



Case Study: Baltimore City Public Schools

Building School Readiness Through Family Nutrition

EXECUTIVE SUMMARY

Healthy Little Cooks partnered with Baltimore City Public Schools to deliver six months of nutrition and wellness programming across Judy Centers and Community Schools. Through this partnership, hundreds of families were reached with hands-on experiences, take-home kits, bilingual resources, and a proven model that strengthened family engagement and supported school readiness. The program demonstrated measurable impact on children, parents, and educators — building a strong case for scalable, district-wide adoption.

THE CHALLENGE

Baltimore City Public Schools, like many large districts, sought ways to strengthen family engagement around nutrition and wellness. Families needed accessible, culturally relevant support, and schools needed turnkey resources that aligned with curriculum goals without adding to staff workload.

THE SOLUTION

Healthy Little Cooks partnered with Judy Centers and Community Schools to implement a comprehensive family nutrition and cooking program. Each month, schools received hands-on classes facilitated by Healthy Little Cooks, and virtual family experiences with ready-to-use curriculum, bilingual resources, and family cooking kits with shelf-stable ingredients. Parents and children engaged in cooking activities together, both in-school and at home, building confidence, knowledge, and joy around healthy eating.

RESULTS & IMPACT

The six-month partnership demonstrated measurable improvements in family wellness and school-family connection.

778 FAMILIES SERVED	28 SCHOOLS & SITES	212 CLASSES TAUGHT
5,934 MEALS PROVIDED/COOKED	8,901 LBS. OF FOOD PROVIDED	410 SURVEYS COLLECTED

Key Outcomes

- 778 families served, including parents and children in grades PreK–5th grade.
- 28 schools and sites served across Judy Centers and Community Schools.
- 212 classes taught.
- 5,934 meals provided to and cooked independently by families.
- 8,901 pounds of food provided through HLC programs.
- 97% of children improved confidence after participating (parent-reported).
- 63% of families reported increased confidence in preparing healthy meals.
- 100% of schools said our programs supported their grant goals, based on pre-class alignment planning.
- 88% of parents saw improved food knowledge and cooking skills at home.
- 79% of children increased nutrition knowledge.
- 410 surveys collected.
- Programs delivered in English and Spanish, ensuring accessibility across cultures.

RETURN ON INVESTMENT & VALUE



For Baltimore City Public Schools, this program provided measurable value in multiple ways:

- **Strengthened family engagement** without burdening school staff.
- **Delivered culturally relevant, bilingual materials** that reached diverse communities.
- **Provided strong, authentic data** through surveys to inform future planning.
- **Demonstrated scalable impact** that can be replicated across schools and districts nationwide.

FROM THE COMMUNITY

"This program made it easier for me to cook with my child. We now spend more time together in the kitchen, and I feel confident making healthier meals." — **Parent Participant**

"Our students loved wearing their chef hats and taking part in hands-on cooking activities. It connected perfectly with our classroom lessons." — **Teacher**

"The bilingual resources helped every family feel included and supported." — **Judy Center Staff**

SCALING THE MODEL

The success with Baltimore City Public Schools illustrates the power of combining turnkey resources, cultural relevance, and measurable impact. This model now informs Healthy Little Cooks' broader work, including Passport to Wellness School and upcoming national initiatives — proving that family-centered nutrition education can thrive at scale.