



2019/2020 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, then 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 Child Nutrition Services launched scratch-made food in all four of the District's elementary schools. The results have been astounding!

Kids and families are thrilled and our community's children are being better nourished.

With the school district on a healthier path EATS took our essential life skills education to new heights. We launched family cooking classes where our community came together to expand their palates and share meals they made together. EATS has partnered with local restaurants and producers to expand the State's Farm to Fork initiative, Harvest of the Month to our school based programming. Further encouraging locally sourced food with a Utah Farm to Table partnership.

EATS isn't just growing vegetables. EATS expanded our support of Parley's Park Elementary School's

According to the World Health Organization, 80% of all cases of heart disease, stroke and Type 2 diabetes could be prevented if people ate healthier, were more physically active and stopped using tobacco.

greenhouse to include weekly lessons and opportunities for the children to get a little dirty while learning to eat clean. With our school garden program EATS is cultivating interest in where our food comes from along with the importance of caring for our planet and each other. We support 7 Tower Gardens, 3 raised beds and 2 plots at Summit Community Gardens. And because learning should be fun, we have summer camps in partnership with Swaner Eco Center and Summit Community Gardens and guest appearances with Basin Recreation camps and Park City School District's summer school program. All to promote and encourage a connection to food, the health it brings, and the environmental effects we foster.

EATS's vision is to create a healthier generation. We are dedicated to empowering and growing healthy communities with fun, food, and nutrition advocacy. Good food is the cornerstone of health.



A LETTER FROM EATS LEADERSHIP

"Pull up a chair. Take a taste. Come join us. Life is so endlessly delicious." Ruth Reichl

It is an honor to bring EATS' vision of creating healthier generations to fruition. We are dedicated to ensuring and growing healthy communities with fun, food, and nutrition advocacy.

"Let food be thy medicine, and let medicine be thy food."
Hippocrates

Nutritious food is the cornerstone of good health. 2020 has brought to light, more than ever, the importance food plays on our health and in our lives.

In the midst of COVID-19, EATS met unique challenges thanks to your generous support! We are on track to teach the most cooking classes we have ever taught, and have pivoted to teaching via a virtual format. We have even introduced a community cooking challenge. EATS and Christian Center of Park City's coordinated Backpack Meals expanded 228%, serving more than 800 children a month. In 2019/20 EATS provided more than 8000 Backpack Meals! Additionally, EATS has grown more than 50 pounds of fresh vegetables, which we used in our collaborative summer camps and then donated the rest to our neighbors and community. We also taught 18 garden specific classes to children throughout our community, they now more deeply understand how worms help build nutrient rich soil, the importance of the right bugs in our gardens, and more.

"What's up with school food?" The question that started our movement, has grown and expanded to advocating for community access to fresh foods. Lead to deeper partnerships and expanded the connections between what we eat and how we perform, both physically and academically. EATS continues to encourage community conversations around food and how we, as a community can do more to continue the work that deepens our collective connection to our food.

Thank you for joining us in growing healthier generations!

In health,



Executive Director, EATS

EXECUTIVE TEAM

Meaghan Miller-Gitlin,
Executive Director

Courtney Caplan
Board President

Brooks Kirchheimer,
President-Elect

Natalie Kane,
Program Manager

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Cassie Brown
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IN 2019– 2020 EATS GOT THE JOB DONE

IN THE 2019-2020
SCHOOL YEAR, EATS:



Provided **4,200**
meals to **350** children
facing food insecurity

During the COVID-19
shutdown EATS
provided **4,400**
meals to **800** children
facing food insecurity

TOTAL:
8,640 Meals
Valued at
\$28,771

FOOD SECURITY STATISTICS



1,300 children in Summit County are food insecure.



1,800 people in Summit County can't afford to eat a balanced meal.



Low income families have twice the likelihood of developing diabetes, (Utahn's are already at a 1 in 5 risk).



\$1 of \$7 healthcare dollars is spent treating diabetes and subsequent complications, an average of \$9,600/year.

Story

In the time we live in now, sharing a meal with one another is an incredible way to build strong bonds with our closest family and friends. Being distant from usual social activity has shifted many people's priorities, experiences, and mindsets to slowing down and reconnecting to the land we live on. EATS adapted to this change quickly through continuing to find ways to bring people together around the shared love for food and importance of good nourishment.

