

NURTURING HEALTHIER FUTURES

FOOD LITERACY PROGRAMS



BY FOODSTREAM LEARN



VR
INCLUDED

CULTIVATING YOUNG MINDS

FoodStream Learn is an NYC Public Schools Vendor, offering flexible food education programs for all ages and abilities.

APPROACH

Our educators uniquely combine food literacy, numeracy, hands-on cooking, gardening, and interactive gaming.

CURRICULA

All programs address STEAM, literacy, core skills, and life skills, improving self-esteem through teamwork and time management.

NUTRITIONAL INSIGHT

We deepen students' understanding of diet, health, food origins, and their roles in the body.

INFINITE OPPORTUNITIES

The FoodStream network provides students with pathways to mentorships and internships in food-related careers.

CONTACT

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We recognize that every public school has unique needs and goals. That is why our 12-week program is interchangeable and includes four modules of your choice. Each module lasts three weeks (3 hours total). A Capstone Project or relevant field trip can be included in any program. If you don't see what you're looking for, please let us know.

FUELING YOUR BODY: UNDERSTANDING MACRONUTRIENTS FOR OPTIMAL HEALTH

Learning about carbohydrates, proteins and fats, and their effect on the brain and metabolism.

ESSENTIAL NUTRIENTS: UNLOCKING THE POWER OF VITAMINS AND MINERALS

Exploring key vitamins and minerals, their functions, dietary importance and sources.

SMART EATING, BRIGHT LIVING: EMPOWERING HEALTHY CHOICES FOR LIFE

Understanding the impact of small dietary hacks on health, effective practical changes and basic cooking techniques.

FROM PLATE TO PLANET: UNDERSTANDING THE ENVIRONMENTAL IMPACT OF FOOD

An introduction to the causes and environmental effects of food waste, repurposing food, preserving, composting.

FIELD TRIP

Engage students with an interactive field trip linked to one of the modules.

CAPSTONE PROJECT

An opportunity for students to showcase their learning.

FEEDING MINDS, NOURISHING COMMUNITIES: THE IMPACT OF FOOD ON PEOPLE

Exploring the link between nutrition and community health, understanding common health issues and how to prevent them.

FROM SEED TO HARVEST: THE JOURNEY OF GROWING FOOD

Learning the basics of gardening (soil and hydroponic) and the benefits of eating locally sourced food.

WORKFORCE DEVELOPMENT: CULINARY MASTERS

Menu planning, sourcing local, nutritious ingredients, developing culinary and teamwork skills through the Culinary Master Challenge.

FROM CLASSROOM TO COMMUNITY: BUILDING A FOOD HUB IN YOUR SCHOOL

An introduction to food management and practical skills for running a school supermarket and pantry.

FOOD FOR THOUGHT: UNDERSTANDING ACCESS, EQUITY, AND INFLUENCE

An overview of food insecurity, the impact of food marketing and the importance of media literacy for making informed choices.

FOOD NUTRITION FOR PARENTS: HEALTHY CHILDREN, HEALTHY FAMILIES

Enabling parents to adopt healthy steps, sharing challenges and successes to foster lasting habits among parents and children.