



2020/2021 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. 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.

Outside of school district support, EATS continues to serve on state and local task forces designed to support the connections between nutritious food and health. In 2020, [add comma] EATS was a part of two State initiatives, the Farm to Fork initiative and Harvest of the Month, [add comma] further encouraging locally sourced food with a Utah Farm to Table partnership. Locally, [add comma] EATS is a part of the Early Childhood Alliance supporting our local childcare sector with resources from hands-on activities to healthy snacks to promote a healthy mind and body development at a crucial developmental stage.

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.

EATS isn't just about a good meal. Our meals come from the food cycle and this past year EATS reorganized our programming to fall under four areas of focus: Advocacy, Education, Food Security, and Sustainability to form a cyclical network of programming to support our food cycle. Every area of focus is designed to promote, encourage, and empower a connection to food, the health it brings, and the environmental impacts & effects we foster.

EATS is striving for a healthier generation empowered by nutritional knowledge and mindful of food sustainability. Therefore we are dedicated to empowering and growing healthy communities with fun, food, and nutrition advocacy.



A LETTER FROM EATS LEADERSHIP

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

EATS strives to grow a healthier generation. We are dedicated to ensuring and growing healthy communities with fun, food, and nutrition advocacy.

"If my plate is full then I am happy"

Food is my love language. It is also a sign of my privilege. Nutritious food is the cornerstone of good health. What 2020 brought to light, more than ever, the importance food plays on our health and in our lives.

COVID-19 brought to light the gaps in our society, even in our community. Thanks to your generous support, EATS met unique challenges and thrived! We even grew, teaching a new EATS record number of classes. EATS' Backpack Snacks collaboration with Christian Center of Park City served more than 10,000 supplemental meals. Additionally, EATS grew more than 600 pounds of fresh vegetables, which we used in our collaborative summer camps and then donated the rest to our neighbors and community. Further, EATS facilitated the diversion of more than 1,000 pounds of food waste! This past year has been an abundance of bounty for EATS Programs. I feel grateful and blessed to have the support of our community and my amazing team of staff, board members, and volunteers.

"What's up with school food?" The question that started our movement has grown and expanded. However, there is still work to be done. We must dig deeper and address the root causes of food insecurity, like living wages. We must address the causes of climate change and support regenerative agriculture. We must connect to our food to ensure the health of the food cycle for future generations. There is work to be done, and I believe our incredible community will step up to the challenges ahead. I promise you that EATS will lead by example. We will listen and drive our work from a community partner lens. And, when our ideas don't match the data, we will pivot and drive our resources to the source, ensuring your generosity has a meaningful impact.

Thank you for joining us in growing healthier generations!

In health,

Meaghan Miller-Gitlin

Executive Director, EATS

EXECUTIVE TEAM

Meaghan Miller-Gitlin
Executive Director

Brooks Kirchheimer, Board President

Natalie Kane
Program Manager

Courtney Caplan, Past President

BOARD

Cassie Brown
Kendall Cole-Rae
Christine Eschenfelder

Jill Fellow
Miriam Garcia
Krystina Hawryluk

Alex Malmberg
Jodie Rogers
Melissa Stock

IN 2020- 2021 EATS GOT THE JOB DONE

IN THE 2020/21
SCHOOL YEAR, EATS:



Provided **11,500+**
meals to **450** children
facing food insecurity

Through COVID-19
crisis EATS provided
200 hot meals to
200 food insecure
families

TOTAL:
11,516 Meals
or 9,444 LBS
Valued at
\$40,311

HEALTHY EATING STATISTICS



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



1,300+ children in Summit County are food insecure.



Low income families have twice the likelihood of developing diabetes, (Utah's are already at a 1 in 5 risk). Diabetes is the 7th leading cause of death in the U.S.



