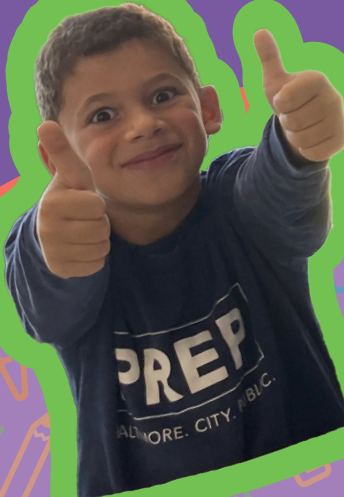


2022

Annual Report



TasteWiseKids

Teaching food literacy, one vegetable at a time

Executive Director **TWK Board President**





TasteWiseKids

2022 Annual Report Letter

When we distribute more than 1,000 take-home salad kits to students and their families – as we did in 2022– we are reminded of your generosity.

We have had a great year thanks to you - our partners, donors, funders, educators, volunteers, and families that we get to work with as we build food literacy skills in Baltimore and beyond.

With your help we have been able to create new programs like our Chef Story Times, host nationally renowned food personalities Carla Hall and Toni Tipton Martin at our Flavors of Maryland fundraiser, and deepen our commitment to DEI by partnering with more BIPOC chefs, farmers, and partners and

providing our activities in Spanish. All of this while staying true to our mission of teaching kids about where their food comes from and helping them to build healthy eating habits.

We truly excited about what the future has in store for us. For a preview, check out the Case Study about our distribution of Food Literacy Activity kits on page 18.

If we haven't said it enough, thank you! We hope you enjoy learning more about the past year's achievements and milestones in our 2022 Annual Report.

With immense gratitude,

Wendy Jeffries

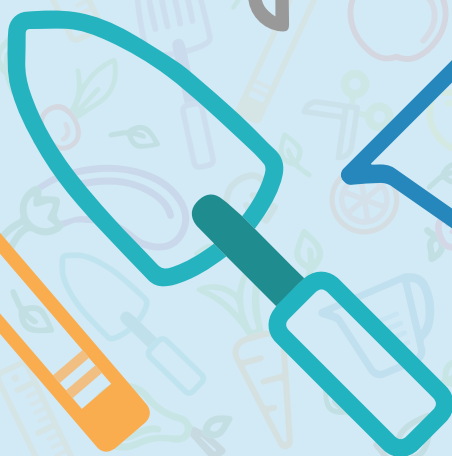
Executive Director

Renee Evans

TWK Board President



2022



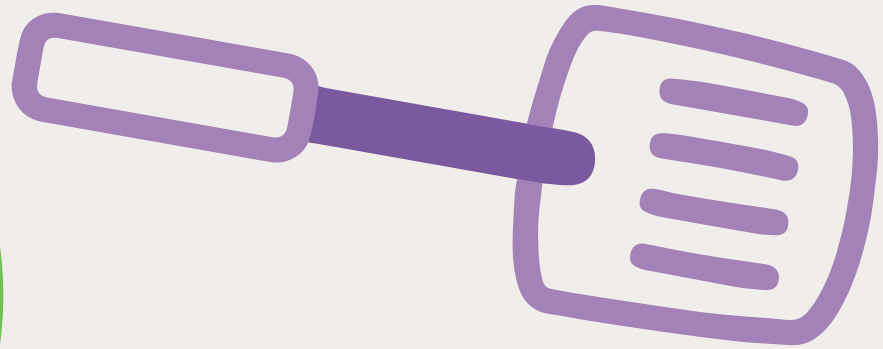


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Overview

Mission & Goals

Baltimore City based, TasteWise Kids inspires kids to explore and experience the world of food and its sources. We believe every kid deserves to:

- 1) Know where their food comes from
- 2) Have the skills to prepare their own food
- 3) Be empowered to make their own informed food choices

Programming

We make this journey of discovery exciting, we keep it simple, and we follow three fundamental principles to make it happen:

Use your hands: Students learn best when they can explore actively and reach their own conclusions through hands-on activities.

Ask an expert: We invite local chefs, farmers, and other food professionals to help lead our programs.

Have fun: We believe that students learn the most when they're enjoying themselves. That's why we take a "food enthusiast's" approach to our programs.

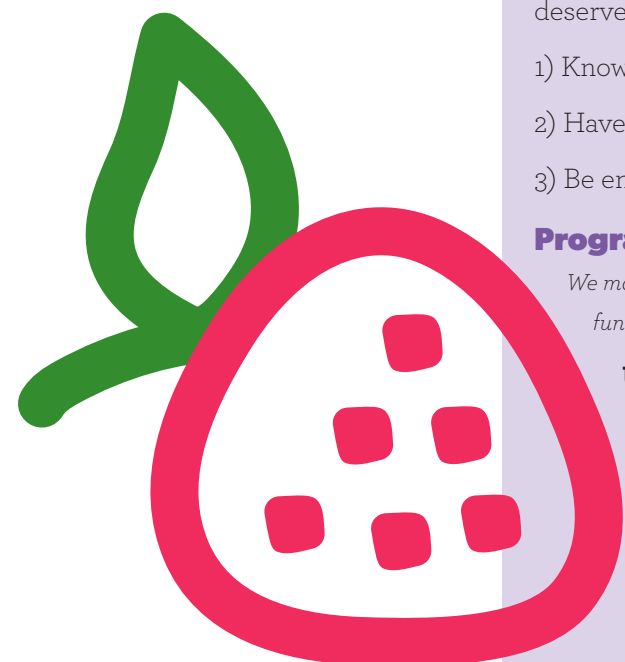
Impact

TasteWise Kids brings individuals, families and communities together around food - inspiring healthy food choices that lead to open-mindedness and well-being.

