

# FREEDOM

KITCHEN MAGAZINE

Winter 2026 Issue

\$11.00

## GROUND YOURSELF

With Root Vegetables

## FOOD DYES

and Bad Behavior?

## SOUP RECIPES

The whole family will enjoy

**GROWING**  
Microgreens

## RECIPE FOR HEALTHY KIDS

How Cooking Teaches  
Independence

CREATIVITY

CONVENIENCE



Creativity over Convenience

# Table of Contents

---

**3**

Letter from the Editor

**4**

The Hidden Social Cost of Eating Well

**7**

The Storyteller Series

**8**

Raising Independent Kids

**10**

Teaching with Food

**12**

Food Dyes

**14**

Magic Cookie Bars

**18**

Create a Recipe Card

**20**

The Daily Ritual

**23**

Ground Yourself with Root Vegetables

**24**

Soup Recipes

**27**

Book Reviews

**28**

Tools We Actually Use (and Love)

**29**

Growing Something

**30**

Meal Planer

**31**

Ginger Black Cod with Roasted Vegetables

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## Pasta Fagioli Soup

### INGREDIENTS

- 2 Tbsp olive oil
- 1 onion
- 1 fennel bulb
- 2 carrots
- 1 tsp salt & pepper
- 3 garlic cloves
- 1 Tbsp tomato paste
- 1 tsp rosemary
- 1 can diced tomatoes
- 1 can cannellini beans
- 4 cups broth (vegetable or chicken)
- 1 cup small pasta (stellini)
- 1 cup greens (parsley, Swiss chard, or beet greens)
- Pinch of red pepper flakes
- Garnish (optional):  
Parmesan cheese

### INSTRUCTIONS

- Get all your ingredients together.
- Dice the onion. Chop the fennel bulb. Grate the carrots.
- Heat the olive oil in a large pot. Add the onion, fennel, carrots, salt, and pepper. Cook for 10–15 minutes until soft.
- Add the garlic, tomato paste, and rosemary. Stir for 1 minute.
- Pour in the diced tomatoes, beans, and broth. Simmer for 20 minutes.
- Add the pasta and cook 10 more minutes. Stir in the greens and red pepper flakes.
- Season to taste and serve.

#### Adult Assist Tip:

Notice how the soup changes as it cooks—smell, color, and texture.



#### Skill Builder

- Knife skills
- Stirring slowly
- Layering flavors
- Waiting patiently



# Letter from the Editor

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This magazine has been a dream for a long time. For the families trying to do the “right” thing, yet feeling overwhelmed by conflicting nutrition advice, busy schedules, and a food system that makes real nourishment feel harder than it should be.

For the parents who want confidence instead of confusion—and for the kids who are more capable than we often give them credit for.

This is something you can print, dog-ear, spill flour on, leave on the counter, and return to again and again. Something intentionally slower, more thoughtful—maybe even a little old-fashioned—designed to live in your home, not on a screen. Inside these pages, you won’t find perfection or pressure. You’ll find clarity. You’ll find skills you can use right away. You’ll find ways to bring your kids into the kitchen—not just to help, but to learn, think, and grow.

At Freedom Kitchen, we believe community is immunity—and that the kitchen is where confidence, connection, and higher-level reasoning quietly take shape. One meal. One conversation. One small shift at a time.

This magazine is your invitation to slow down, learn together, and trust that you already have more power than you’ve been led to believe.

Pull up a chair.  
Preheat the oven.  
Let’s begin.

*Lisa*

Lisa Jendza, FDNP

Functional Nutrition Counselor | Health Coach

## This Magazine Is Made Possible By

Freedom Kitchen exists because families, educators, and mission-aligned brands believe children deserve more than convenience culture.

This magazine is printed without junk food ads, pop-ups, or manipulative marketing. Instead, it is supported by partners who contribute to food education, skill-building, and real nourishment.

Some brands don’t just sell food. They help teach children how food works.

These partners may appear in Freedom Kitchen recipes, cooking classes, and hands-on lessons—where kids learn by doing.

Freedom Kitchen is more than a magazine. It’s a movement rooted in education, confidence, and care for the next generation.

For brands who believe the future is built by investing early, this is your invitation to help shape it.

# The Hidden Social Cost of Eating Well

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*Why is it that someone can eat unlimited junk food and no one bats an eye—but the moment someone reads an ingredient label, brings their own food, or politely says “no thank you,” the atmosphere shifts? Eyes roll. Jokes are made. Judgment hangs in the air. Choosing to eat well—quietly, without fanfare—somehow becomes a social offense. This reaction isn’t random, and it isn’t about food. It’s about what healthy choices unconsciously disrupt: unspoken rules, shared identities, and the comfort of doing what everyone else has always done. The hidden social cost of eating well is real—and once you see it, you can’t unsee it.*

**F**ood was never meant to carry this much emotional weight.

At its most basic level, food should be **fuel**—information for the body, nourishment for growth, repair, energy, and clarity. But somewhere along the way, that role was quietly replaced. Food was manufactured to be something else entirely.

Food became memory.  
Food became identity.  
Food became belonging.

Neon-colored cereals. Boxed mac and cheese. Kool-Aid. Pizza rolls. Dye-filled holiday treats.

For many people, these foods *feel* like childhood. They’re tied to after-school snacks, birthday parties, sleepovers, and moments of comfort. So when someone questions the food, it doesn’t land as a nutritional conversation—it lands as something far more personal. It can feel like a

critique of your upbringing, your family traditions, even your culture itself.

That’s why people often defend unhealthy foods more fiercely than they defend healthy ones. Not because those foods are nourishing—but because they are **familiar**.

Processed foods carry nostalgia by design. They were engineered, branded, and aggressively marketed to embed themselves into our emotional lives. Commercials didn’t sell ingredients—they sold happiness, togetherness, ease, and love. Over time, these messages trained us to associate ultra-processed food with celebration and connection, while real food was quietly reframed as inconvenient, joyless, or extreme.

Healthy food doesn’t come wrapped in jingles about family traditions. It doesn’t come with cartoon characters

or holiday tie-ins. It doesn’t promise belonging.

Ultra-processed food does.

When food is no longer just fuel but memory, identity, and belonging, any attempt to change it carries emotional weight—whether you intend it to or not. A choice meant to support health can feel, to someone else, like a rejection of tradition, a judgment of the past, or a threat to belonging. Reclaiming food as fuel doesn’t erase memories or culture; it simply releases them from being tied to products that were never designed to care for our bodies in the first place.

Once food is loaded with this kind of meaning, logic rarely gets a fair hearing. By the time someone reads a label or declines a food, the conversation has already shifted—from reason to emotion, from nourishment to identity.

## Why Logic Loses in Emotional Spaces

Research shows that in emotional and relational settings, nonverbal communication—tone, posture, facial expression, what’s left unsaid—carries more weight than words themselves. Some studies suggest as much as **60–70% of meaning** comes from these cues.

So when someone reads a label or declines a food, what others hear isn’t: “This doesn’t work for my body.”

They hear:

“You’re wrong.”  
 “You didn’t know better.”  
 “Your way isn’t good enough anymore.”

Even when none of that was said. This is why so many food conversations go sideways.

You think you’re talking about ingredients. They’re experiencing **rejection**.

You’re using logic. They’re reacting emotionally.

A parent asks a grandparent not to give a child artificial food dyes because of behavioral reactions. The request is respectful and clear. But what the grandparent hears is:

“You raised your kids wrong.”  
 “You fed me harmful things.”  
 “You don’t know best anymore.”

That emotional hit lands fast—and defensiveness follows.

This isn’t fear-mongering. It’s grief.