The real cost of vending machine foods has decreased **11%** between 1978 - 2007 and **soda dropped 38%** in that same time, while at the same time **fruit and vegetable prices have increased 18%**

Story – A “Green Give Away”

EATS has been supporting the Parley's Park Greenhouse since it opened in 2019. Part of our support is providing hands on and edible education.

We have been continually growing salad greens over the spring semester and Graham, EATS' Garden Coordinator (and Parley's Greenhouse Educator) decided to create a lesson showing off these beautiful greens. Graham taught a few classes how to harvest lettuce, spinach, and kale from the raised beds. He and the students washed and bagged these fresh greens and decided to distribute them to the teachers who participated in EATS' compost program.

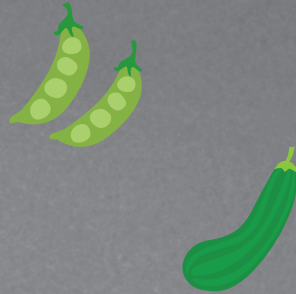
By the end of the day, Graham and the students had about 20 bags of mixed greens and the last class of the day had the opportunity to distribute these bags to teachers at Parley's Elementary. It was a special moment, having kids be a part of growing, harvesting, and distributing vegetables to staff at their school. The kids were very excited about this opportunity and even argued over who was going to give away the most bags! When we ran out of bags many of them thought this would be a cool thing to continue doing every week.



IMPACT NUMBERS

AREAS OF FOCUS

EATS taught
150 classes for
150 hours of
edible education



EATS diverted **1,060 lbs**
of food waste which
equals **912 lbs of CO2**
or **81 days of electricity**



Education

In the 2020-2021 school year EATS taught 150 classes to 2,715 students

EATS provided more than 150 hours of edible education

Purchased more than 500 lbs of local food



Sustainability

EATS has helped install & maintain 8 tower gardens in our community and supports 2 plots at Summit Community Garden

EATS supports 1 green house

EATS diverted 1,060 lbs of food waste which equals 912 lbs of CO2 or 81 days of electricity



Advocacy

EATS sits on the statewide Farm to Fork Taskforce

EATS is part of the statewide Harvest of the Month taskforce

EATS is a member of the Early Childhood Alliance in Summit County

EATS FOCUS

— Advocacy —



PHOTO: PARK CITY COMMUNITY FOUNDATION

Advocacy initiatives focus on forming partnerships and acquiring resources to promote and support local farming, generate improved access to markets, and educate youth. Partners include state and local organizations that can assist EATS with increasing its community presence and becoming a voice for its communal needs and underrepresented citizens.

— Education —

Education initiatives are the cornerstone of the EATS mission because, with knowledge, individuals become empowered. The success of EATS' dedication to educating children and their families is evidenced by the popularity of its classes and camps and the positive feedback in attendee testimonials.



— Food Security —



Food security initiatives deliver essential meal services to qualifying community members, addressing their basic needs above all else. In cooperation with local partners, recipients of donated meals and other forms of food support are provided healthier ingredients and learn about balanced meals and nutritional guidelines.

— Sustainability —

Sustainability initiatives teach the next generation new habits that can affect positive change for the environment such as composting, regenerative agriculture, and mindful dietary modifications. Education is primarily delivered in cooperation with the school district to accelerate the outreach efforts.

