

# CAS Go!Kids Cook Program



The Children's Aid Society helps children in poverty to succeed and thrive. In 2003, the CAS Health Service division launched **The Go!Healthy initiative**, which aims to prevent childhood obesity by following children from infancy through adolescence and beyond, educating them about wellness and the joys of healthy cooking and eating.

As part of this initiative, **The Go!Kids Cook Program** aims to help toddlers, 2.5 to 5 years old, **develop healthy eating habits** and to **expand their palates** by engaging them in fun, hands-on cooking activities at our early childhood centers.



**Children's Aid Society Go!Kids Cook Program**

<http://www.childrensaidsociety.org/gohealthy/gokids>



## Learning Objectives

The aim of the Go!Kids Program is to help children **develop healthy eating habits** by engaging them in learning aspects of healthy living such as:

- Enriching nutrition vocabulary
- Exposure to different fruits and vegetables
- Becoming adventurous eaters
- Developing self-regulation
- Developing self-esteem
- Using their five senses
- Developing social-emotional competencies
- Developing math and science skills
- Introduction to healthy lifestyle concepts such as:
  - Fruits and vegetables make you fit
  - Candy and sweets, *just a little bit*
  - Importance of drinking water
  - Exercise as a way to become healthy and strong
  - Tasting and appreciating diverse types of foods





## Volunteers

Volunteers are the cornerstone of the program. Trained in the Go!Kids Cook curriculum, they **collaborate** with the Food and Nutrition staff and the early childhood teachers to deliver the lessons in our early childhood classrooms in Washington Heights, East Harlem, the South Bronx and Staten Island.

Most of our volunteers **have culinary experience**, are dynamic, flexible and patient, and tend to have some experience teaching young children. They commit to teaching at least **twice monthly** for about six months, from December till May .



## Recipes:

All recipes follow regulations set forth by The Child and Adult Care Food Program (CACFP) and are easy and fun to do by the kids. Some of our recipes include:

- Applesauce
- Guacamole and Veggie sticks
- Fruit and Granola Parfaits
- Very Green Salad
- Veggie Pita Pizza
- Very Berry Smoothies
- Three Sisters Salsa
- Homemade Pita chips
- Banana Muffins
- Apple Pancake
- Cereal Bites
- Fruit Skewers w/ Chocolate-orange dip