- 3,000+ kids and families learn with TasteWise Kids each year
- 85% of students try a new food through TWK programs
- over 1200 families cook together at home with one of our takehome salad kits

Diversity, Equity, and Inclusion Commitment

At TasteWise Kids, we are committed to embracing and cultivating an environment where diversity, equity and inclusion are prioritized across the communities that we reach through our programming and partnerships. Our commitment is reflected in our leadership and how we operate and communicate as an organization.





Teaching Food Literacy, One Vegetable at a Time



Our Organization

TasteWise Kids is a non-profit organization with a 501c3 status based in Baltimore. TasteWise Kids was established in December 2015. We see it as our job to inspire our next generation to make educated choices about the foods they eat today, so that they develop positive, healthy eating habits tomorrow.

We work with local chefs, farmers, and other food professionals to teach our students about where their food comes from, help them to explore their own sense of taste, and to discover the value of fresh food from multiple perspectives:

- **Health and nutrition**
- **Agriculture and environmental stewardship**
- **Career Awareness/Development**
- **Culinary and preparing food to individual taste preference**
- **Social aspects of eating with friends and family**



Our Mission

**TasteWise Kids
inspires kids
to explore and
experience the
world of food
and its sources.**



Accomplishments



Diversity, Equity and Inclusion [DEI] Initiative

Diversity, equity and inclusion are more than just words or ideas here at TasteWise Kids. We are continuously working to ensure that our approach to food literacy is thoughtful, intentional, and inclusive. Food and cooking are some of the best ways to showcase and celebrate the importance and beauty of diverse cultures, ethnicities and backgrounds.

New DEI Statement

At TasteWise Kids, we are committed to embracing and cultivating an environment where diversity, equity and inclusion are prioritized across the communities that we reach through our programming and partnerships. Our commitment is reflected in our leadership and how we operate and communicate as an organization.

DEI Report

This year we completed our first Impact Report to highlight the work we are doing around DEI. We focused this report on the three areas of corporate social responsibility (CRS): Social Responsibility, Environmental Responsibility, and Governance Responsibility. A few highlights from 2022:

- 94 % of the schools that participate in Days of Taste program are Title 1 schools
- All of activities in our Food Literacy Activity Kits include a Spanish language version
- All of our farmer partners educate kids on ways to be good stewards of our environment

Engagement

1.6K Followers

 **1.5K** Likes

 **1,424** Followers

 **3,275** TWKatHome pages viewed

420 Volunteer hours

112 TWKatHome subscribers

150+ Families participated in a pop-up/community event

26 Blog articles published

53 Food literacy activities created

2575 Students served through programming

Program



New! Food Literacy Programming

Food Tour at Federal Hill Prep

Students in both lower and upper elementary took turns having an in school field trip experience with food centers that taught children about the importance of making healthy food decisions. Centers were developed around using multiple intelligences and hands on activities. Students visited the school library and traveled through stations in small groups. 325 students attended this program.

Afterschool program - Sowing Seeds

Sowing Seeds is a Taste Wise Kids original after school program that was written to engage children about the role that food plays in building a strong self and community. Students at the Hampden Family Center piloted this program once a week after school for 3 months. Students learned how to “sow seeds” figuratively and literally. Each lesson began with a food or community focus. Students engaged in reading, discussion, and games to learn new food vocabulary. Each week students learned a new recipe and took the recipe home.



nmming



Days of Taste & Salad Kits

Days of Taste is our in-school program for 4th graders where students learn directly from professional chefs & visit local farms. During the three day program, students learn how food goes from farm to table, the elements of taste, and kitchen skills like measuring and how to read a recipe.

- **1,190 Students**
- **16 Schools**
- **1,241 Salad kits for approximately 6,205 students, teachers, and family members to prepare and enjoy**



New! Monthly Chef Story Times

270 elementary kids participated in our Chef Story Times this year. Every month, we read a food - focused story, had a local professional chef join us to answer kids' questions, and shared a special recipe. Kids also got to participate in special activities related to our Spotlights Ingredient, which was sponsored by United Healthcare Community Plan.



TasteWise Kids Programming



We make this journey of discovery exciting, we keep it simple, and we follow three fundamental principles to make it happen:

Use your hands: Students learn best when they can explore actively and reach their own conclusions through hands-on activities.

Ask an expert: We invite local chefs, farmers, and other food professionals to help lead our programs.

Have fun: We believe that students learn the most when they're enjoying themselves. That's why we take a "food enthusiast's" approach to our programs.

We have three current programming areas:

Days of Taste program: 4th graders learn about the elements of taste and the journey of food from farm to table.

TWKatHome: free, fun easy to use activities and resources for families. These activities are theme-based and are adaptable to multiple ages and abilities.

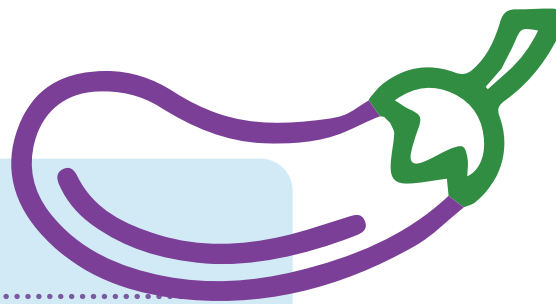
Community Programs: Our Chef Story Times, Ask the Experts and other interactive educational programs help kids get excited about food. We also create and host fun, hands-on learning on a single topic related to food and healthy eating for after school programs, reaction centers, and other community based groups/organizations.

3,000+ kids and families learn
with TasteWise Kids each year

85% of students try a new food
through TWK programs

over **1200** families cook together
at home with one of our take-home
salad kits

2022 Highlights



Sowing Seeds

Sowing Seeds is a Taste Wise Kids original after school program that was written to engage children about the role that food plays in building a strong self and community. Students at the Hampden Family Center piloted this program once a week after school for 3 months. Students learned how to “sow seeds” figuratively and literally. Each lesson began with a food or community focus. Students engaged in reading, discussion, and games to learn new food vocabulary. Each week students learned a new recipe and took the recipe home. Each week 8-12 students were in attendance.