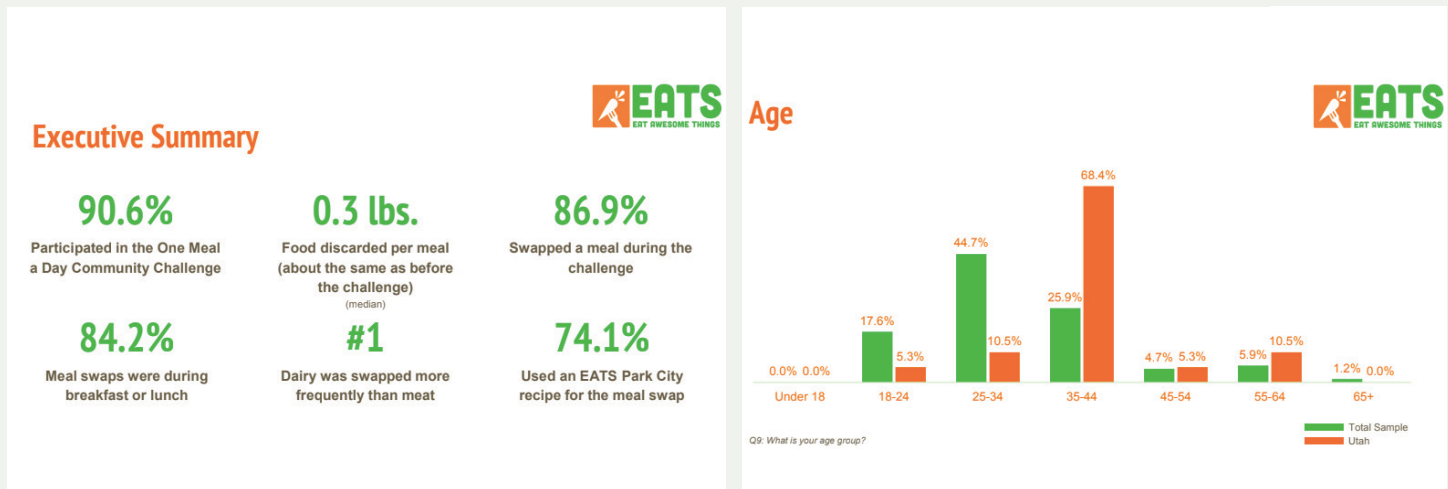
PROGRAM SPOTLIGHT

— Sustainability – One Meal a Day —

EATS was awarded a grant from the Park City Community Foundation Climate Fund for our One Meal a Day project.

EATS encouraged our community to swap one meal a day to plant-based for a month! We provided the recipes for a month of breakfast, lunch, and dinner swaps.

Here is what we found:



Soba Noodles with Carrots and Snap Peas



INGREDIENTS

Soba

6 ounces soba noodles or spaghetti noodles of choice
2 cups frozen organic edamame
10 ounces (about 3 cups) sugar snap peas or snow peas
6 medium-sized carrots, peeled
½ cup chopped fresh cilantro (about 2 handfuls)
¼ cup sesame seeds

Ginger-Sesame Sauce

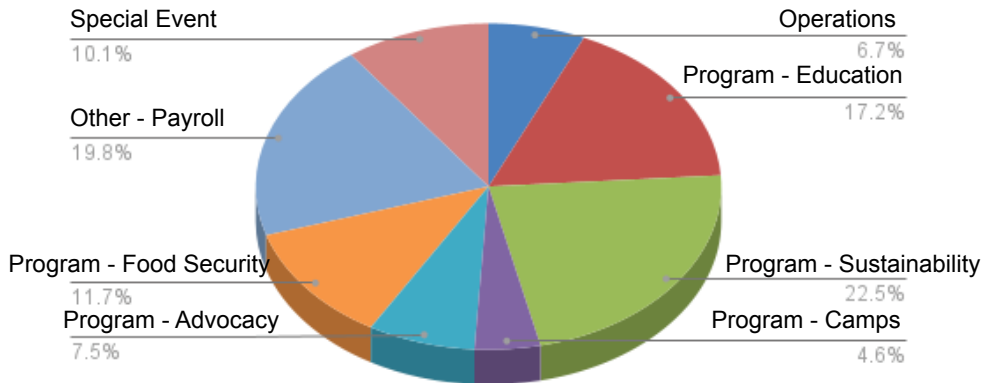
¼ cup reduced-sodium tamari or soy sauce
2 tablespoons quality peanut oil or extra-virgin olive oil
1 small lime, juiced
1 tablespoon toasted sesame oil
1 tablespoon honey or agave nectar
1 tablespoon white miso
2 teaspoons freshly grated ginger
1 teaspoon chili garlic sauce or sriracha