Grief over realizing that what was once trusted may not have been safe. Grief that many people haven’t processed yet.

## The Black Sheep Effect: Why Families Push Back Hardest

There’s a well-documented psychological phenomenon called the **black sheep effect**.

It shows that groups punish insiders who deviate more harshly than outsiders.

In other words:

- Your family may shame you for eating healthy long before they’d shame a stranger.
- Kids are bullied by peers—not outsiders—for bringing different food.
- Parents are criticized by relatives, not random people online.

Why?

Because insiders are expected to protect the group identity. When you change, the group feels threatened.

Healthy choices disrupt the script—and groups will protect the script, even if it’s harming them.

## When “Normal Food” Starts Looking Like a Cult

This is uncomfortable, but important.

What we call “normal food” in America behaves less like a culture and more like a **cult**—psychologically speaking.

Cults typically have:

1. **Shared rituals**  
 (Cake at birthdays, dye-filled holidays, snacks at every event)
2. **Unquestioned beliefs**  
 (“A little won’t hurt.” “I grew up on it.”)
3. **Punishment for deviation**  
 (“You’re extreme.” “Relax.” “Stop fear-mongering.”)
4. **Trusted external authority**  
 (“The FDA allows it.” “They wouldn’t sell it if it were bad.”)

When someone leaves the ritual—when they say, “*This food doesn’t work for me*”—the system reacts.

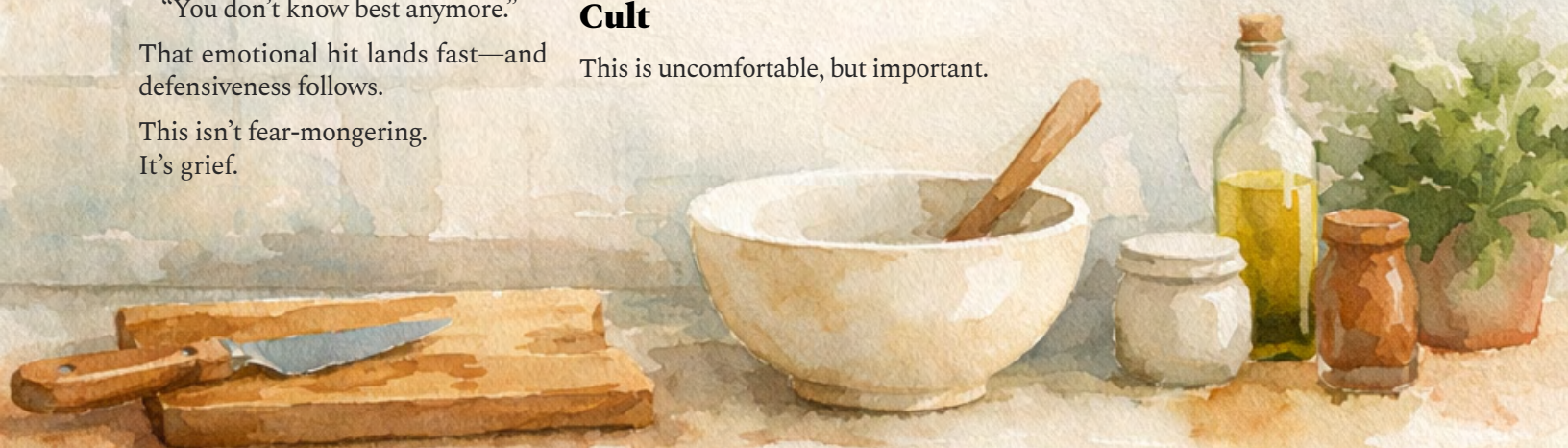
Mocking. Minimizing. Pressuring.

That’s not random behavior.

That’s **norm enforcement**.

## Why Your Choice Feels Threatening (Even When It Isn’t)

When you change how you eat, you’re not just making a health decision.



You're undergoing a **shift in consciousness**.

You're asking questions others haven't asked yet.

You're stepping outside a framework others still rely on.

As philosopher **Alan Watts** once described growth, it's like a lobster shedding its shell. You become soft, exposed, vulnerable—while everyone else stays in their old shell, familiar and protective.

Your change doesn't threaten others because it's wrong. It threatens them because it reveals that *another way is possible*.

And change feels dangerous to people who don't feel safe.

### This Didn't Happen by Accident

Three generations were raised inside an **addictive food business model**:

- Hyper-palatable formulations
- Billions in advertising
- Ubiquitous placement (Cheaper than

- whole food
- Targeted at children early

The result?

- Sugar equals celebration
- Dye equals fun
- Convenience equals love
- Cooking equals “too much work”
- Reading labels equals “extreme”

This is why **food literacy** matters. Without it, corporate conditioning fills the gap.

When you change the ritual, you're not just defying your family—you're defying a system that shaped American culture.

No wonder the pushback feels intense.

### The Lonely Part of Waking Up

Being first is lonely.

Being awake in an unhealthy culture is lonely.

The person who says, *“This isn't working. My body matters. My child matters,”*

is usually mocked before they're respected.

But here's the pattern I've seen again and again:

- The people who mock you now often ask you later how you did it.
- The kids who are teased grow into leaders.
- Your courage becomes someone else's roadmap.

You may lose some connections—but you gain a new community. One rooted in awareness, health, and truth.

### Why Freedom Kitchen Exists

To create connection and community, especially for our kids. My students have told me heart breaking stories of making healthy choices and being mocked, teased, and downright dismissed. The next generation deserves to know they're not “weird,” “dramatic,” or “difficult” for choosing differently.

Food is freedom. Let's protect our freedom.



Every meal carries a story long before it reaches our table.

At *Freedom Kitchen*, I spend a lot of time teaching—how to read labels, how to cook, how to nourish our families well. But education alone is not enough to build **wisdom**. To truly understand food, we must also understand the **people, cultures, and communities** behind it.

That is why I created the **Storyteller Series**.

### Less Information, More Connection

This series invites you into the lived experiences of writers from around the world—voices rooted in their culture, land, and daily life. These are not academic essays or travel pieces. They are stories told by people who live inside the systems that shape our global food supply.

Through story, we move beyond abstraction.

We stop seeing commodities and start seeing families.

We stop seeing statistics and start seeing faces.

We stop asking only “*What should we eat?*” and begin asking “*Who grew this—and at what cost?*”

### Why Storytelling Matters in a Food-Literate World

Storytelling builds what facts alone cannot:

- **Empathy** instead of distance
- **Understanding** instead of judgment
- **Consciousness** instead of convenience

When we listen to stories from

beyond our own kitchens, we expand our sense of responsibility—and our capacity for compassion.

This is how food literacy becomes **food wisdom**. A Story Told Over Time

Each Storyteller Series unfolds across multiple issues, intentionally leaving space between chapters. Life does not resolve itself neatly in a single telling, and neither do these stories.

You will meet families in moments of joy.

You will sit with complexity and hardship.

You will witness resilience, creativity, and hope.

And then—you will wait. Because real stories continue.

### The First Story Begins in Ghana

In the next issue you will meet a beautiful young lady in Ghana, which is home to rich traditions, deep community ties, and a pivotal role in the global cocoa trade.

What begins with culture and food

# The Storyteller Series



will gradually reveal the realities of farming, poverty, and global systems—always through the lens of lived experience, never stripped of dignity.

*Awareness and connection elevates consciousness.*

### Our Invitation to You

As you read, we invite you to slow down.

Read with curiosity.  
Read with your children.

Let these stories shape how you think about food—not just on your plate, but in the world.

Because when we understand each other better, we cook differently.

We choose differently.

We live differently.

