

NEWS RELEASE
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Non-Profits Joining Forces During This Challenging Time to Offer Seasonal Family Cooking Kits

The 5B Resilience Gardens collaboration commits to a full year of seasonal cooking kits for families with youth in preK-4th grade. Each kit contains a recipe, ingredients, and a bilingual activity guide for learning and playing with your food. This fall, we distributed 100 kits to families throughout the valley.

“Every student in our community should have access to resources to learn how to garden and cook,” says Amy Mattias of Sun Valley Institute for Resilience. “Our seasonal cooking kits provide activities for families to do together, while learning about growing food, cooking from scratch, using seasonal ingredients, saving seeds, and eco-literacy. We hope these kits offer a sprinkle of joy and a zest for seasonal eating during this challenging time.”

Help bring more edible education and food literacy opportunities to youth in our community by becoming a contributor to the crowdfunding campaign. Visit <https://donate.seedmoney.org/5118/seasonal-family-cooking-kits> to learn more and make a tax deductible donation. If every community member gave \$2 this initiative could provide kits for each season to every family in Blaine County!

The Seasonal Family Cooking Kits are an initiative of 5B Resilience Gardens, a collaboration facilitated by the Sun Valley Institute for Resilience and various partners, including Wood River Community YMCA Bonni's Garden, University of Idaho Extension Blaine County, Ketchum Recreation Department, Wood River Seed Library, and the I Have a Dream Foundation of Idaho. To learn more visit our website at: <https://5bresiliencegardens.org> or email Amy Mattias amy@sunvalleyinstitute.org.

About Sun Valley Institute

5B Resilience Gardens is a project of the Sun Valley Institute for Resilience (SVIR). SVIR is a catalyst for lasting quality of place, advancing economic, ecological and social resilience by pioneering transformative solutions from our home in central Idaho. We build social, economic and ecological resilience by connecting capital to community needs, fostering collaboration, raising awareness and serving as a catalyst for change. This history of advancing resilience allows SVI to mobilize resources in the face of the current COVID-19 pandemic. Sun Valley Institute is dedicated to supporting our whole community and we are working to connect resources to the people who need them most. Please reach out by email or through our social media with any community needs that you are seeing. For more information, please visit: www.sunvalleyinstitute.org and follow the institute on Twitter @SunValleyInst and Instagram at @SunValleyInstitute and Facebook at facebook.com/sunvalleyinstitute.