Food Tour in a Box

Federal Hill Prep Elementary school piloted a fee for service “Food Tour in a Box.” Students in both lower and upper elementary took turns having an in school field trip experience with food centers that taught children about the importance of making healthy food decisions. Centers were developed around using multiple intelligences and hands on activities. Students visited the school library and traveled through stations in small groups. 325 students attended this program.

Bmore Health Expo

We presented at “Kids Can Cook” session in front of a live crowd at the Bmore Health Expo. Taste Wise Kids staff, children, and local chef Amanda Mack, took the stage to teach the audience. We described Taste Wise Kid’s mission, community programs, and ways to get involved. Participants made a jar salad and salad dressing while highlighting the importance of farm fresh healthy ingredients. Thousands of people attend the Bmore Health Expo and we had an active audience of approximately 75 people.

Fall Art Day

Families were invited to Whitehall Mill Market to engage in an afternoon of Art. Taste Wise Kids curated a table with food focused Art activities. Taste Wise Kids featured a station that children used corn cobs to paint while learning important facts about corn. The station also provided samples of TWK at home activities and information about upcoming events. Approximately 40 children attended the Fall Art day.



Impact

TasteWise Kids brings individuals, families and communities together around food - inspiring healthy food choices that lead to open-mindedness and well-being.

Student comments from Day 3 salad-making session:

Question from Chef:

Have you heard of emulsification?

It's when we combine fat and water or fat and vinegar, which have two molecules that naturally separate. We will whisk them so they combine and turn thick.

If you let the dressing sit for a few minutes it will begin to separate again."

"I give the salad a 13 out of 10"



Impact



“Our dressing
is amazing.”

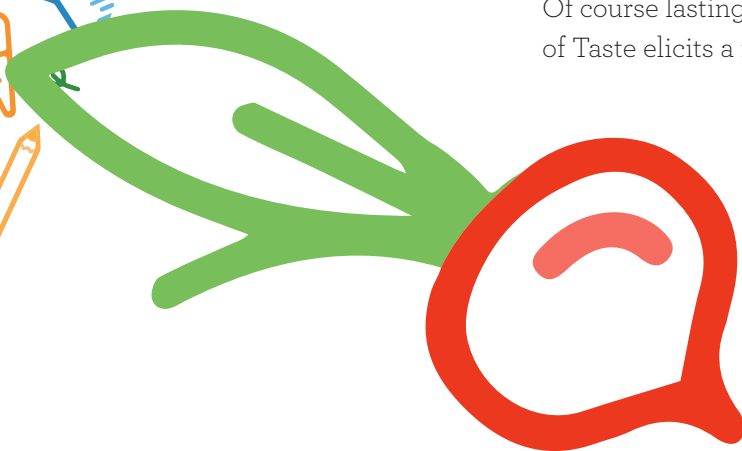
“This is the **BEST**
day ever!”



Impact STORY

Salad Kits in Action!

Sometimes the slightest change can make a world of difference. Perhaps this is a central tenet behind TasteWise Kids and its signature program, Days of Taste. By opening up young children's minds to the possibilities of delicious food that is also good for them, we begin to pave the way toward a lifetime of healthier eating habits. Of course lasting change takes time, but hopefully Days of Taste elicits a few "aha" moments along the way.





Such was the case for 9-year-old Felicity, a student at Bryant Woods Elementary School in Howard County, where Days of Taste has been exposing students to fresh, local, healthy food for five years. Felicity and her classmates were among the fortunate cohort of fourth graders in 19 schools that participated in our Days of Taste program this fall. Led by a team of volunteers, educators, local farmers and chefs, the three-day curriculum uses hands-on programming to encourage students to appreciate the benefits of locally grown food. At the conclusion of the three days, Felicity and the other Days of Taste “graduates” in her class were given a bonus: a take-home salad kit, including local greens and veggies, as well as ingredients for a vinaigrette.

Applying the knowledge and skills she learned through the Days of Taste program at school, Felicity enthusiastically created her own salad at home, using the salad kit ingredients provided to her. Her “aha” moment came when she realized she actually likes salad: “It has a very good taste,” admits Felicity. “My favorite part was the Italian dressing!”

TasteWise Kids Executive Director Wendy Jeffries is not surprised by this change of heart. “We teach the kids that their taste buds are changing all the time, so they have to follow our ‘two bite rule’ – if you don’t like something the first time you try it, give it a second chance.”

“I have observed that students hesitate to try new things but they appreciate it when they attempt to try it...they begin to want to try new healthy food options,” says Jerome Pickens, Felicity’s teacher. “At Bryant Woods, we focus on building a positive community at home and at school. Days of Taste helps foster the positive home-school connection because it allows families to spend time with each other and build strong relationships,” he adds.

With a newfound appreciation and taste for fresh vegetables, Felicity plans to incorporate more healthy foods into her diet — a monumental decision for a young girl who has already been diagnosed with high cholesterol. Her mother, Michelle, couldn’t be more pleased with this decision, as it is likely to benefit the entire family. In fact, with Thanksgiving just around the corner, Felicity plans to recreate her delicious salad to include with the meal — a true cause for gratitude and celebration indeed.

A purple background with a repeating pattern of colorful line-art icons representing various food items (like carrots, mushrooms, and tomatoes) and kitchen tools (like a ruler, spatula, and whisk).

Impact CASE STUDY

Food Literacy Activity Kits


100 Food Insecure Children in Baltimore Are Eating Healthier, Rising Above Stigmas, and Strengthening Family Ties Thanks to Pilot Program from TasteWise Kids and Weekend Backpacks

BACKGROUND

Since 2015, Weekend Backpacks and TasteWise Kids have worked separately to improve the lives and health of Baltimore City school children.