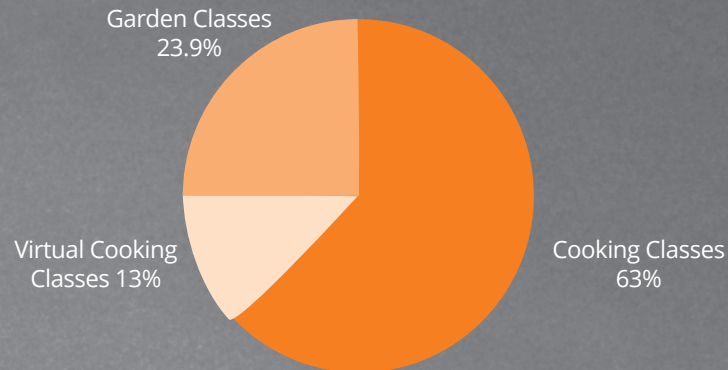
While facilitating a cooking lesson at a summer camp, the question was prompted, "why do we cook for ourselves and others?" The students answered in many different ways, but one specifically answered by expressing that cooking for his family is a way to show care for them. He wanted to feed his parents the food he made at camp to show that he was capable of nourishing them and giving back to his family as they have given to him growing up. (Lennox, 3rd grade, Earth and Food Camp 2020). Although that is just one student, this type of reaction around creating their own food is a recurring theme in many of the classes—mostly expressed through wanting to take the food home to give to their parents.

The radish has been in many EATS cooking courses. It's found in the fresh rolls recipe, tortilla soup, and garden salads. When it's first introduced, the reactions are usually something similar to "ew what is this?" or "I know I don't like this vegetable" responses. It's always a challenge by choice to try the new thing, but presenting it as a challenge makes it more encouraging for the students to try. While reflecting on these three meals together after cooking, most students expressed that they now like radishes now and would use them in a recipe again. Connecting kids to the food they eat strengthens their senses, their friendships to one another, and awareness of what fuels their bodies.

IMPACT NUMBERS

IN EATS' 2019-2020 YEAR

EATS taught
95 cooking
classes to 2000+*
participants



*participants are not necessarily unique individuals

GENERAL STATS



Cooking Classes

In the 2019-2020 school year EATS taught 95 classes to 2000+ students

Before COVID EATS was tracking to teach 110 classes!

EATS classes incorporated 1000 lbs of fresh food into tasty recipes



Gardens

EATS has helped install & maintain 7 tower gardens in the Park City Community

EATS supports 4 school gardens
EATS supports 2 plots at Summit Community Garden

EATS supports 1 green house
EATS supported Parley's elementary school in every step of their edible education

EATS PROGRAMS

— Gardens —



Garden-based nutrition education also improves fruit and vegetable consumption for students, as they are more likely to try foods that they have grown and prepared. EATS supported school gardens can create opportunities for project-based and place-based learning. Empowering students to explore where our food comes from and the effects proper nutrition has on our bodies and brains

— Cooking Classes —

Cooking classes are short courses that aim to provide ideas and hands-on experience in specific areas related to food preparation, food presentation, and food appreciation. EATS offers cooking classes for children through our Curious Cooks program, Kitchen Inspiration: Cooking Classes for Adults and Family Cooking Classes.



— Advocacy —

Community education, presentations and continued relationship with PCSD and other early childhood education providers.

— Food Security —



Food security is the state of having reliable access to a sufficient quantity of affordable, nutritious food. The much needed supplemental food provided by our program is minimally processed, fresh, nutritionally dense, and important to the health and welfare of food-insecure children.

PROGRAM SPOTLIGHT

— Garden Program —



To help children, students especially, fully explore the full cycle of food, EATS began teaching garden programming. EATS taught 22 garden specific classes in after school programming throughout the school year and implemented more garden lessons into our camps during the summer. We also facilitated gardening classes in the greenhouse at Parley's Park Elementary School during the school day. The topics covered range from: "The Life Cycle of a Plant" to "What is Local Food?" to students investigating the taste difference between store-bought veggies and the ones that are growing in their schools. Many of these classes used either a tower garden, raised bed plots, or outdoor garden spaces to supplement learning and to get kids' hands in the dirt.

