



FoodChain strives to connect our community to our food through education and demonstration of sustainable food systems. We are located in downtown Lexington, where our neighbors have limited access to fresh, healthy food. While FoodChain is most known for our aquaponics farm, we are expanding to provide cooking and nutrition education to under-served Lexington youth.

What we do...

Cook. Eat. Grow. is a weekly after-school program in Lexington that provides local kids with the opportunity to learn about cooking and get connected to their food. Students learn about proper nutrition, how to make their own healthy meals, and where their food comes from.

A major goal of Cook. Eat. Grow. is to teach about healthy seasonal ingredients. In the fall, students make recipes like Sweet Potato Hashbrowns, while in the spring, we will be cooking recipes like Asparagus Mushroom Fettuccine.

IMPACT:

3 Schools 

40 Kids 

280 Contact hours 

Looking Ahead...

This Semester, Cook. Eat. Grow. will be working in three schools, where we have a total of 40 students ready to learn these critical life lessons. Each student will receive an hour-long class for seven weeks, culminating in a potluck where students can apply their newfound skills to impress their parents.

Become a Sponsor!

Join us in this effort by becoming a Sponsor of Cook. Eat. Grow. You will become a key contributor to the improved diets of Lexington youth and their access to fresh food in these under-served communities. Your will also receive a number of benefits including name recognition and tax benefits. Should these sponsorship levels not meet your abilities, please know that any contribution (financial or in-kind) will be greatly appreciated and welcomed.

← See reverse side for specifics on financing →

Donor Levels:



Patron

\$850 and up

- Sponsor 14 kids (an entire school)
- All benefits from "Advocate"
- Invitation to session graduation
- Bring up to 10 people on your tour



Advocate

\$350 (up to \$849)

- Sponsor 5 kids (1 full week of classes)
- All benefits from "Partner"
- Recognition at session graduations
- Bring up to 5 friends on your tour



Visionary

\$120 (up to \$349)

- Sponsor 1 whole class period
- All benefits from "Friends of the Fish"
- Your name on all recruitment flyers
- Bring up to 3 friends on your tour



Partner

\$65 (up to \$119)

- Sponsor 1 kid through Cook. Eat. Grow.
- Mentioned in the semester newsletter announcing classes and detailing progress
- Invited on a tour of the FoodChain facilities

Program Budget for One Semester

40 Children, 7 Weeks, 3 Schools, 21 Class Periods

	Cost/Child	Cost/Class	Cost/Week	Cost/School	Cost/Semester
Ingredients	\$16.67	\$32	\$95	\$222	\$667
Equipment	\$12.50	\$24	\$71	\$167	\$500
Labor	\$20.83	\$39	\$119	\$278	\$833
Printing	\$4.17	\$8	\$24	\$56	\$167
Miscellaneous	\$8.33	\$15	\$48	\$111	\$333
	 \$62.50	 \$119	 \$357	 \$833	 \$2,500

Contact us!

If you are interested in becoming a sponsor, please contact our Education & Outreach Coordinator, Reena Martin, at Reena@foodchainlex.org or (859) 428-8380. We look forward to hearing from you!

Please note: The deadline for Spring sponsorships is Friday, March 10th.