# Raising Independent Kids

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## Why Freedom Begins (and Ends) in the Kitchen

### The Addictive Food Business Model

According to the **Centers for Disease Control and Prevention**, nearly 70% of the calories American children consume now come from ultra-processed foods. The **National Institutes of Health** confirms that this share has steadily increased over the last two decades, with roughly two-thirds of a child's diet coming from foods designed—not grown.

Pause on that for a moment.

Most of what fuels our children's bodies and brains is created by multinational corporations, not kitchens. If freedom means the ability to choose, we have to ask an uncomfortable question: *At what point does choice become manipulation?*

Every parent wants their children to be happy, healthy, confident—and eventually independent. Yet despite our best intentions, many kids today are quietly losing one of the most basic skills required for independence: the ability to feed themselves. This isn't happening by accident.

As explored in my YouTube video, *"The Recipe for Independence"* the modern food environment is engineered to do the thinking for us—and for our children. Bright colors. Cartoon mascots. Packages placed deliberately at a child's eye level. Flavors designed in labs to be irresistible. This is not convenience; it's strategy.

When foods are engineered to be addictive, marketed as "healthy" or "fortified," and aimed directly at developing brains, freedom starts to erode. Not because parents don't care—but because the system profits when families are busy, distracted, and disconnected from how food is made.

### Cooking Is More Than a Life Skill

This is why teaching kids to cook matters so deeply. Cooking isn't just about food. It's about leadership, creativity, courage, confidence, and critical thinking—the very traits kids need to resist systems that benefit from dependency.

In Freedom Kitchen classes, we don't just teach recipes. We teach

discernment. Kids learn to ask questions, compare ingredients, experiment, and make decisions. Those skills transfer far beyond the kitchen. A child who can cook is a child who knows they can figure things out.

And this work is judgment-free. Many of us—myself included—raised our families on packages and drive-throughs. Guilt and shame don't create change; awareness does. Once families understand the system, they can begin to reclaim their power within it.

### Family Dinner: A Quiet Act of Resistance

There's a reason family dinners matter, and it goes far beyond nutrition. Research consistently shows that kids who regularly share meals with

their families have higher academic performance, stronger emotional intelligence, and better long-term health outcomes.

There's also something fascinating that rarely gets discussed: cooking itself prepares the body to digest food. The smells, the chopping, the anticipation—all of it signals safety and readiness to the nervous system. When we slow down and cook together, digestion improves. Connection improves. Health improves.

In contrast, fast food eaten fast—often alone, distracted, or on the go—does the opposite. Convenience may save minutes, but it quietly steals creativity, connection, and resilience.

### **Food Literacy: The Missing Subject**

Kids learn math, science, and history in school—but not how to feed

themselves. Food literacy has been outsourced, and with it, a piece of independence.

Many young adults now leave home without basic cooking skills. Fewer than one in four U.S. college students regularly cook healthy meals for themselves. That's not just a health concern—it's a freedom issue. Without the ability to cook, independence becomes fragile, creativity shrinks, and reliance on packaged solutions grows.

Teaching kids to cook is one of the single best investments we can make in their future. It's prevention. It's empowerment. It's leadership training disguised as dinner.

### **Reclaiming the Kitchen—Together**

Teaching kids to cook isn't always easy, especially within the parent-child dynamic. Power struggles are real. That's why outside

instruction—whether through in-person or virtual classes—can be so effective. When kids learn alongside a guide, curiosity replaces resistance, and confidence grows naturally.

The truth is this: if we don't create a vision for our children, they will inherit one created for them—by corporations whose goal is lifelong consumption, not independence.

The solution isn't perfection. It's participation.

We get back in the kitchen together. We slow down. We teach kids how food works, where it comes from, and how to prepare it. In doing so, we give them more than meals—we give them freedom.

Because our kids deserve more than convenience.

They deserve independence.

And that journey begins, one meal at a time, in the kitchen.



# Teaching with Food

## Beyond breakfast. This is practice for life.

On the surface, this looks like a cozy bowl of oatmeal.

But for a preschooler, this moment is doing much more.

This is a child learning that:

- Their choices matter
- Their hands are capable
- Food isn't something that just appears—it's something they help create

When children scoop, sprinkle, and decide for themselves, they're not just eating breakfast. They're building trust with their own body.

## The Hidden Lessons in an Oatmeal Bar

### Choice without pressure

No "one right way." No clean-plate rules. Just gentle guidance and autonomy.

### Connection to nourishment

Warm food, steady energy, comfort on a cold day.

### Kitchen confidence

"I made this" lands deeply—even at age three.

## A Note for Parents

It's okay if your child chooses:

- Only bananas
- Extra nut butter
- The same topping every single time

Balance is learned over time.

Confidence must come first.

A child who feels safe choosing food today is more likely to trust their body tomorrow.



## Winter Rhythm Tip

During the cold days of Winter create a warm, nourishing environment.

*Independence is built in small, ordinary moments—like breakfast.*

### Ingredients (base):

- Cooked Oats (warm)
- Milk or Milk Alternative
- Cinnamon (optional)

### Topping Ideas:

- Sliced Bananas
- Applesauce
- Raisins or Dates
- Nut or Seed Butter
- Shredded Coconut

### Preschool Skills Practiced:

- Scooping
- Pinching & sprinkling
- Decision-making

### Food Lesson:

♥ Let your child choose toppings—even if it's an unusual combo. Ownership matters more than balance at this age.



# My Freedom Kitchen Journal



Date: \_\_\_/\_\_\_/\_\_\_

Day: M T W T F S S

Today, I am grateful for...

- 
- 
- 
- 

*- Gratitude grows attention. -*

One word for how my body feels today

\_\_\_\_\_

Today's Glimmers

*Tiny moments that remind us we're safe, fed, and connected.*

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Habits I want to focus on

- \* \_\_\_\_\_
- \* \_\_\_\_\_
- \* \_\_\_\_\_
- \* \_\_\_\_\_

My 'Not-To-Do' List

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

*What I release makes room for creativity*

Today, I savored...

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Tomorrow, I will... 🎵

\_\_\_\_\_  
\_\_\_\_\_

# Food Dyes

## When Observation Becomes Evidence

**W**hy parents' instincts may be more reliable than "science" when it comes to protecting our kids.

Have you ever watched your child transform—suddenly hyper, cranky, unfocused, or completely out of control—after a birthday party, a school celebration, or a stop at the ice-cream shop?

Most parents have. And most parents have also been told, "It's just sugar," or worse, "There's no evidence."

But what if your observation is the evidence?

### The magic—and the illusion—of color

Many of us grew up enchanted by the bright, whimsical world of **Willy Wonka and the Chocolate Factory**. Neon rivers, glowing candy, impossible colors—it felt joyful, imaginative, harmless.

Fast-forward to today, and that same color palette fills grocery store aisles: rainbow cereals, fluorescent yogurts, electric blue slushies. It looks fun. It feels

nostalgic. But those colors don't come from beets, berries, or butterflies.

They come from petroleum-based artificial dyes like Red 40 and Yellow 5.

### "Generally Recognized as Safe"... for whom?

In the United States, artificial food dyes are classified by the **Food and Drug Administration** as *GRAS*—"Generally Recognized as Safe."

That phrase sounds reassuring, until you look closer.

"Generally recognized" does not mean universally safe. It *means* some experts believe a substance is *safe for the general population*, based largely on industry-submitted data. Through a process called **self-affirmation**, food companies themselves determine whether an additive meets GRAS criteria. FDA review is voluntary.

And here's the part that often stops parents in their tracks: These dyes are **not tested on children** in controlled trials. That would be unethical.

Which means the real-world testing ground has quietly become... our kids.

