Foundation
 Johnson Ohana Foundation
 Park City Community Foundation
 Park City Municipal Corporation Promontory
 Park City Sunrise Rotary
 Rotary Club of Park City
 Sorenson Legacy Foundation
 Vail EpicPromise

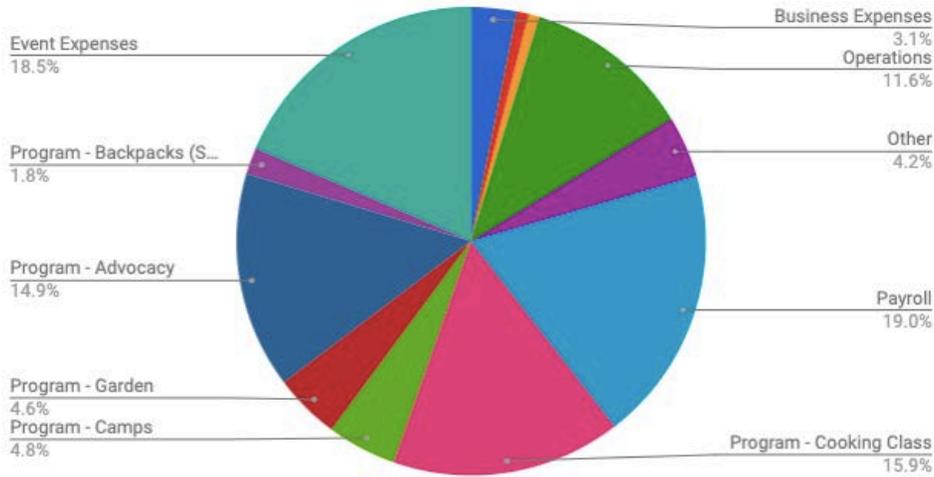
HARVEST TABLE MEMBERS

Anonymous
 George Bishop & Whitney Olch
 Ann & Eric Bloomquist
 Andrew & Courtney Caplan
 Chris & Vanessa Cella
 Kelle & Mike Cobble
 Cliff Coury & Stanna Frampton
 Mike & Shannon Doleac
 Christine & Willie Eschenfelder
 Jodey Fey & Greg Schmidt

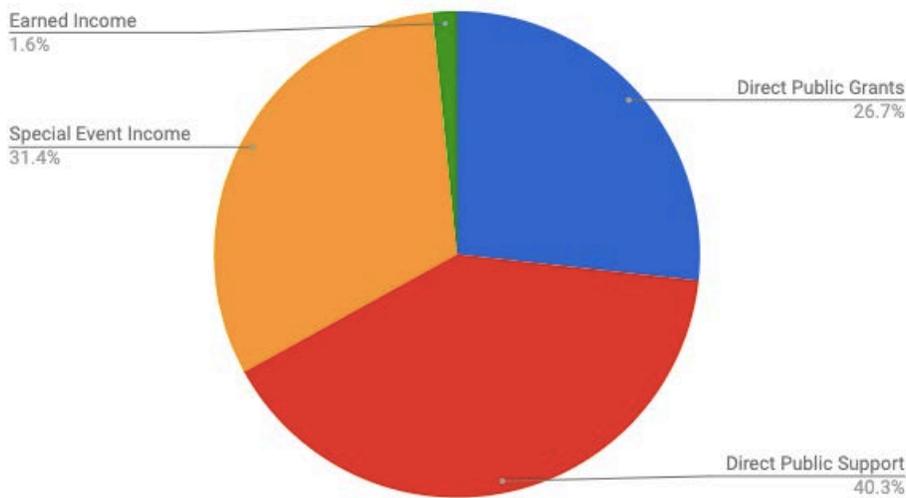
Dylan Gitlin & Meaghan Miller Gitlin
 Eric & Kris Graham
 Justin & Katie Hammond
 Jolie & Pete Iacobelli
 Mark & Tiffany Lemons
 Erinn & Scott Maizlish
 Chris & Kelly Manning
 John & Kelsi Mellor
 Debbie & Franklin Morton
 Joe Wrona & Nancy Nichols

EXPENSES & REVENUE

Expenses



Revenue Sources



EXECUTIVE TEAM

Meaghan Miller-Gitlin, Executive Director
 Courtney Caplan, Board President
 Zoe Flavin, Program Manager

BOARD OF DIRECTORS

Lisa Allison
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