DIRECTIONS

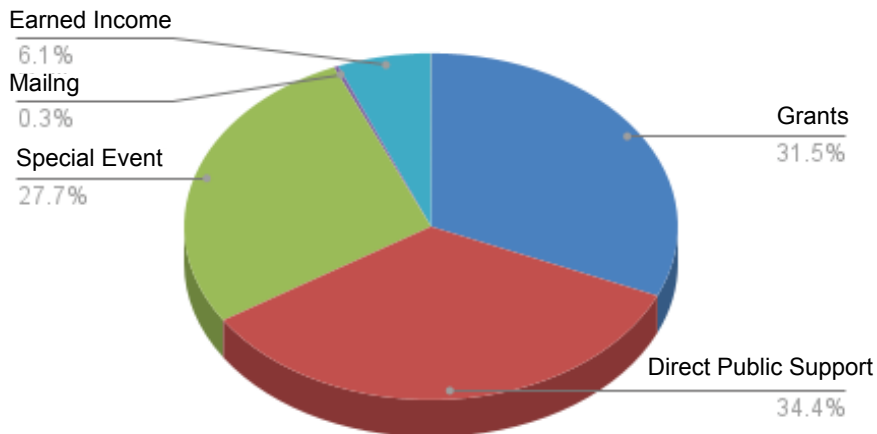
1. To prepare the vegetables: Use a chef's knife to slice the peas in half lengthwise (or just roughly chop them). Slice the carrots into long, thin strips with a julienne peeler, or slice them into ribbons with a vegetable peeler.
2. To make the sauce: whisk together the ingredients in a small bowl until emulsified. Set aside.
3. Bring two big pots of water to a boil. In the meantime, toast the sesame seeds: Pour the sesame seeds into a small pan. Toast for about 4 to 5 minutes over medium-low heat, shaking the pan frequently to prevent burning, until the seeds are turning golden and starting to make popping noises.
4. Once the pots of water are boiling: In one pot, cook the soba noodles just until al dente, according to package directions (probably about 5 minutes), then drain and briefly rinse under cool water. Cook the frozen edamame in the other pot until warmed through (about 4 to 6 minutes) but before draining, toss the halved peas into the boiling edamame water and cook for an additional 20 seconds. Drain.
5. Combine the soba noodles, edamame, snap peas and carrots in a large serving bowl. Pour in the dressing and toss with salad servers. Toss in the chopped cilantro and toasted sesame seeds. Serve.

EXPENSES & REVENUE

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

Allison & Frank Addante
 Anonymous x 2
 Ann & Eric Bloomquist
 Ben & Cassie Brown
 Brent & Christina Boyle
 George Bishop &
 Whitney Olch-Bishop
 Courtney and Andrew Caplan
 Christopher & Vanessa Cella
 Kendall & Lacey Cole-Rae
 Jason & Mary Ellis
 Alix & Rick Farnell
 Jeffery & Leslie Fischer
 Eric & Kris Graham
 Dylan Gitlin & Meaghan Miller Gitlin
 Christine & Mike Grenney
 Grady & Sophy Kohler
 Dr. Mairi Leining
 Mark & Tiffany Lemons
 Erinn & Scott Maizlish
 Chris & Kelly Manning
 Debbie & Franklin Morton
 Matt & Maren Mullin
 Alison & Ed Panos
 Kelly & Vince Scott
 Greg Schmidt & Jodey Fey
 Melissa & Michael Stock
 Millicent & Todd Tracy
 Joe Wrona & Nancy Nichols

GRANTORS

Deer Valley Fund
 Expanding Opportunities Fund
 Larry H Miller Charities
 Park City Community Foundation
 Park City Sunrise Rotary
 Sorenson Legacy Foundation
 Vail EpicPromise

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