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On behalf of sKIDS we are delighted to announce the launch of our exclusive after-school cooking programme, **FoodStorm**, which is starting in term one, 2016.

Studies have shown that there are clear links between knowing how to prepare, cook and serve food and making healthy food choices, so with New Zealand's alarming obesity statistics, it's more important than ever that children are taught to cook. The government's recently launched childhood obesity plan includes initiatives to increase health education in schools. **FoodStorm** offers a dynamic way to support schools across New Zealand promoting health messages.

The programme has been designed by LittleCooks duo, Suzi Tait-Bradly and Bex Woolfall. Motivated by the belief that knowing how to cook is a vital life skill and a birthright of all Kiwi kids, the pair has been teaching kids how to cook since 2012.

In 2014 their children's cookbook, *Piggy Pasta & More Food with Attitude*, published by Scholastic, was selected as one of *The New Zealand Listener's* top 50 children's books for 2014, won a Gourmand International children's cookbook award and a Storylines notable book honour. LittleCooks' recipes have also featured several times in *New Zealand Herald's Bite* magazine.

FoodStorm teaches children 12 essential recipes kids should know how to cook. The programme's key focuses are fun, simplicity, healthy eating and resourcefulness. To underline the importance of healthy eating, the 12 recipes have been developed to meet Heart Foundation guidelines. Children who participate in the programme will also learn the basics of nutrition to help them make good food choices. With recipes such as Kaboom Curry, Surfie Fish Pie and Colonel Cluck's Scrambled Eggs, kids who participate will have a blast cooking up a **FoodStorm** with sKIDS.

If you would like your school to take part in this wonderful opportunity through sKIDS, we would love to hear from you. Please contact your nearest sKIDS programme owner who can tell you more about FoodStorm and possible options for delivering the **FoodStorm** programme during 2016.

Warm Regards

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