### The bee sting analogy

A helpful way to understand this is to think about bee stings. They're "generally safe" for most people—causing mild swelling or discomfort. But for a significant minority, they trigger serious or life-threatening reactions.

Knowing that, would we encourage children to chase bright yellow bees?

Of course not.

Yet when it comes to food dyes—substances designed purely to enhance appearance, with **zero nutritional value**—we've normalized daily exposure, even for the most neurologically sensitive population.

### When "anecdotes" pile up

Parents and teachers have been sounding the alarm for decades:

- Children who are calm one day and explosive the next
- Focus that disappears after certain foods
- Mood swings that follow cupcakes, slushies, or brightly colored snacks

Critics often dismiss these stories as anecdotal. But observation is not anti-science. **Observation is the foundation of science.**

As cognitive neuroscientist **Rebecca Bevans** shared after her own child struggled in school, her son described his experience simply:

*"I can't concentrate, Mom. My brain buzzes."*

Brains aren't supposed to buzz.

### Classrooms don't lie

Former teachers echo the same pattern. In classrooms filled with ultra-processed, dye-laden breakfast foods—mini

donuts, packaged pastries, neon drinks—behavior shifted dramatically after meals. Focus vanished. Energy spiked, then crashed. ADHD diagnoses soared.

These patterns may not show up neatly in clinical trials, but they show up **every single day** in schools, homes, and after-school programs.

And sometimes, the connection becomes impossible to ignore—like the child whose violent outbursts reliably followed visits from Grandma and a strawberry ice-cream truck treat.



## Why are dyes still everywhere?

Because color sells.

Bright foods signal fun. They're marketed as joy, celebration, love. Schools fund programs with slushie machines. Parents equate treats with care. And food manufacturers know exactly which visual cues attract children.

In many other countries, artificial dyes are restricted or banned. In the U.S., they're embedded in foods *designed specifically for kids*.

## The hopeful part: kids actually choose better

Here's the twist most parents don't expect.

When children are given **informed choice**—when they learn how to read labels, compare ingredients, and *cook for themselves*—they overwhelmingly

choose the healthier option.

In cooking classes, kids light up when they create colorful foods using real ingredients: purple sweet potatoes instead of dye-based frosting, fruit-colored fillings instead of artificial fillings. No one feels singled out. No one is deprived. The entire group shifts together.

Education changes everything.

## A simple experiment every family can try

If observation is science, then here's the simplest experiment of all:

**Remove artificial dyes for two weeks.**

No judgment. No perfection. Just curiosity.

Notice mood. Focus. Sleep. Emotional regulation.

You may be surprised by what you observe—and what disappears.

## More than labels

Reading labels matters. But food is more than chemistry. It's culture. It's connection. It's love.

Many of us give our kids these foods because we want to make them happy. Because we're tired. Because it's familiar. Because it feels like care.

But love doesn't have to come in fluorescent packaging.

As functional health practitioner **Sachin Patel** reminds us:

*“Words have frequency. Words have meaning. And the word ‘dye’ alone should give us pause.”*

Our children deserve informed consent.

They deserve food that supports their brains, not experiments on them.

And parents deserve to trust what they see.

*This article is adapted from our Food Dyes video. Watch the full conversation and referenced talks to dive deeper into the science, stories, and solutions—and to continue reclaiming food literacy, one label and one kitchen at a time.*

# Magic Cookie Bars

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*Nutrient-dense,  
whole food “treat”*

## INGREDIENTS

### Crust

1 cup Almond flour  
1 T Coconut flour  
1/4 cup Coconut oil  
1/4 cup Maple syrup  
1/4 tsp vanilla  
1/8 tsp salt

### Chocolate Caramel

1/4 cup Coconut oil  
1/4 cup Maple syrup  
or Coconut syrup  
2 T Cocoa powder  
2 T Almond butter  
Pinch of salt

### Toppings

1/4 cup Mini Chocolate Chips  
1/4 cup Pecans  
1/4 cup Pistachios  
1/4 cup Coconut flakes



## DIRECTIONS

1. Prepare an 8×8 inch baking dish with grease or parchment paper.
2. In a mixing bowl, combine almond flour, coconut flour, melted coconut oil, maple syrup, vanilla, and salt until well combined. Press into baking dish.
3. In a food processor add coconut oil, maple syrup, cocoa powder, almond butter and pinch of salt to make the chocolate caramel layer.
4. Spread the chocolate caramel layer over the crust.
5. While the caramel is still “wet” add your toppings: mini chocolate chips, chopped pecans, chopped pistachios and unsweetened coconut flakes.
6. Press down (using parchment paper may make this step easier).
7. Refrigerate for at least an hour.
8. Once it has hardened, cut in to bars.

*Remember to store them in the refrigerator.*

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## CLASS DISCUSSION

Healthy swaps: replacing the wheat flour (GI 77) with almond flour (GI 1) significantly reduced the glycemic load. Using maple syrup (GI 55) also reduces impact. Most importantly, we ditched the corn syrup and the traditional use of sweetened condensed milk for this recipe. This is an easy no-bake recipe, packed with nutrient-dense ingredients. Let’s keep cooking together!



# MAKE MAGIC

## Cookie Bars

**Freedom Kitchen Kids**

[www.freedomkitchen.net/magic-cookie](http://www.freedomkitchen.net/magic-cookie)



# Tahini Monster Cookie Bars

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## INGREDIENTS

- ¾ c Tahini
- 2 Eggs (or make flax eggs)
- ¼ c Coconut oil
- 1 t Vanilla
- 1 c Coconut sugar
- 1 c Almond flour
- ½ c Oats
- ½ c Coconut flakes, unsweetened
- ½ t Baking soda
- ¼ t Salt
- ½ c Mini chocolate chips
- ½ c Chocolate candies, dye-free (I used Unreal brand)

## DIRECTIONS

1. Preheat the oven to 350 F. Line an 8x8 baking pan for bar cookies. Or you can make drop cookies,
2. Mix your wet ingredients in one bowl and use another bowl to sift your dry ingredients.
3. In a mixing bowl combine tahini, eggs, coconut oil, vanilla and coconut sugar.
4. In another bowl sift together almond flour, oats, coconut flakes, baking soda, and salt.
5. Mix together your wet and dry ingredients.
6. Fold in the chocolate chips, then transfer to your baking pan.
7. Sprinkle the dye-free chocolate candies on top.
8. Bake for 35-40 minutes. If making individual cookies, bake them for 12 minutes.

# Oatmeal Cookies

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## INGREDIENTS

- 3 c Rolled oats
- 1 t Baking powder
- ½ t Cinnamon
- ¼ t nutmeg
- ¼ t Salt
- ½ c Coconut oil, melted
- ½ c Coconut sugar
- 1 t Flaxmeal
- 3 T Water
- 2 t Vanilla
- 2 T Maple syrup
- Optional Add-ins:
- 1 c Raisins or
- 1 c Mini chocolate chips

## DIRECTIONS

1. Preheat the oven to 350 F. Line a baking sheet with parchment paper.
2. In a small bowl make a “flax egg” by combining 1 t flaxmeal + 3 T water and set aside.
3. Mix your wet ingredients in one bowl: melted coconut oil, coconut sugar, vanilla, and maple syrup. Then add flax egg to wet ingredients.
4. Using a food processor, use 1.5 cups of oats to make oat flour.
5. Using another bowl, sift your dry ingredients: 1.5 cups of oats, 1 cup of oat flour, baking powder, salt, cinnamon and nutmeg.
6. Mix together your wet and dry ingredients. Fold in raisins or chocolate chips, if adding.
7. Cover and chill dough in the refrigerator for 30 minutes.
8. Drop by spoonfuls to baking sheet.
9. Bake for 12-14 minutes.