Weekend Backpacks provides food-filled bags for food-insecure children to use on weekends and during breaks when they have no access to school meal programs. Weekend Backpacks has never believed in the notion that “any food is better than no food,” and they strive to include healthy options in every bag they pack. Each backpack contains 18 meals – enough to feed a family of four for two days. The heart of Weekend Backpacks is to curb childhood hunger and prevent the physical, intellectual, and emotional delays that result from it. Since its inception in 2015, Weekend Backpacks has delivered over 2 million meals to children across 43 Baltimore City schools.

TasteWise Kids provides Baltimore City children with fun, hands-on food literacy activities. These activities teach children new ways to think about food, help them

A circular arrangement of colorful line-art icons representing various food items (like carrots, mushrooms, and tomatoes) and kitchen tools (like a ruler, spatula, and whisk).

explore their sense of taste, and show them that “good-for-you” food is good-tasting food. The heart of TasteWise Kids is to see a reduction in obesity, diabetes, and other illnesses linked to unhealthy eating habits formed during childhood. Each year, over 3,000 kids participate in TasteWise Kids’ programs. Eighty-five percent (85%) of those involved try at least one new food, and over 1,200 families cook together with a take-home salad kit.

Now, TasteWise Kids and Weekend Backpacks are piloting an initiative to combat child hunger and child obesity in tandem.

Although these issues may seem unrelated — one stems from too little food, the other from too much — both are symptoms of food insecurity.

Food Insecurity by the Numbers

- **About 146,000 people in Baltimore City live in healthy food priority areas (food deserts).**
- **Over 40,000 of those living in food deserts are children.**
- **In 2022, food insecurity in Baltimore increased from 18% to 21.7% as a result of the pandemic.**
- **1 in 4 people in Baltimore City is food insecure.**
- **33% of Baltimore children are food insecure.**



THE NEED

When you think of food insecurity, you might imagine a single mother who isn't able to afford enough food to feed her children and herself for an entire week. Or, you might imagine a child whose parents have to alternate between buying groceries and paying rent. You might even imagine one of the 3,000 homeless schoolchildren in Baltimore who don't know where their next meal is coming from.

For many children, this is exactly what food insecurity looks like. Their families struggle to afford food, their bellies go empty, and their physical, mental, and behavioral health suffer.

But there's another side to food insecurity that is often overlooked.

While some food-insecure children live without access to enough food, others live without access to enough healthy foods. So, although their tummies are full, they aren't getting the nourishment they need to properly fuel their bodies. Instead, their diets are full of low-cost, high-calorie foods that lead to childhood obesity, diabetes, early hypertension, and other negative health outcomes.

Children facing this type of food insecurity often live in low-income areas where nutritious food is hard to come by — either because grocery stores are too sparse or because healthy food is too expensive. Once known as food deserts, these areas are now referred to as healthy food priority areas. And they are directly linked to food insecurity in Baltimore City.

HOW TASTEWISE KIDS AND WEEKEND BACKPACKS ARE PARTNERING TO HELP

For the past three months, TasteWise Kids has partnered with Weekend Backpacks to provide food literacy activity kits alongside the weekend food bags. These kits contain fun activities like coloring sheets, word puzzles, crafts, and games designed to make learning about food exciting. Every kit includes all the supplies necessary to do the activities — from coloring pencils to Play-Doh — to ensure every family can fully and equally participate.

The goal of these activities is to bring students and their families one step closer to food literacy, so they can start to understand where the food in their bags comes from, how it fuels their bodies, and how to use it.

"Food isn't often used if you don't know what to do with it," says Salina Duncan, Program Manager at TasteWise Kids. She explains that when families are unfamiliar with a food in their backpack, they're less likely to use it. But the literacy activities can help them build knowledge around the foods they receive, so they aren't afraid to try them.

Many of the activities also include conversation starters to help families connect and build community around food.

The joint initiative is currently being piloted for 100 food-insecure children in two Baltimore City public schools: Edgewood Elementary and Mary Rodman Elementary.



RESULTS

Hungry Bodies and Hungry Minds Are Being Fed

According to Ghorpu Whoa-tee, the Community Coordinator for Edgewood Elementary, many food-insecure families in the school appreciate the food from Weekend Backpacks.

“Some parents are very grateful for it,” she says. “There is a great auntie of one of the students who faithfully waits for those bags every Friday. And the kids love the bags. They love the fruit cups. Those are [one of] the things they take out to snack on immediately after school.”

The kids even tell Whoa-tee about recipes they create with the food from the bags.

“They love the diced tomatoes because that helps them make chili. They make sausage and egg omelets. They love the mac-n-cheese and they express using that to be creative – making a mac-n-cheese and sausage meal.”

Lashaun Allen, Community Coordinator at Mary Rodman Elementary, says her students love many of the food options as well. But that’s not all her students want. Many of her students are hungry to read.

“We have literacy nights. Many of these kids want more – bigger books, more activities,” says Allen. The food literacy kits give them that. The kids are coming to school saying they read to their families at dinner. And some of the kids are using the food literacy activities to read to their friends when they get the backpacks.

Children Are Swapping Stigmas for Excitement

Before the addition of the activity kits, some children at Mary Rodman Elementary School were hesitant to take a backpack for fear of what their peers might think.

But once the kids saw that fun activities came with the bags, that changed.

“The TasteWise Kids activities have amplified the Weekend Backpacks for the kids,” says Allen. “Now they dive into the bags and get excited about it.”



“The TasteWise Kids activities have amplified the Weekend Backpacks for the kids,” says Allen. “Now they dive into the bags and get excited about it.”

Family Engagement Is Increasing

“This program is allowing our students to open the doors for more engagement with their parents,” says Whoa-tee, who explains that being able to sit with parents and do an activity for just five to 20 minutes gives these students attention that they often yearn for.

Allen sees this as an enormous benefit as well.

