



Common Threads connects kids to healthy food in the garden, in the kitchen, and at the table. We want kids to grow up making food choices that are good for their bodies, communities, and environment.

Join us!
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360-927-1590
www.commonthreadsfarm.org

YOUR SUPPORT IS CHANGING WHAT KIDS EAT!

Thanks to your support, Common Threads winter cooking program grew in 2015!

Over 3000 kids in 14 schools enthusiastically prepared and devoured Super Kale Salad, Rainbow Roots, Apple Cabbage Crunch and Veggie Sushi. (check out Common Threads' website for the recipes! CommonThreadsFarm.org)

Many families wrote to tell us that when their kids came home triumphantly having new recipes in their hands, they got their families excited about healthy eating too!

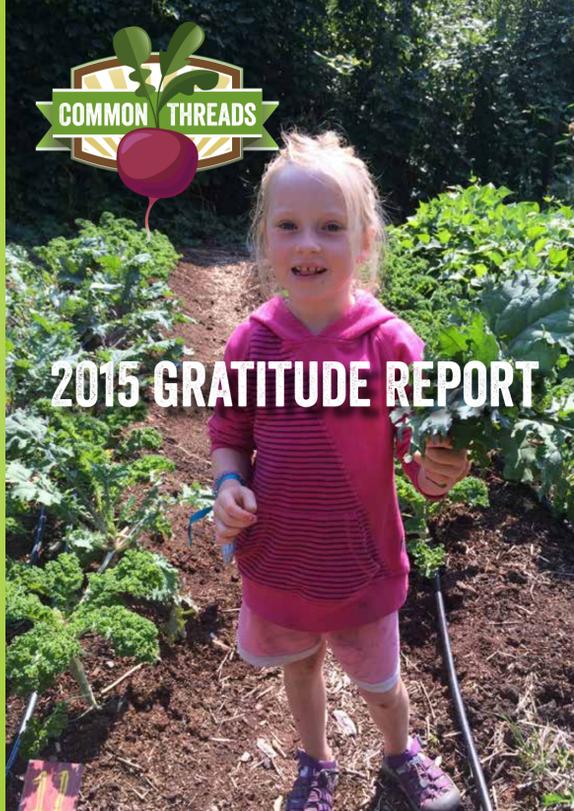
Don't you love the ripple?



"So the kids came home with this recipe and we finally made it this Friday.... And three times since then!

They LOVE it, especially Noah. And they can make the whole thing themselves.... Our son has eaten more fresh veggies this weekend than in the last couple months!"

—Francesca, Birchwood Elementary Parent



2015 GRATITUDE REPORT



"This 2nd grader has officially taken over as salad maker in our house! Thanks to her experience cooking in the classroom, she is loving being a part of meal preparation at home."

—Meredith, Geneva Elementary Parent

This salad is the result of cooking class.... My first grader came home raving about this salad.... We went shopping and made it together! He was so excited and I've never seen him eat cabbage.

—Sarah, Roosevelt Elementary Parent, Facebook Post



"Lily came home raving about something they made in her garden cooking class at school. She hates beets, but loves them prepared in Rainbow Roots! Hooray for gardens at school!"

—Stephanie, Whatcom Middle School Parent

WANT TO COOK UP HEALTHY FOOD EDUCATION FOR EVERY CHILD?

Here's a Recipe:

Start with a strong base of community support (That's YOU!)

Add 79 Committed Volunteers willing to contribute over 3,100 hours of service, (more supervising hands, eyes, and brains = a deeper learning experience for every child).

Sprinkle liberally with the passion and devotion of six AmeriCorps Food Educators

Mix in the energy of the staff and parents at 17 partner schools who are committed to having their 3,960 students grow, prepare, and eat healthy food on school grounds during the school day.

Say Thank You to the sun, the rain, and the soil that makes growing good food possible.

We hope you'll agree... This fabulous combination tastes delicious!

Thanks to all of our generous 2015 program supporters!

YOUR SUPPORT IS CHANGING HOW TEACHERS THINK ABOUT TEACHING SCIENCE.

Bellingham Public school teachers and Common Threads Food Educators spent a day looking at how to most effectively teach science in the garden. As Whitney Cohen, our trainer from LifeLab observed: "We would never consider teaching computer science without computers, so why do we try to teach earth and life science without earth and life?"



Teachers Aubrey Merritt from Geneva and Leilani Koch from Alderwood join AmeriCorps Food Educator Anika Wasserman for green house exploration during a full day Next Generation Science in the Garden workshop hosted by Common Threads, thanks to the support of the Sustainable Whatcom Fund of the Whatcom Community Foundation.

