



COMMON THREADS

QUICK FACTS

The Mission of Common Threads is to educate children on the importance of nutrition and physical well-being, and to foster an appreciation of cultural diversity through cooking.

Who We Serve

Common Threads reaches over 6,300 children and families each year through our services to low-income neighborhoods in Chicago, Los Angeles, Miami, and Washington D.C. Programming includes after-school cooking and gardening classes, a summer camp, and special events and activities. The composition of the student population is:

- 96% of current students are from low-income households
- 49% African American, 40% Hispanic, 6% Asian, 4% Caucasian, 1% Other
- 60% are female and 40% are male

School and Non-Profit Partners

Chicago

- Bethune School (East Garfield Park)
- Bradwell School (South Shore)
- Chicago International Charter School-Bucktown (Logan Square)
- Claremont Academy (Chicago Lawn)
- Gregory School (East Garfield Park)
- Jordan Community School (Rogers Park)
- Lavizzo School (Roseland)
- Madero School (South Lawndale)
- Marsh School (South Deering)
- North Kenwood/Oakdale Charter School (Oakland)
- Ruiz School (Pilsen)
- Sheridan School (Bridgeport)
- Shoemith School (Kenwood)
- St. Helen School (West Town)
- St. Vincent DePaul Center (Lincoln Park)
- South Loop School (Near South Side)

- Union League Boys and Girls Club (Von Humboldt School, West Town)
- Walsh School (Pilsen)

Los Angeles

- Challengers Boys and Girls Club (South Los Angeles)
- Para Los Ninos (Boyle Heights)

Miami

- Miami Dade College (Downtown, Miami)
- Morningside Elementary (Upper East Side)
- Florida International University (Biscayne Bay)
- William Jennings Bryan Elementary (North Miami)

Washington, D.C.

- the ARC (Anacostia)
- CulinAerie Cooking School (Downtown, Washington DC)
- Elsie Whitlow Stokes Charter School (Brookland)
- West Education Campus (14th St. Heights, Washington, DC)

Something to Talk About...

- In 2010, Served 12,333 healthy affordable meals during after-school, Summer Camp, Manners Matter field trips
- 91% of children said they learned new things about different cultures at Common Threads
- 66% of families reported they have used the recipes given in class at home
- 79% of parents reported that their child has asked to participate in cooking at home several times since starting Common Threads
- 97% of parents reported that their child has asked to help with grocery shopping at least once since starting Common Threads
- 99% of parents said that they have seen at least some improvement in their child's self-esteem (67% reported a lot of improvement)
- 72% of parents reported that Common Threads has improved their child's teamwork skills
- 84% of parents reported that their child has expressed more interest in the family eating together since beginning Common Threads
- 98% of parents reported that their child has shared information about the foods eaten in class and nutrition information taught in class at home – some specifics are their children are more willing to try foods from different countries, portion control, willingness to try new things at least once, what to buy when grocery shopping, making food from scratch
- 80% of parents reported that their child has shared cooking techniques learned in class, like the bear claw, rock and chop, and plank slice dice
- 71% of parents said that they feel more confident in their ability to cook after attending the parent outreach meetings