“A lot of our parents work 75 to 80 hours a week,” she says. “So someone might look at the TasteWise activities and say, ‘Oh, that’s just an activity book.’ But something as small as an activity book might help a child bond with their parent on a Friday or Saturday night when they don’t typically see them during the week.”

Spanish-Speaking Families Feel Included

All TasteWise Kids activities are written in English and Spanish, which is helping to foster a sense of belonging for Spanish-speaking families.

“Because we don’t have translators or interpreters here to translate things [for our Spanish-speaking families], it’s hard to ensure they are always included,” says Allen.

Since these materials are bilingual, Spanish-speaking parents can do the activities with their children and have a sense of belonging.



Events



New event! Flavors of Maryland

October 17th, 2022

Our signature Fall fundraiser was successful beyond our wildest expectations. Locally celebrated chefs joined farm to table growers and cocktail mavens to create a truly magical evening.

The guests enjoyed beautifully curated plates paired with amazing drinks, and the sounds of cool jazz as they mingled with our celebrity cookbook authors **Toni Tipton-Martin** and **Carla Hall**. Each author took time out to sign copies of their cookbooks for attendees. It was a truly memorable evening.

National Salad Month May 2022

In 1992 the National Association of Dressing and Sauces created National Salad Month to encourage people to introduce more salads into their daily meal plan. TWK takes it a step further by celebrating all things salad, green, and growing all month—it's a Saladbration! With the support of area restaurants, TWK uses National Salad Month as a fundraising tool to help underwrite our hands-on programming.

Wine Supper Under the Tuscan Sun

In June, after a three-year Covid 19 break, Chef's Expressions @ the Manor returned to their blockbuster monthly wine dinners. The theme, Under the Tuscan Sun was Inspired by Chef Jerry Edwards trip to Tuscany. Chef Jerry created a beautiful five course wine dinner that invoked the warmth and flavors of Tuscany for about 100 guests. TWK was the selected nonprofit to be supported by this event. The proceeds from this event were used for TWK programming.

Fall Art Day at Whitehall Mill Market

Families were invited to Whitehall Mill Market to engage in an afternoon of Art. Taste Wise Kids curated a table with food focused Art activities. Taste Wise Kids featured a station that children used corn cobs to paint while learning important facts about corn. The station also provided samples of TWK at home activities and information about upcoming events. Approximately 40 children attended the Fall Art day.

Father's Day Jazz Festival

TWK was invited to participate in the Baltimore Jazz Alliance's 3rd annual Father's Day Jazz Festival. On the surface, that would seem like an odd fit, but it worked out perfectly! Under a tent, we set up an arts and crafts table with lots of playdoh, coloring sheets and crayons all focused on fun with food. The kids were excited to have something to occupy them while their parents enjoyed an afternoon of cool Jazz.

Pop Up Events

Health Expo

Bmore Health Expo - We presented at "Kids Can Cook" session in front of a live crowd at the Bmore Health Expo. Taste Wise Kids staff, children, and local chef Amanda Mack, took the stage to teach the audience. We described Taste Wise Kid's mission, community programs, and ways to get involved. Participants made a jar salad and salad dressing while highlighting the importance of farm fresh healthy ingredients. Thousands of people attend the Bmore Health Expo and we had an active audience of approximately 75 people.

Salad Scavenger Hunts

We hosted 2 scavenger hunts at the 32nd Street/Waverly Farmer Market. Kids had fun talking to vendors as they discovered different food items at the market.

Us



Staff

Welcome Linda Richardson!

If you haven't already heard the news, we welcomed a new Development Manager to the team this year and we think it's about time you got to know her. Welcome, Linda Richardson (she/her)! Linda was kind enough to answer some of our favorite food related questions so you could get to know her a bit.

If you could have one meal at a local (local to you) restaurant, what and where would it be?

One of my favorite restaurants in Baltimore is Petit Louis Bistro. Before the pandemic I would have dinner there at least twice a month. As much as I love the many wonderful dishes they serve, I always end with the Cassoulet!

If you could travel to any city in the world for a food trip, where would you go?

I love traveling, and experiencing different cultures, so when I had the opportunity to visit my sister in South Africa in 2000, I leapt at the chance. I went expecting to enjoy the amazing South African wines, but what I had not bargained on was the FOOD! I had some amazing curries in Durban, but Cape Town was by far the most exciting culinary experience of the entire trip. I have been back to Cape Town five times so far, and the FOOD never disappoints.

What is a favorite food related memory from your childhood?



I am one of five children raised by a single mother in England during the 60's. At that time, women did not work outside the home, but my mother worked six days a week from 6:am to 7:pm. Sunday was her only day off. Every Sunday morning my mother would make us a traditional West Indian breakfast of fried bakes and salted codfish with chopped cucumber, onions, tomatoes and olive oil. Sunday breakfast was always the best meal of the week for me.

What are a few things that are always in your fridge or pantry?

I love to cook, but in the words of my sister, I am a low country cook! Which means, I don't cook anything fancy. I always have kidney beans, rice, coconut milk, coconut oil, tabasco sauce, West Indian spices, flour, butter and eggs on hand. It may not be fancy, but the meals are always tasty!



Welcome Salina Duncan!

Also new to the TWK team is Salina Duncan (she/her) who is joining us as the Days of Taste Program Manager. With her teaching experience and love of hands on activities, Salina has shined in this role. Give her a warm welcome and get to know a bit about her with these classic food questions:

If you could have one meal at a local (local to you) restaurant, what and where would it be?

A favorite local restaurant of mine is Jeannie Bird Bakery in Westminster, when they're serving lunch. They use locally sourced ingredients and it's a friendly place to go.

If you could travel to any city in the world for a food trip, where would you go?

I would like to do a food trip to the State of Kerala, India.

What is a favorite food related memory from your childhood?

I have fond memories of preparing food for family get togethers with my parents. Making brownies, shredding zucchini to make bread, peeling potatoes, filling deviled eggs.