Ingredients tell you what ingredients you need and how much. Ingredients don't tell you how to prepare the recipe.

Instructions tell you HOW to prepare your recipe. You must read the recipe and follow the step-by-step instructions.


### ITALIAN GRAPE CAKE

**Ingredients:**

- 1 cup GF flour
- 1/2 cup almond flour
- 1 teaspoon salt
- 1 teaspoon baking powder
- 1/2 cup organic sugar
- 1/2 cup olive oil
- 1/4 cup almond milk
- 1 orange, zested
- 1 teaspoon thyme
- 2 cups grapes
- 1/2 cup sliced almonds

**Instructions:**

1. Preheat oven to 350. Grease and flour a 9" springform pan.
2. In a mixing bowl sift together the dry ingredients.
3. In another mixing bowl, mix together the wet ingredients. Use a mixer!
4. Use a grater or zester to zest the orange. Add the thyme leaf. Finish mixing wet ingredients until smooth.
5. Slowly add the dry ingredients to the wet ingredients. Mix until smooth.
6. Use a spatula to fold in 1/2 the grapes. DO NOT add the almonds!
7. Pour the cake batter into the springform pan.
8. Top with the rest of the grapes.
9. Then cover the top of the cake with the sliced almonds.
10. Bake for 40 minutes.



# Create A Recipe Card

## A Family Activity

Kids learn remarkably fast—but only when we remember to teach what feels obvious to us.

In cooking class, I often see children carefully add ingredients in the order they're listed, assuming that's what a recipe is asking them to do. No one ever told them otherwise. As adults, we gloss over these invisible steps because we've internalized them over time. We assume children "just know" how to follow

a recipe—when in reality, reading instructions is a learned skill.

This Italian Grape Cake became a perfect classroom lesson. The ingredients list tells you *what* you need. The instructions tell you *how* to use them. When kids slow down and read carefully, they discover that some ingredients are folded in later—and others never go in the bowl at all.

### Your Turn!

Invite your child to design a recipe of their own—real or imaginary.

**Step 1:** On a blank recipe card, have them list the ingredients and amounts.

**Step 2:** On the same card, ask them to write step-by-step instructions explaining how those ingredients are used.

**Step 3:** Read the instructions together and ask:

- "Do all the ingredients go in at once?"
- "Is anything saved for the end?"
- "What happens first?"

There's no right or wrong recipe here—the goal is helping your child understand that **instructions matter**.

# Ingredients

- What do you need?
- How much of each thing?

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Ingredients tell what – not how.

# Instructions

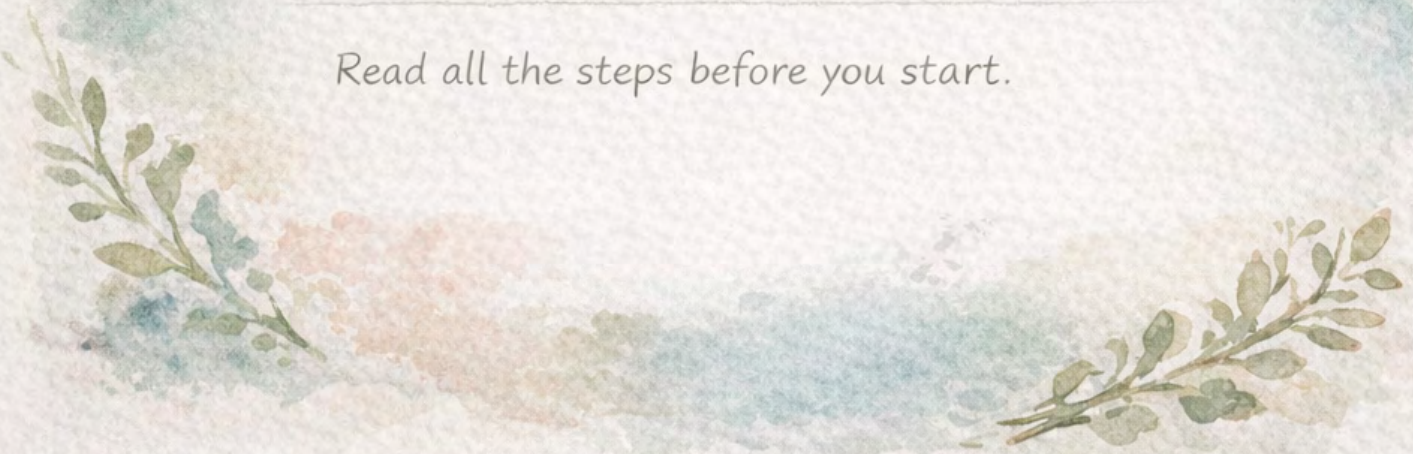
1. What happens first?  
\_\_\_\_\_
2. What comes next?  
\_\_\_\_\_
3. Do you mix or wait?  
\_\_\_\_\_
4. Does anything get added later?  
\_\_\_\_\_
5. What goes in last?  
\_\_\_\_\_

Read all the steps before you start.

## • • • Thinking Prompts • • •

1. Do all the ingredients go in at at once?

Read all the steps before you start.



# The Daily Ritual

## That Calms a Child's Nervous System

**W**hy cooking may be the most overlooked form of regulation in modern families

There is a simple, real-world way to help regulate your child's nervous system every single day.

It doesn't require a supplement, a diagnosis, or a complicated routine.

In fact, it's something many adults consider a *chore*—but children often experience as calming, grounding, and deeply regulating.

That ritual is **cooking**.

### The overstimulation no one is naming

Let's be honest about the environment our kids are growing up in.

They are overstimulated from every direction:

- constant blue-light exposure
- non-stop dopamine hits from screens and gaming
- non-native EMFs

- and a food supply dominated by ultra-processed products

The average American child now consumes nearly **70% of their calories from ultra-processed food**—foods engineered to be hyper-palatable, nutrient-poor, and neurologically addictive.

At the same time, we expect children to sit still, focus, regulate emotions, and behave as if their nervous systems are not under constant assault.

Then we wonder why attention is harder than ever.

Many children are being told they have *attention deficit disorder*. But what if, for a large number of kids, this is less about attention deficit and more about **attention dysregulation**—a nervous system stuck in overdrive?

Nearly **70% of children are now diagnosed with ADD or ADHD**, many of them medicated. The