BECAUSE OF YOUR SUPPORT, FOOD EDUCATION IS BECOMING A NORMAL, EXPECTED, AND EMBRACED PART OF THE SCHOOL DAY.



Produce from the Birchwood school garden is about to be served in the Birchwood cafeteria.

Nikki enjoys a tomato that tastes all the better because she helped it grow!



The Common Threads 2015-16 AmeriCorps team harvesting kale for Super Kale Salad. Passionate young educators + your support = LOTS of kids falling in love with healthy food!

COMMON THREADS' NEW SUMMER HOME

In 2015, Common Threads summer camp programs moved to the Outback Farm on the Western Washington University Campus.

www.wvu.edu/outback/garden/

The WWU Outback Farm is 5 acres of magical space right in the heart of Bellingham. Easy access for parents and the chance to build even stronger relationships with WWU student interns and volunteers makes this the ideal summer home for Common Threads programs. Thank you Western Washington University for hosting Common Threads!



THANKS TO YOUR SUPPORT, COMMON THREADS NOW HOSTS A TEAM OF SIX AMERICORPS FOOD EDUCATORS.

A day in the life of a Common Threads AmeriCorps Food Educator:

My name is Angela Feng, and I am an AmeriCorps Food Educator serving with Common Threads Farm. I teach garden and food education at various elementary schools in the Bellingham School District.

One night, I was invited to attend an open house night at one of my schools, Happy Valley Elementary. At first, I felt anxious about this opportunity. I imagined myself standing outside in the garden, all by my lonesome, surrounded by darkness. I thought to myself, "No one is going to come out to the garden..."

Imagine my surprise when I arrived at the garden, only to find families already exploring. One child pulled her mother to a plant and pointed excitedly, "Look mom! You can eat that flower!"

Her mother shook her head, "Honey, let's not touch that."

I swooped in immediately, "No, it's ok! I'm the garden educator, and that is an edible flower!"

Clearly thrilled, the child watched as her mom reluctantly put a purple flower into her mouth. She chewed excitedly, "Hey, this isn't bad!"

Behind me, there were even more children pulling their parents to the garden. "Come on! We have to look at the garden!" They shouted, pointing out all of the plants and vegetables I had showed them. One child was eating kale with her hands behind her back, as though she was a goat.

I smiled, and realized that I wasn't standing in the garden all by my lonesome. I was standing in the garden, surrounded by children who were falling in love with healthy eating, excitedly sharing their new love with their families.



Angela explores good things to taste and smell in the Carl Cozier garden. Angela is one of six AmeriCorps Food Educators serving a 10 1/2 month term of service with Common Threads. Thank you AmeriCorps and Washington Service Corps for giving the opportunity for so many kids to fall in love with healthy food!



THANK YOU

INDIVIDUALS

John Blethen
 Alex Breda and Megan McGinty
 Nicole Brown
 Evan and Jenalyn Bush
 Richard and Ann Campbell
 Monica Carrillo
 Pippin Christiansen and David Brown
 Wendy Courtmanche
 Rebecca Cutler
 Julie DeFour
 Kerry Dolan
 Anne Marie Faiola
 Denise Fulton
 Ken and Glenn Gass
 Paul George
 Suzannah Gusukama
 Paul Gutzler
 Susan Hemingson
 Helena and Joel Hiltner
 Michelle and Jeff Jacobs
 Mary Jensen and Fumio Otsu
 Sara Jentz
 Paul Kearsley
 Alexandra King
 Shirley King
 Dale and Kelly Krause
 Sarah and Glenn Lane
 Beth Larsen
 Kathryn and Kenneth Levinson
 Brian Lindsay
 Lauren McClanahan
 Tracy Miltner
 Sarah Murphy-Kangas
 Marc Odom
 Rebecca Orloff
 Linda and Frank Plaut
 Laura Plaut

Tom and Johanna Plaut
 Suzanne & Matt Plaut-Nathan
 (in honor of Jason Saltzman)
 Ruth Plaut Weinrob
 (in memory of Johanna Plaut)
 Laura Rogers
 Amy and Eric Saltzman
 Jayme Sanford
 Max Seguel
 Sarah Simpson
 Pam Simmet
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 WECU
 Whatcom Community Foundation—Sustainable Whatcom Fund
 Whole Kids Foundation
 William H and Mattie Wattis Harris Foundation

FINANCIALS 2015

INCOME:

Grants.....\$125,433
 Donations.....\$11,605
 Fee for service...\$63,245

EXPENSES:

Program: 89%.....\$133,435
 Capacity: 11%.....\$15,288



design: good eye design