What are a few things that are always in your fridge or pantry?

I always keep olive oil, ginger, garlic, cardamom, cinnamon, greens, some kind of fruit, dark chocolate, yogurt, tortillas and tortilla chips.



Wendy Jeffries (she/her)

Executive Director



Julie Eugenio (she/her)

Community Programs Manager



Leslie Lichtenberg (she/her)

Operations & Communications Specialist



Izzy Siedman (she/her)

Communications Specialist

2022

Board of Directors

TasteWise Kids is committed to diversity and inclusion for its board, staff, volunteers, and community. The Board assesses member composition and promotes diversity and inclusion for board recruitment, programs, decision-making and operations by considering and respecting diversity of skills, experiences and demographics to ensure that all voices are valued and heard.

Renee Evans (she/her)

Board President



Renee Evans (she/her) serves as the TasteWise Kids Board President and has been a board member since 2017. She is the Vice President of Human Resources for Pompeian Inc., a manufacturer of olive oils and vinegars. Growing up on a small farm in Ohio, Renee liked picking fresh vegetables out of the garden and bringing in eggs from the chicken coop. Today, Renee and her husband enjoy traveling the globe with their daughter while seeking out new foods, sights, and cultures. Her favorite vegetables include red beets, peas, and tomatoes.

Amber Perry (she/her)

Board Vice President



Amber Perry (she/her) joined the TasteWise Kids board in 2021 and now acts as Vice President of the board. She is a Director in the Exelon Audit Services team at Exelon Corporation. She created the Exelon-sponsored STEM Gems after-school program at the Cardinal Shehan School in Baltimore, MD and is a mentor with the STEM Leadership Academy. Amber and her family live in Silver Spring, MD and love food festivals, traveling, and tennis. A true foodie, Amber is always looking for new, creative ways to elevate her favorite vegetable, brussels sprouts.

Michael Abboud (he/him)

Treasurer



Michael Abboud (he/him) MBA, PMP, joined the board of TasteWise Kids in 2018. He is the Program Manager of the Eastern Region for Mesa Associates, Inc. Michael has also been actively involved as a coach for the Bel Air Terps and the Baltimore Lutheran Saints youth sports programs. His passion for food developed early in his childhood at his family's restaurant in Bel Air, MD. He now lives in Harford County, MD with his wife and two daughters. As a family, they enjoy being outdoors, cooking wonderful meals, and traveling to new destinations. Michael's favorite vegetable is sweet potato.

Kimberly Barker (she/her)

Secretary



Kimberly Barker (she/her) serves as the board secretary for TasteWise Kids. She is Director of Marketing Operations at M&T Bank. Kimberly has a bachelor's degree from the University of Delaware and is a graduate and now a faculty member of the American Bankers Association School of Bank Marketing and Management. Tomato is her favorite vegetable—even though she knows it's a fruit!

Neal Crowley (he/him)

Board Member



Neal Crowley (he/him) joined the TasteWise Kids Board of Directors in 2020. He is Director of Global Insurance Management at Franklin Templeton. Neal is also a Certified Personal Trainer through the National Academy of Sports Medicine. He enjoys being active, traveling, cooking, discovering new foods, and listening to music. His favorite vegetable is a nod to his southern upbringing: collard greens!

Tela Boone-Hurte (she/her)

Board Member



Tela Boone-Hurte (she/her) PMP, joined the board of TasteWise Kids in 2021. She is a Senior IT Project Manager in the CareFirst Mandates Implementation team. Tela lives in Harford County, MD, with her husband and three children. She and her family love to travel, volunteer in the community, and explore new recipes and restaurants. Tela's favorite vegetable is spinach because of its versatility.



David Thomas (he/him) & Tonya Thomas (she/her)

Board Members

Chefs David Thomas (he/him) and Tonya Thomas (she/her) have been partners in life and in work for nearly thirty years and both joined the board of TasteWise Kids in 2021. Together they have served at the James Beard House, flown to Ireland to work with Guinness X Meatopia, traveled with Michael Twitty's Roots to Glory tour, appeared on The Today Show, and more. Chef David Thomas has competed on Food Network's Chopped and was crowned a Chopped Grand Champion in 2020. The chefs are currently part of a group working to establish the Muloma Heritage Center in St. Helena Island, SC.

Russell Joyner (he/him)

Board Member

Russell Joyner (he/him) joined the board of TasteWise Kids in 2022. He is an Executive Partner with Gartner providing strategic advisory work for mid-sized enterprises. Russell and his wife live in Crofton, MD and enjoy travelling, spending time with family and discovering new local restaurants in Annapolis and Baltimore. Russell's favorite vegetables are spinach and brussels sprouts.

Wendy Jeffries (she/her)

Executive Director

Wendy Jeffries (she/her) MPP, serves as the Executive Director of TasteWise Kids and was part of a group committed to founding the nonprofit in 2015. She has been involved with the Days of Taste program since 2009. Wendy lives in Baltimore, MD with her husband and two daughters. They enjoy being active, cooking with ingredients from the city's great farmers markets, and visiting new restaurants. While she loves to buy whatever fruits and veggies are in season, her favorites are watermelon and butternut squash.



Emeritus

Lon Engel (he/him)

Emeritus Board Member

Lon Engel (he/him) JD, is a past president of the TasteWise Kids board. He has been involved with TasteWise Kids since its inception and with Days of Taste since 2006. Lon is the managing attorney for the Engel Law Group, a firm dating back to 1949. He is also co-owner of Engel Family Vineyards in St. Helena, Napa Valley, CA. Lon's favorite vegetable is corn.

