



*A Special Report prepared for
by the American Heart Association on July 25, 2016*



A Heartfelt Mahalo!

The American Heart Association's **Kids and Teens Cook with Heart** began with a dream to help kids and their families become healthier. You believed in this dream, and with your commitment and partnership, made the Maui program the most ambitious launch of Kids and Teens Cook with Heart since its inception five years ago.

In just one semester (10 weeks), Kids and Teens Cook with Heart brought local West Maui chefs to an entire school district to teach more than 200 kids and teens the importance of healthy eating as well as the life skill of cooking through a hands-on series. Skills, knowledge, and confidence were built upon week after week. Collectively, the students prepared more than 200 dishes from scratch, culminating with the Lahainaluna Iron Chef competition!

Your generous three year gift commitment of \$200,000 has already inspired a generation of healthy eaters in the Lahaina community. You've also encouraged local chefs to dedicate time and resources to give back to the community they call home. This report highlights the successes and the impact of the program over its first year, setting the stage for all we can do together in the next two years. **Mahalo!**



It was a true honor to be part of a special program where local kids get an opportunity to make something fresh/local and actually get to try the outcome. Whether it was making a smoothie or chopping veggies for a salad, I believe that we changed a lot of minds about eating clean and healthy. Chef Shane's vision for the program is remarkable for these kids. Partnering with American Heart Association is a match like no other!

Chef Rob Mason



Program Highlights

Today, 1 in 3 children and adolescents, ages 2-19, are overweight or obese—triple the rate from just one generation ago. This epidemic not only gives children a 70 to 80 percent chance of becoming overweight adults, it also puts kids at risk for heart disease, stroke, and other serious, chronic health problems. One way the AHA is fighting childhood obesity is through its educational programs that encourage a healthier lifestyle.



Recent studies have shown that kids who cook or are involved in meal prep are more likely to eat nutritious foods, and more fruits and vegetables. The Kids and Teens Cook with Heart program teaches kids basic kitchen skills, introduces them to local produce, increases their self-esteem and confidence in the kitchen and with each other, and educates them on healthy eating habits. Moreover, the program gets kids excited about trying new foods, and encourages them to share this passion with their own families at home, thus expanding the program's reach.

The program boasts a special curriculum designed to meet the needs of the local community, align with the schools' syllabus, and embrace the native and traditional foods in Hawaii. AHA Chef Shane Valentine created the curriculum, and with your help, recruited renowned chef and community leader, West Maui's own Chef Paris Nabavi. Together, they recruited and trained fellow West Maui Chefs who brought their knowledge, passion, and local flavors to the classroom.

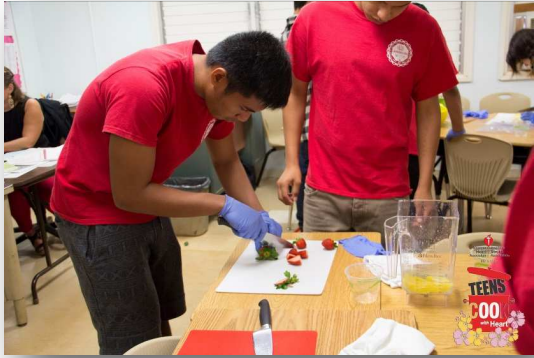


Sharon, your participation in the Iron Chef competition was truly special. The teens were especially excited to show off their newly learned skills and prepare three courses for our esteemed panel of judges.

“Dear Chef Riko, Thank you for volunteering your time to help us learn to cook. I like the smoothies the most. I made salsa at home and my family really liked it. Now I know how to cut, and I eat more vegetables.”

Jerry, 5th grade, King Kamehameha III Elementary School

Because of You!



Healthy Cooking at its Best!

Over seven weeks, Lahainaluna High School students, led by its own alumnus Chef Lyndon, prepared the following dishes, and added some local island flavors:

- ◆ Tomato salsa, jicama salsa, and pineapple salsa
- ◆ Guacamole
- ◆ Tzatziki
- ◆ Three types of smoothies
- ◆ Kamanu with dashi and sweet potato hash
- ◆ Turkey veggie chili with brown rice
- ◆ Tomato basil topped steak with parmesan and balsamic vinegar
- ◆ Quinoa and kale side dishes

Lessons Learned!

Children in the program learned:

- ◆ Proper knife handling techniques, ensuring safety in class and at home
- ◆ How to cook on a skillet
- ◆ Recipes for healthy snacks and meals
- ◆ How to create meals without a recipe
- ◆ The importance of:
 - ◆ Eating more fruits and vegetables
 - ◆ Eating (or switching) to whole grains
 - ◆ Eating home cooked meals and snacks
 - ◆ Decreasing added sugars and salt



Your leadership in the **Kids and Teens Cook with Heart** program has made a profound impact in the Lahaina community, and inspired a new generation of healthy eaters. Because of you, hundreds of children have experimented and prepared new foods, learned skills that will last a lifetime, and most importantly, can make healthy choices that will lead to longer, happy lives.

This unique program is one of many strategies the American Heart Association uses to build healthier communities like that of Lahaina. The AHA strives to be forward thinking in the various ways we engage the community in the fight against cardiovascular diseases and stroke, but we depend on visionary leadership from passionate individuals like you to help shape our approaches.

We are deeply grateful for you and your generous commitment to this program; moreover, we are excited to see its growth over the next two years and beyond.