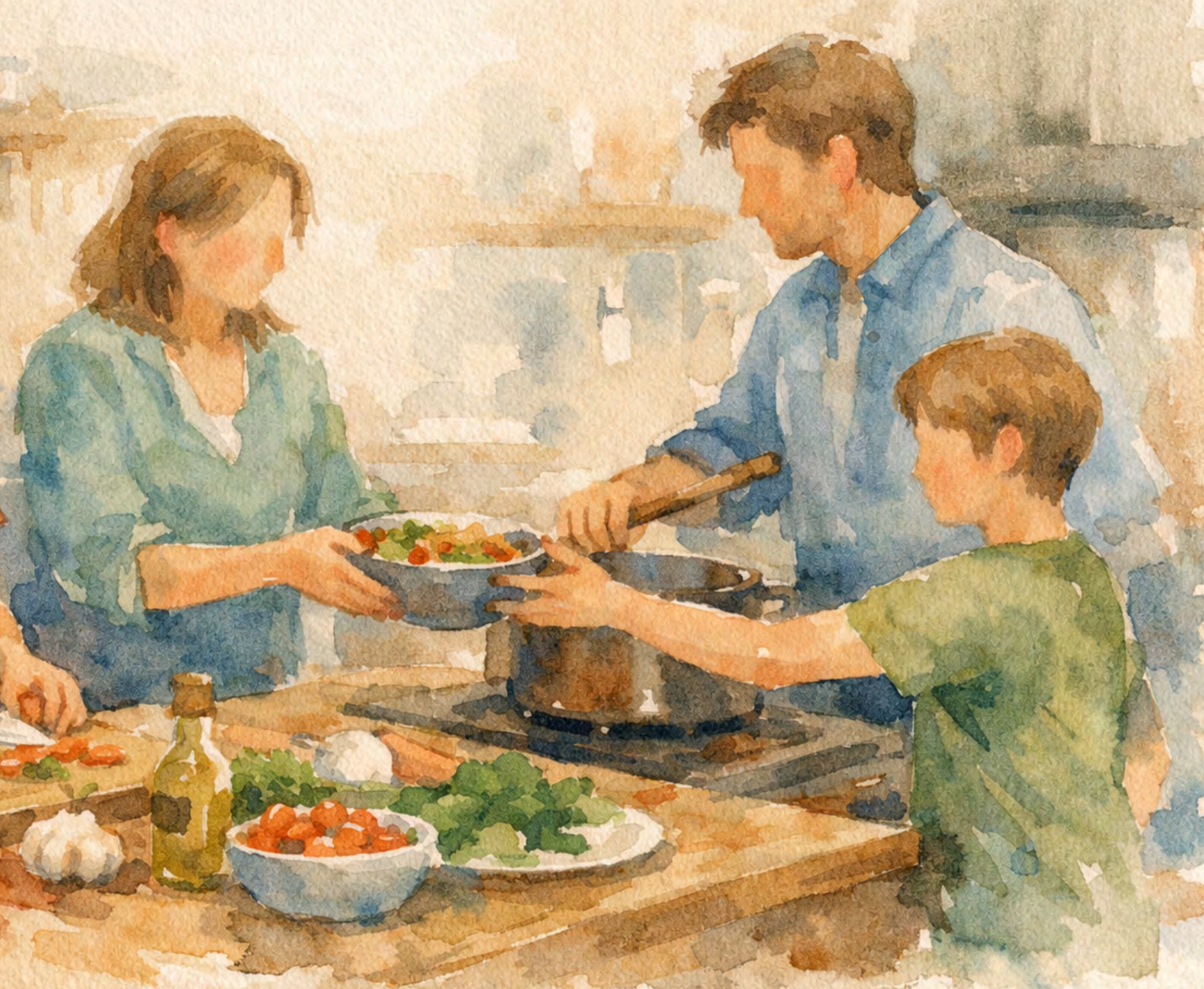


financial cost alone is staggering for families. But the human cost—the loss of calm, confidence, and embodied safety—is even greater.

### The hidden cost of “cheap” food

Parents are often told that eating real food is too expensive. But ultra-processed food isn't cheap when you factor in the *hidden costs*:

- rising medical bills
- decreased focus and productivity



- emotional dysregulation
  - long-term metabolic disease risk
- Over **9% of teens now meet criteria for metabolic syndrome**, and that number jumps to **44% in obese children**. One in three teenagers is already pre-diabetic.

If you've read Countdown, you know this crisis doesn't stop with metabolism—it affects hormones, fertility, and future generations.

This isn't meant to scare you.

It's meant to *clarify* what we're really dealing with.

### **Why cooking works when so many things don't**

Children don't experience cooking the way adults do.

We bring our stress, our time pressure, and our beliefs into the kitchen. Kids don't.

To them, cooking is:

- sensory without being overwhelming
- focused without being rigid
- creative without performance pressure

- productive without competition

When a child is cooking, something powerful happens neurologically.

They are:

- off blue screens
- grounded in their body
- engaged in purposeful movement
- required to focus—naturally
- receiving steady, non-spiking dopamine

Cooking asks just enough of the nervous system to bring it into balance.

This is regulation.

## The power of ritual

Cooking is more than a task—it’s a **daily ritual**.

Rituals signal safety to the nervous system. They create rhythm. Predictability. Presence.

When children cook, they aren’t just learning how to sauté or measure. They’re learning:

- how to slow down
- how to contribute meaningfully
- how to work alongside others
- how to create something real

In structured cooking environments, children develop camaraderie, confidence, and community. They experience themselves as capable. Needed. Grounded.

And when kids feel regulated, everything else—focus, learning, emotional resilience—comes more easily.

## Why this matters for families

Many parents don’t realize how much influence their own relationship with cooking has.

Children learn primarily through **non-verbal communication**. If cooking feels rushed, stressful, or resentful, they absorb that.

But when cooking becomes an invitation—an opportunity to create and contribute—children step into it willingly.

Families slow down. Meals become anchors. Connection replaces chaos.

And over time, children carry that sense of regulation beyond the kitchen.

## A judgment-free invitation

If you didn’t grow up cooking—or didn’t teach your kids early—you’re not behind.

Most adults seeking health support eventually admit two things:

1. They don’t know what “healthy” really looks like
2. They don’t know how to cook

That realization is what led to the creation of **Freedom Kitchen Kids**—a program designed to teach cooking as a life skill *and* a nervous system skill.

After more than seven years, over a

thousand in-person classes, and nearly a thousand children, one thing has become clear:

Every parent wants the same thing.

“I just want my child to be happy and healthy.”

Helping children feel **safe in their bodies**, confident in their abilities, and calm enough to focus is foundational to that goal.

## The bigger picture

The world doesn’t just need smarter kids.

It needs a generation of **grounded, emotionally intelligent, regulated humans**—children who know how to slow down, create, contribute, and connect.

Sometimes the most powerful solutions aren’t found in new technology or interventions.

Sometimes they’re waiting right there on the counter—

in a cutting board, a mixing bowl, and a shared moment in the kitchen.

Because we don’t just *have* a great day.

We make one.

# Ground Yourself with Root Vegetables

**R**oot vegetables are basically winter's quiet heroes—and nature built them for this season. Here's why they shine when it's cold.

## They store energy for hard times

Roots grow underground, where the plant tucks away starches and sugars to survive frost. That stored energy is exactly what we need in winter too—steady fuel that keeps kids (and adults) full longer.

## They're naturally warming

Foods like carrots, sweet potatoes, beets, parsnips, and turnips digest slowly and provide long-lasting warmth. Think: cozy heat, not a quick sugar spike.

They last when fresh food doesn't. Before refrigeration, root vegetables were winter staples because they store well for months in cool conditions. Nature's pantry, no packaging required.

## They support immune health

Many roots are rich in:

- Vitamin A (carrots, sweet potatoes) → immune + skin support
- Vitamin C (turnips, rutabaga) → winter defense
- Minerals from deep soil → grounding nourishment

## They match winter's rhythm

Winter is about slowing down, conserving energy, and staying grounded. Root vegetables grow *downward*, anchoring into the earth—and eating them tends to do the same for us.

## They're comfort food without the crash

Mashed, roasted, simmered into soups—roots give that comforting, satisfied feeling families crave in winter, without relying on ultra-processed foods.