Riva Kahn (she/her)

Emeritus Board Member

Riva Eichner Kahn (she/her) PhD, was a founding board member of TasteWise Kids and chaired the Program and Education Committee. She is the Director of Days of Taste, having been involved with the program since it began in the Baltimore area in 1998. Riva was on the faculty of the Johns Hopkins University School of Medicine and is active in several Baltimore-area cultural organizations. Her favorite vegetables and fruits are radishes, zucchini, pomegranates, and watermelon—depending on the season.

Dana Slater (she/her)

Emeritus Board Member

Dana Slater (she/her) is a retired fundraising professional who worked recently at Ladew Gardens and Baltimore Center Stage. Dana produced ORIGINS, a speaker series at Artifact Coffee. She and her husband, Matt, have three sons and two wonderful granddaughters. Dana loves tending her vegetable garden and, of course, eating the bounty!

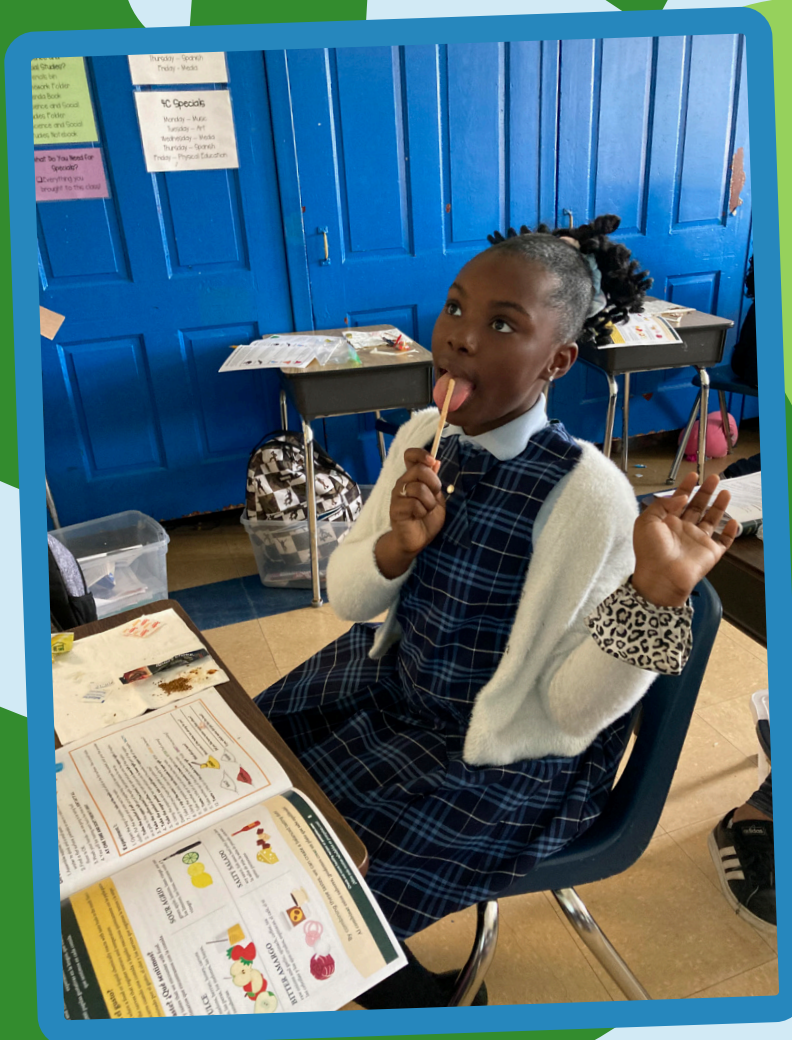
Jeff Reinhardt (he/him)

Emeritus Board Member

Jeff Reinhardt (he/him) CPA, CVA, serves as treasurer on the TasteWise Kids Board of Directors and has been involved since 2016. Jeff is a partner/stakeholder with KBST&M Certified Public Accountants and Consultants. In his spare time, he enjoys golf, football, and coaching youth sports. Jeff's favorite vegetable is broccoli.

2022

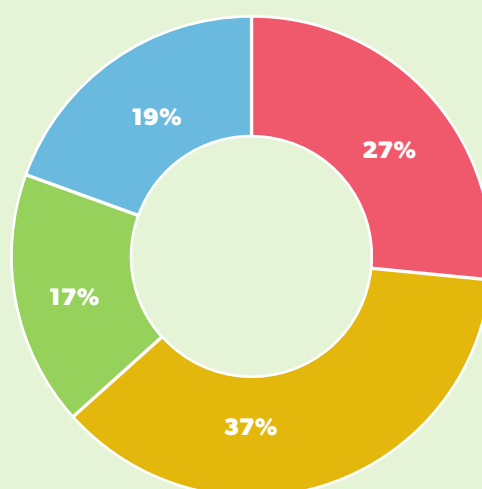
Numbers



Financial Data

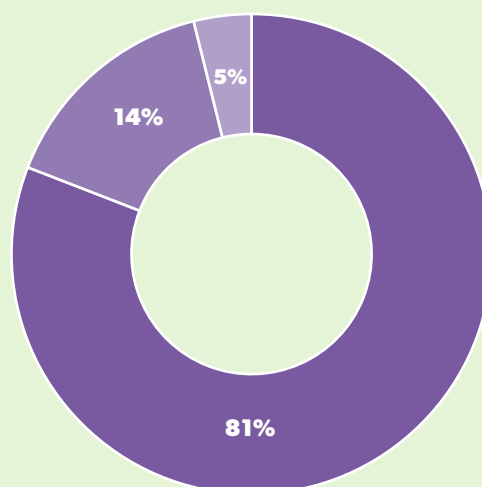
2022 Income

Direct Program Support
Corporate & Community Support
Special Events
Individual/Board Donations
Government Support
Other



Expenses

Program Area
Program Expenses
G&A
Development



Source: 2022 TWK Compiled Finances Report

2022

Partners & Funders

EVENT SPONSORS:

