



conscious



kitchen

a fresh, local, organic, seasonal, non-GMO, school food program

MARTIN LUTHER KING JR. ACADEMY

200 PINE ST

Mission:

The Conscious Kitchen was founded to rebuild food systems in school dining halls based on six foundational terms: **fresh, local, organic, seasonal, non-GMO, and zero waste**. Forming the core of this community driven initiative these terms guide our fundamental principles to nourish the health and wellness of our next generations.

After one year at Bayside MLK Academy in Marin City, California, we have established a framework for systemic change, with food as the catalyst. Through wholesome, scratch cooked meals, hands-on gardening, nutrition education and collaborative cooking, students gain the knowledge and sustenance to go forward as informed, inspired, and mobilized global citizens.



Maggie Weber-Striplin
Head Chef, The Conscious Kitchen





The Conscious Kitchen Team

Kylar Harvey, Edgar Furlong, Marco Berti, Head Chef Maggie Weber-Striplin



Partner: Executive Chef Justin Everett Cavallo
Point Lodge, Sausalito, California



Timeline

June - August 2013

- Partnered with Justin Everett, Executive Chef, Cavallo Point
- Partnered with Good Earth Natural Foods
- Hired Chef Maggie from funds raised in this community
- Raised funds for key kitchen equipment to transition from heat and serve to scratch cook
- Procured or had donated all necessary small wares to have meals be zero waste; stainless steel cups, platters, and utensils
- Developed relationships with farmers and purveyors for purchasing
- Partnered with Dominican University to secure volunteers throughout the year



The Conscious Kitchen opens **August 28, 2013**





Our opening day celebration!

September

- Student Ambassadors Advisory Board convened
- Food of the Month launched
- CK / Cavallo Point chef mentorship program started for middle school students led by Justin Everett and kitchen staff at CP

January 2014

- CK prepared food for Family Fun Nights throughout the year

April/May

- USDA/ Health Dept Audit completed

May

- Planning started for Conscious Kitchen 2014 / 15



Farmers market weekly bounty for The Conscious Kitchen!

Fresh flowers from Whole Foods Market and menus highlighting daily choices.



Conscious Kitchen Student Ambassadors

- Leadership position for students in grades 3 through 8
- Assist CK team to prep and serve food and clean up daily
- Provide Chef Maggie with feedback about food preferences



Students and teachers regularly eat breakfast and lunch together around communal tables



Achievements

Discipline: 66.7% decrease in disciplinary cases!

Attendance: Up 2% to 94.8%!

- Teachers and students eat together
- Lunchroom calm and peaceful
- Transition in manners
- Students embrace the CK food
- Student Ambassador Advisory
- Cooking Classes
- Food of the Month
- Community support: Family Fun Nights / teacher meetings
- Successful implementation of garden/cooking/nutrition program
- Co-Chef fundraiser dinners at Cavallo Point

Anecdotes and comments from Teachers

"One of the things that I noticed was that there was a lot less waste. Right away I found that it is very minimal compared to 2-5 cans of waste by the end of lunch"

"When they go through the line I hear so many please and thank-yous"

"The kids have an opportunity to volunteer – they are actually part of the Conscious Kitchen"

"The kids are asking for seconds, and they are excited to eat. A definite change from last year when they would toss their food."

"Student feedback has come a long way, from "It's nasty!" to "I like it, but here's how I might change it". They have now become connoisseurs of their food."

"It used to be that a fifth of the kids had a clean plate, versus now every kid has a clean plate"





Students enjoying breakfast at The Conscious Kitchen



- The Conscious Kitchen seeks to celebrate cultural diversity
- Extending invitations to chefs and food service professionals to visit
- Mobilize others to start their own Conscious Kitchens



Optional after school cooking classes provide students with culinary skills they can use at home, and vocational training for the future





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Garden, Nutrition, and Cooking Program





Paloma Collier
Garden Coordinator, The Conscious Kitchen



Vision

Garden, Nutrition, Cooking Program

To collaborate further with the students, school administrators, teachers, Conscious Kitchen and Marin City community to continue growing a strong Garden and Nutrition Program that meets Academic Standards, incorporates school learning goals such as increased reading skills and enhances the student's health, their connection to their environment and their academic performance.

Three Tier Program:

Garden – grow healthy organic food while learning about Earth Sciences, at least 6 classes per grade

Nutrition and Cooking – prepare healthy organic food while learning about nutrition and the importance of a healthy diet, at least 5 classes taught to State Nutritional Guidelines

Zero Waste – reduce waste at school, teach students about waste and conservation, implement composting and recycling program, at least 2 classes

Goals

- Track metrics through data collection to ensure longevity of the program
- Actively engage and mobilize community participation in food and garden programs
- Further develop garden / nutrition / cooking program as a key learning component across all grades
- Expand productivity in the garden, to grow food for the CK program
- Develop student leadership opportunities and vocational training
- Develop Bayside / MLK Cookbook to honor Marin City culinary history
- Integrate CK food offerings into monthly Family Fun Night
- Create additional opportunities to bring community together around sustainable nutrition

The Food Wisdom of Marin City

In partnership with The Conscious Kitchen

- Students will be asked to gather recipes from community members that are significant to Marin City's culinary history.
- In collaboration students will work to make recipes CK compliant.
- Recipes to feature fresh, local, organic, seasonal, and non-GMO ingredients while retaining the rich food heritage of Marin City
- Students will interview community members to be featured in the book discussing their relationship with food traditions.

Thank you
to our partners who support
The Conscious Kitchen

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