Tortilla Soup



INGREDIENTS

Olive oil
1 pepper of any kind (poblano or bell)
1 medium white onion, diced
2 cloves garlic, pressed or minced
1 medium jalapeño (optional)
1 teaspoon ground cumin
14-ounce can crushed tomatoes, chunky tomato sauce, or fresh tomatoes diced
32 ounces (4 cups) vegetable stock
1 can corn, rinsed and drained (optional)
1 14-ounce can black beans, rinsed and drained
Salt, pepper and other spices to taste
6 corn tortillas (optional)

Optional toppings:

1 avocado
2 to 4 radishes
2 ounces shredded cheese
1 handful cilantro leaves
1 lime, sliced into small wedges
1 cup of rice to serve with soup

DIRECTIONS

1. If using tortillas, preheat the oven to 475 degrees F. Slice tortillas into strips.
2. Bake the tortillas: Toss the tortilla strips in the oil to coat and arrange the strips in a single layer.
3. Bake 6 to 8 minutes, or until golden brown. While the strips are hot, season with salt.
4. Prepare the rice in an Instant Pot or on the stovetop according to the directions on the package.
5. Make the soup: In a medium pot, heat some olive oil on medium until hot. Add the onion, garlic, jalapeño and other pepper. Cook 4 to 5 minutes, or until softened, stirring occasionally.
6. Stir in the cumin, your choice of tomatoes and vegetable stock.
7. Simmer for about 3 minutes, then add corn and black beans.
8. Cook for 8 to 10 minutes, or until slightly thickened, stirring occasionally.
9. Season with salt and pepper to taste.
10. Serve over rice or alone, adding any toppings you'd like!

EXPENSES & REVENUE



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. When you join our Harvest Table, you take a seat with like-minded parents, foodies, and community members who help improve access to nutritious foods for children and families in our community. If you are interested in joining Harvest Table please contact: Meaghan Miller-Gitlin at 435-709-5234, or meaghan@eatsparkcity.org.

HARVEST TABLE MEMBERS

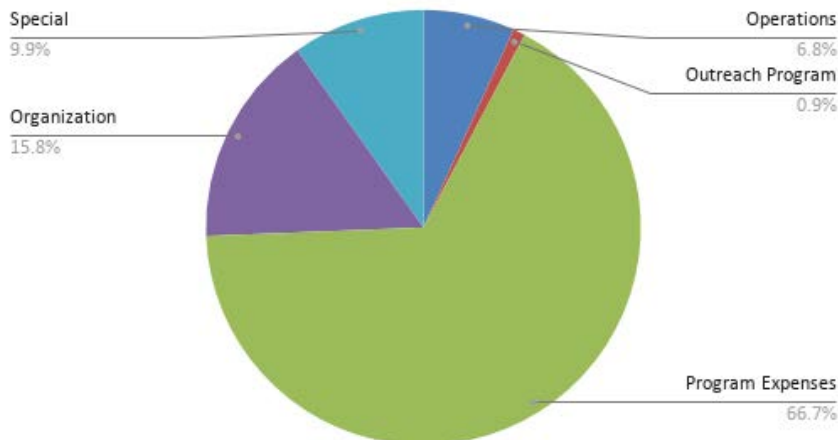
Anonymous x 2
 Ann & Eric Bloomquist
 George Bishop & Whitney Olch-Bishop
 Courtney and Andrew Caplan
 Christopher & Vanessa Cella
 Kendall & Lacey Cole-Rae
 Michael & Shannon Dejarnette
 Mike & Shannon Doleac
 Alix & Rick Farnell
 Eric & Kris Graham
 Dylan Gitlin & Meaghan Miller Gitlin
 Grady & Sophy Kohler
 Mark & Tiffany Lemons
 Erinn & Scott Maizlish
 Chris & Kelly Manning
 John & Kelsi Mellor
 Debbie & Franklin Morton
 Kirsten Nelson
 Alison & Ed Panos
 Greg Schmidt & Jodey Fey
 Kelly & Vince Scott
 Joe Wrona & Nancy Nichols

GRANTORS

Anonymous
 America First Credit Union
 Deer Valley Foundation
 Expanding Opportunities Fund
 PCCF (Park City Community Foundation)
 Park City Sunrise Rotary
 Rotary Club of Park City
 Sorenson Legacy Foundation
 UNFI Foundation
 Vail EpicPromise
 Whole Foods Market
 Whole Kids Foundation
 Windermere Foundation

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EATS Expenses 2019/20 Annual Report



Revenue Sources

