

Small Bites

ADVENTURE CLUB



Hand, Heart and Soul Project

Final Report



May 2024



Overview: Small Bites Adventure Club

Vision: to provide scalable, innovative, and equitable nutrition education resources that any teacher can lead with confidence.

Mission: to help children discover, eat, and love fruits and vegetables through hands-on nutrition education.

Program Overview:

Small Bites Adventure Club is a tech-enabled service which provides high-quality nutrition and food education through hands-on cooking in childcare and after school programs.

Monthly program includes

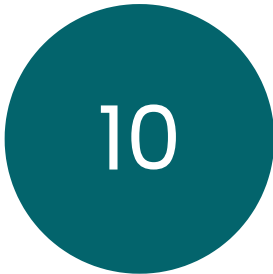
- Harvest of the Month recipes with step-by-step instructions
- "Bite sized" professional development
- Family Engagement Activities and Templates
- Tracking and data reporting on participation
- Certificates of Completion and Press Release

Food and Nutrition Education,
above all else, should be a
joyful adventure!



Snapshot

September 2023 – May 2024



Number of schools participating



Classrooms participating



Bites of Fruits and Veggies Tried

Hands-on Cooking Recipes Created

Featured produce	Recipe	Month
Apple	Apple Adventure	September
Peppers	Rainbow Wraps	October
Zucchini	Rowdy Ranch with Zucchini	November
Lettuce	Lovely Lettuce and Lemony Vinaigrette	December
Kale	Super Power Kale Pesto	January
Cabbage	Sassy Slaw with Cabbage and Carrots	February
Strawberries	Very Berry Smoothie	March
Carrots	Crazy Carrots with Groovy Green Goodness Dip	April
Blueberries	Applesauce Crunch Cups with Blueberries	May



“

My young learners, even the 10-month-old, demonstrated curiosity and openness to trying new flavors and ingredients. The atmosphere during the Super Power Kale Pesto taste test was joyful and lively, indicating a positive and memorable experience for my young learners.

*Edelina P. Lane, Owner/ director
Lina Lane's Learning Center*

”



The children enjoyed it and they were eating raw vegetables. The children enjoy the hands on experiences.

*Nia Harris, Teacher
Pure Love Learning Center*

“ Everything went great! The kids loved the slaw and it was a really fun day.”

*Ms. Gamble, Administrator
Morrow Early Learning Center*



Photo courtesy of Ladies of Favor Dream Academy



Photo courtesy of Little Ones Learning Center



Photo courtesy of Lina Lane's Learning Center

**Each month,
children learned how to :**

- Create their own healthy snack
- Practice fine motor skills
- List and respond to conversations
- Acquire vocabulary
- Develop language skills
- Participate in activities related to nutrition
- Practice safe and healthy habits
- Explore plants and plate life



Photo courtesy of Ladies of Favor Dream Academy



Photo courtesy of Lina Lane's Learning Center



**Thank you
for your partnership!**



We are honored to support the Hand, Heart + Soul Project Educators by creating and providing high-quality, scalable food and nutrition education programming for your teachers, students, and families.

We look forward to continuing to help children explore, eat, and LOVE fruits and vegetables in partnership with your team!

Thank you!

Small Bites Adventure Club

smallbites.club
404 500 7559
erin@smallbites.club
@smallbitesclub