# Chickpea Soup



## INGREDIENTS

3/4 c	3/4 cup raw cashews (soaked)	2	Celery stalks
6 cups	Vegetable broth	1	Can tomatoes, 28 oz
1 T	Olive oil	1.5 T	Spice mix
3 t	Garlic, minced	2 t	Salt
3	Carrots	1/2 t	pepper
1	Red bell pepper	2 cups	Baby spinach
2	Sweet potatoes	1	Can chickpeas, 14 oz

## SPICE BLEND (MAKES 1/2 CUP)

2	Tablespoons paprika
1	Tablespoon garlic powder
1	Tablespoon onion powder
1	Tablespoon dried basil
1	Tablespoon dried oregano
2	teaspoons dried thyme
1 1/2	teaspoons black pepper
1 1/2	teaspoons salt
1	teaspoon cayenne pepper

## DIRECTIONS

- Place the cashews in a bowl and add enough water to cover. Soak the cashews overnight.
- Mix up the spice blend.
- Chop the onions, pepper, carrots, sweet potatoes, and celery.
- In a large pot, add the olive oil and the chopped onions and minced garlic. Saute for about 4 minutes.
- Add the chopped veggies and can of diced tomatoes.
- Add the spice mix along with the additional salt and pepper called for in the recipe.
- Stir to combine.
- Bring the mixture to a boil, then reduce heat to medium low.
- Simmer for 20 minutes, or until vegetables are tender.
- While the soup simmers,
- Drain and rinse the chickpeas;
- In a blender, combine the soaked and drained cashews with 1 cup of the veggie broth that you set aside and blend on the highest speed until smooth.
- Stir in the cashew cream, spinach, and chickpeas.
- Serve!

# Black Bean Soup



## INGREDIENTS

- 1 T Avocado oil
- 1 Medium yellow onion, diced
- 2 Carrots, peeled and diced
- 1 Celery stalk, diced
- 1 Jalapeño, fine diced with seeds (optional)
- 6 Cloves garlic, minced
- 2 t Salt
- 1-2 t Chipotle powder (choose your heat level or omit)
- 2 t Cumin
- 2 t Oregano
- 1 t Smoked paprika
- 1 t Coriander
- 1 t Ground black pepper
- 2 T Lime juice
- 4 ¼ c Vegetable stock
- 3-14.5 oz Cans black beans, drained and rinsed

Garnish: cilantro sprigs, onion cotija cheese (optional: leave out for vegan) and avocado

## DIRECTIONS

1. Get all your ingredients together.
2. Dice the onion.
3. Chop the fennel bulb into bite-size pieces.
4. Grate or slice carrots very thin.
5. Heat the olive oil in a large pot or Dutch oven over medium heat. Add the onion, fennel, carrots, salt and pepper and cook, stirring occasionally, for 10 to 15 minutes, or until very soft.
6. Add the garlic, tomato paste, and rosemary and cook, stirring, for 1 minute. Add the tomatoes and their juices, the beans, and broth. Simmer for 20 minutes.
7. Add the pasta and simmer for 10 more minutes, or until al dente. Stir in the greens and red pepper flakes and cook until the greens are wilted.
8. Season to taste and serve.



# Taco Soup

## INGREDIENTS

- 1 T Olive oil
  - 1 Onion, sweet or yellow
  - 2 T Taco seasoning
  - 1 lb Ground beef
  - 2 c Broth, chicken or beef
  - 1 can Tomatoes, fire-roasted
  - 1 can Black beans
  - 1 can Corn
  - Salsa
  - Cheese
- Green onions, fresh cilantro, avocado for serving

## DIRECTIONS

1. In a large stockpot, start by adding the oil and diced onion on medium-high heat.
2. Cook until onions are translucent, turn heat down to medium.
3. Add the ground beef and cook until the beef is cooked through and brown.
4. Add the taco seasoning and tomatoes and mix well.
5. Add the broth.
6. Drain the black beans and add to the pot.
7. Draining the corn and add to the pot.
8. Cook about 10 minutes.
9. While soup is cooking, you can make the condiments. You may like some fresh green onion or fresh cilantro to garnish. You may like to serve with salsa or cheese. Get your garnish and soup bowls ready to serve.

# Book Reviews

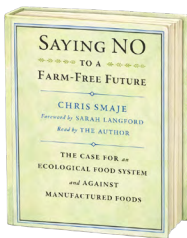
Every issue, we'll share a few books that are shaping how we think about food, health, and the future our children are growing into. These aren't trend-driven titles or quick fixes—they're books that made us pause, underline pages, and rethink assumptions.

Some books challenge us. Some give us language to things we've quietly sensed. Sometimes we need reminders that

the choices we make in our kitchens ripple far beyond a single meal.

Consider this page an open invitation into the conversations happening behind the scenes at Freedom Kitchen—and a starting point if you want to grow with me!

*Would you be interested in a book club within the Freedom Kitchen community?*



## Saying No to a Farm-Free Future

*Chris Smaje*

A calm but firm challenge to the idea that technology and manufactured foods can replace farming. Chris Smaje makes the case that real food, grown in real soil by real people, is not a nostalgic ideal—but a practical necessity. This book invites readers to rethink efficiency, scale, and progress, and to consider what kind of food system actually supports human and ecological health.

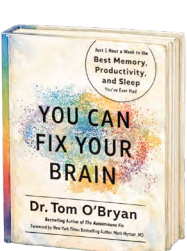
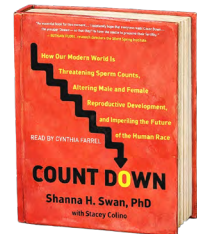
**Why it matters for families:** It reframes farming as a skill worth preserving—and teaching—rather than outsourcing.

## Count Down

*Shanna H. Swan, PhD*

This is a sobering, science-driven look at how modern chemicals are quietly reshaping human development and fertility. Drawing from decades of research, Dr. Swan connects everyday exposures—from plastics to pesticides—to measurable declines in reproductive health. It's not written to scare, but to inform—and to empower change.

**Why it matters for families:** What children are exposed to today shapes their health tomorrow. Awareness is the first layer of protection.



## You Can Fix Your Brain

*Dr. Tom O'Bryan*

Hopeful, practical, and action-oriented, this book explains how inflammation, food sensitivities, and lifestyle habits impact brain health—and what to do about it. Dr. O'Bryan translates complex neuroscience into clear steps that support memory, focus, mood, and sleep.

**Why it matters for families:** Brain health isn't just about aging—it's about how kids learn, regulate emotions, and thrive.

*Watch for interviews with these authors and others, on the Freedom Kitchen Youtube Channel.*

# Tools We Actually Use (and Love)

## The Hand Mixer (Simple, Reliable, Kid-Friendly)

This is the perfect bridge between hand-mixing and standing mixers.

It's powerful enough for cookie dough but not so heavy or loud that kids feel intimidated.

Why it works so well in cooking classes:

- Simple speed control (no overwhelm)
- Easy for kids to hold with supervision
- Great for whipped cream, muffins, pancakes, and frosting
- Stores easily—no giant appliance commitment

For many families, this is the only electric mixing tool they need.



KitchenAid has been part of my kitchen—and my classrooms—for years. These are the tools we use with real children, not just in glossy recipe photos.

You do not need a fully stocked kitchen to cook well with kids.

But having a few well-chosen tools can dramatically reduce frustration, speed things up, and help children feel capable and confident.

If you were to start with just three tools, these would be them.

## The 3.5-Cup Food Processor (Our #1 Parent Question)



Parents ask me all the time: “What food processor do you recommend for kids?”

This is it.

The 3.5-cup size is the sweet spot—big enough



to actually be useful, small enough for children to manage safely.

Why this one gets my strongest recommendation:

- Perfect size for small hands and small batches
- Simple controls (no complicated settings)
- Handles chopping, sauces, dips, and doughs
- Easy to clean and store
- Encourages kids to prep real ingredients themselves

This is the tool that turns *helping* into *doing*.

## The Mixing Bowls (with Silicone Bottoms)

These bowls are quiet heroes in the kitchen.

The silicone base prevents slipping, which is huge when kids are stirring, whisking, or pouring. That little detail turns “be careful!” into “you’ve got this.”

Why we love them for kids:

- Non-slip bottoms = fewer spills and more independence
- Stainless steel (durable, non-toxic, dishwasher safe)
- Nesting sizes that work for everything from muffin batter to salad tossing
- Lightweight enough for small hands, sturdy enough for real cooking

These bowls get used *every single class*.