APGFCU

BALTIMORE INJURY CLINICS

CAREFIRST

CHASEN COMPANIES

FELLS POINT WHOLESALE MEATS

KATE BARNHART/NORTHROP REALTY

KBST&M

KRAMON & GRAHAM

LIVE CASINO/HOTEL

MHC HEALTHCARE

M&T BANK

VILLAGE DEVELOPMENT

CORPORATE SPONSORS:

ATWATER'S

CHARM CITY RUN

COFFEE COFFEE

GERTRUDE'S CHESAPEAKE KITCHEN

MESA ASSOCIATES

POMPEIAN OLIVE OIL

SWEETGREEN

UNITED HEALTHCARE COMMUNITY PLAN

GRANT FUNDERS:

32ND STREET FARMERS MARKET

ALDI

BGE

BALTIMORE RAVENS

HARFORD COUNTY DEPT. OF AGRICULTURE

HARFORD COUNTY WOMEN'S GIVING CIRCLE

HOWARD COUNTY FARM BUREAU

HOWARD COUNTY GENERAL HOSPITAL

JOHNS HOPKINS HEALTH SYSTEM

KIWANIS CLUB OF ELLICOTT CITY

MICHELE'S GRANOLA

MILE ONE

SOUTH BALTIMORE GATEWAY PARTNERSHIP

WEINBERG FOUNDATION

ELEMENTARY SCHOOLS:

ARMISTEAD GARDENS ELEMENTARY

BAKERSFIELD ELEMENTARY

BRYANT WOODS ELEMENTARY

CHERRY HILL ELEMENTARY

COMMODORE JOHN RODGERS ELEMENTARY

DOGWOOD ELEMENTARY

EDGEWOOD ELEMENTARY



ELEMENTARY SCHOOLS (CONT):

FEDERAL HILL PREP
GOVANS ELEMENTARY
GUILFORD ELEMENTARY
HALLS CROSS ROAD ELEMENTARY
HAVRE DE GRACE ELEMENTARY
LIBERTY ELEMENTARY
MAGNOLIA ELEMENTARY
MARY RODMAN ELEMENTARY
OWINGS MILLS ELEMENTARY
PATTERSON PARK PUBLIC CHARTER SCHOOL
SOUTH BALTIMORE CHARTER SCHOOL
STEWART HILL ACADEMY
TALBOTT SPRINGS ELEMENTARY
THE GREEN SCHOOL OF BALTIMORE
TUNBRIDGE ELEMENTARY
WAVERLY ELEMENTARY

PROGRAM PARTNERS/SITES:

32ND STREET FARMERS MARKET
ALL 4 ONE CREATIVE ARTS
BALTIMORE JAZZ FEST
BMORE HEALTHY EXPO
GILMAN SCHOOL
GREAT KIDS FARM
HAMPDEN FAMILY CENTER
JOHNS HOPKINS PEDIATRICS
OUR TIME KITCHEN
WEEKEND BACKPACKS
WHITEHALL MILL MARKET
SENECA HEIGHTS APARTMENTS

CHEFS:

RUTH ADELSTEIN	SUSAN MULDOON
DAVID ALIMAS	JASMINE NORTON
LAURA ALIMAS	JERRY PELLEGRINO
CHRIS AMENDOLA	DEWARD RAY
STEVE CHU	JESSE SANDLIN
JERRY EDWARDS	JOHN SHIELDS
REY EUGENIO	DANA SICKO
JESSE GALDSTON	DAVE THOMAS
NINO GERMANO	TONYA THOMAS
JON KOHLER	KATHLEEN TOZZI
AMANDA MACK	AUDIEL VERA
ZACK MILLS	HENRY WARD

FARMERS:


ALBRIGHT FARMS
BALTIMORE COUNTY AGRICULTURAL CENTER
BLISS MEADOWS
CHARLOTTETOWN FARM
FIREFLY FARMS
GRANDVIEW FARMS
GREAT KIDS FARM
HILLEN HOMESTEAD
LIBERTY DELIGHT FARMS
MARY'S LAND FARM
MYRTLE WOODS FARM
ONE STRAW FARM
STOECKER FARMS
THIRD WAY FARM
TRUE CHESAPEAKE OYSTER FARM



Get

Involved!

HOW CAN YOU HELP?



Tasting Notes blog
Recipe Box
Printables & Activities

Share our Resources

We have fun, educational, creative resources for kids, families, teachers, and community groups. The more they are shared the more useful they are. Keep up to date on new activities and events by following us on Facebook and Instagram or signing up for updates through our email newsletter.





Give your Time

Consider supporting TasteWise Kids as a volunteer in the classroom and/or on the farm with our Days of Taste program, at a workshop or special event, or organize a group of volunteers through your employer.

We also need help behind the scenes! Provide logistical and organization support to TasteWise Kids in areas such as website development, social media, organizational/office skills and database support.

To learn how to get involved, please email us at

info@tastewisekids.org

Donate

TasteWise Kids is a 501(c)(3) non-profit organization.

All donations to TasteWise Kids are tax-exempt.

Help us achieve our mission to make food education fun!

We are so grateful that you are considering supporting our cause. Making a donation should be easy! We have designed many ways that you can give:

Make a donation online!

Set up a recurring donation, giving smaller amounts throughout the year via our online donation page. We now also accept donations in major cryptocurrencies!

<https://www.tastewisekids.org/donate/>

Text GIVE to 410-705-2316

Venmo @TasteWiseKids

Write a check to TasteWise Kids and mail to:

**TasteWise Kids
PO Box 5381
Baltimore, MD 21209**

As Julia Child, the original Days of Taste[®] spokesperson stated over 25 years ago, “In this age of fast and frozen foods, we want to teach school children about real food – where it is grown and how it is produced – so that they can develop an understanding and appreciation of how good fresh food is supposed to taste.”



TasteWiseKids

Teaching food literacy, one vegetable at a time

PO Box 5381
Baltimore, MD 21209
info@tastewisekids.org