# Growing Something

## A Family Activity

**W**inter can make food feel distant—everything wrapped, shipped, and outsourced. Microgreens bring food back into reach. In just 7–14 days, kids can grow real food indoors and experience what it feels like to participate in the food system, not just consume from it.

This is your **Winter Victory Garden**.

### What Are Microgreens?

Microgreens are young plants harvested just days after sprouting. They may be small, but they're powerful.

They teach kids that:

- Food starts with life
- Growth doesn't require perfection
- Nourishment doesn't come from a factory

### What You'll Need

- A **stackable sprout garden** (we use the 3-tray sprouter from **True Leaf Market** in class because it's simple, reusable, and perfect for families)
- Microgreen seeds (sunflower, peas, broccoli, or radish)
- Water

*This system keeps everything contained, simple, and doable—even in winter.*



### How to Grow (Kid-Friendly Steps)

1. **Soak the seeds** (follow the packet directions)
2. **Spread seeds** evenly in the tray
3. **Add water & stack**
4. **Check daily** and notice what changes
5. **Harvest in 7–14 days** and enjoy!

Rinse, drain, and eat. Store them in an airtight container in the refrigerator. They will last 3-7 days.

### How to Eat Them

- Sprinkle on eggs or soup
- Add to sandwiches or wraps
- Toss into salads

*This is real food your child grew.*

### Kitchen Conversation

Ask while harvesting or eating:

- How is this different from food we buy already made?
- Did we need a factory to grow this?
- How does growing food change how it tastes?
- If we can grow food in winter... what else might be possible?

### Looking Ahead

This winter, we grow small. In spring, we'll grow more.

Microgreens aren't about replacing the grocery store—they're about building confidence, curiosity, and connection. Because food literacy doesn't start with rules.

It starts with **wonder**.



# Ginger Black Cod with Roasted Vegetables



Brought to you by **SENA SEA** WILD ALASKAN FISH Recipe by Sena Wheeler

This is one of my favorite meals, and one I often prepare when I have a house-full of guests because it's so delicious and so easy with everything cooking in the oven together. I love using a lot of different colored veggies for a beautiful and healthy variety. This version included veggies I often roast in the winter (because I LOVE roasted veggies in the winter!), but you can adjust for seasonal veggies.

- |  |   |
|--|---|
| 4 Sena Sea Black Cod portions          | 1/2 lb potatoes, cut into wedges                |
| 1 inch Ginger root, shredded or mashed | 1 Sweet potato, cut into wedges                 |
| 2 Garlic cloves, mashed or crushed     | 1 Onion, cut into wedges                        |
| 2 Tbs Honey (optional)                 | 1/2 lb brussel sprouts, cleaned and cut in half |
| 1/4 cup soy sauce                      | 1/4 head of Cauliflower                         |
| 1 Tbs sea salt (to taste)              | 1/4 head of broccoli                            |
| 1 Tbs sesame seed (optional)           | 4 Garlic cloves, slices                         |
|  | 2 Tbs Olive Oil                                 |
|  | 1 Tbs Apple Cider Vinegar                       |
|  | 1 tsp Rosemary                                  |
|  | 1 tsp Thyme                                     |
|  | 1 tsp salt (to taste)                           |
|  | 1 tsp pepper (to taste)                         |



Preheat oven to 475 degrees.

Defrost Black Cod portions and rinse in cold water. Place in a glass baking dish, skin side down and pat dry.

Sprinkle salt on fish and let it stand while you mix the marinade.

For marinade, combine ginger, garlic, honey and soy sauce. I use my high powered blender, but you can whisk by hand as well.

Pour marinade over fish and completely coat. Flip fish over so it is skin side up, and marinate for about 20 min.

While the fish is marinating, prepare the veggies. Cut all the veggies to a similar size and shape so they cook evenly - I like to use long narrow wedges. Place cut veggies in a bowl and add remainder of ingredients, stirring well to coat.

Cover a baking sheet with parchment paper, and evenly spread out the veggies.

Drain marinade from the fish, and flip back over so the skin side is down again. Sprinkle with sesame seeds (optional).

Place veggies and fish in the oven together. Veggies on a lower rack, and Black Cod above. Bake at 475 degrees for 25 to 30 min.

Raise Black Cod to the top rack, and broil on high for about 2 min, until the top is nice and brown.





LISA IS A WONDERFUL  
TEACHER. SHE HAS TAUGHT  
ME THE BASICS OF  
COOKING AND ALSO  
TEACHES ME THE  
CONTENTS OF FOOD. THE  
CLASS IS FREEDOM  
KITCHEN.



Testimonial ★★★★★

I'm thankful for Ms. Lisa  
Freedom Kitchen I'm  
thankful for the fun class  
she teaches, also she is  
the best teacher!

FREEDOM KITCHEN STUDENT

Testimonial ★★★★★

I am thankful for Mrs Lisa from  
Culinary Expressions HS. I am grateful  
for her dedication to her students and  
what she teaches. And I am thankful  
for everything she has taught me and  
for an amazing first semester!

FREEDOM KITCHEN STUDENT

Testimonial ★★★★★

Thankful for Ms. Lisa  
because she is nice and  
teaches me how to  
cook.

Testimonial ★★★★★

I'm thankful for my culinary  
expressions teacher Mrs. Lisa. She is  
so kind and helpful. Mrs. Lisa is  
always smiling! I'm thankful that she  
brightens my schooling.

FREEDOM KITCHEN STUDENT

Testimonial ★★★★★

I'm thankful for Miss Lisa  
teaching culinary  
expressions. I'm thankful for  
the extra effort and love she  
brings to the class.

FREEDOM KITCHEN STUDENT

I AM THANKFUL FOR MISS  
LISA. SHE IS MY TEACHER  
FOR CULINARY  
EXPRESSIONS. SHE IS  
PATIENT AND KIND AND  
HELPFUL.



AM THANKFUL FOR MS.  
LISA. FREEDOM KITCHEN  
COOKING CLASS. SHE IS  
THE BEST AND CARES A  
LOT ABOUT OUR  
HEALTH AND GROWING  
TO BE HEALTHY  
ADULTS.

TESTIMON  
★★★★★



Real Families. Real Food.  
The future belongs to kids who  
can create.

[www.freedomkitchenkids.com](http://www.freedomkitchenkids.com)

Lisa Jendza. Cook  
helped me to become a better  
cook and taught me how to  
eat healthier and has taught  
me about better foods.

FREEDOM KITCHEN STUDENT

COOKING CLASS! MY  
TEACHER IS MS. LISA AND  
I'M VERY THANKFUL FOR  
HER. SHE KNOWS A LOT  
ABOUT HEALTHY  
COOKING!

Testimonial ★★★★★

Jendza, she teaches  
culinary class. She's  
taught me how to eat  
healthier

FREEDOM KITCHEN STUDENT

Testimonial ★★★★★

Mrs Lisa Freedom Kitchen. She is  
very passionate about teaching us  
a clean and healthy way of living.  
I'm grateful for a teacher that truly  
cares about my well-being.

FREEDOM KITCHEN STUDENT

Testimonial ★★★★★

I am grateful for Ms. Lisa. She  
teaches Culinary Expressions. I love  
how she is so passionate about  
what she teaches. It is inspiring as  
a student to be taught by her and  
to learn healthy recipes!

FREEDOM KITCHEN STUDENT

Testimonial ★★★★★

I would like to appreciate my  
teacher Ms Lisa. She is so  
passionate about cooking and she  
truly cares about all her students.  
She is so caring and