



MISSION

To revolutionize family mealtime by integrating nutrition, education, and enjoyment into cooking, empowering communities to create healthy, enjoyable meals that nurture body and spirit.

VISION

To become a leading advocate for transforming family health and eating habits, promoting accessible, enjoyable home cooking as a key to well-being and community strength.



#TeaspoonofLove

A culinary initiative dedicated to transforming family health and bonding through the joy of cooking!

Brought to you by iCreate
teaspoonoflove.org

IMPACT AND FUTURE GOALS:

Teaspoon of Love aims to build a healthier, more connected community through its culinary programs. By highlighting the importance of nutritious cooking and the joy it can bring, the initiative seeks to foster a global appreciation for the art of healthy cooking and eating. Future goals include expanding its reach, enhancing its program offerings, and continuing to innovate in the realm of family-oriented, health-conscious culinary education.

**NOURISHING
FAMILIES, ONE
MEAL AT A TIME.**

IMPACT OF LACK OF COOKING SKILLS ON HEALTH:

The decline in cooking skills and food literacy is a significant factor in unhealthy eating habits. Individuals, particularly in economically deprived households, often struggle to make nutritious food choices due to a lack of knowledge in buying and preparing meals from basic ingredients.

This trend is exacerbated by low education levels, low income, and high socioeconomic deprivation, which correlate with poor diet, inadequate food access, and reduced food and nutrition literacy.

Community-based cooking interventions are crucial in reversing this trend by improving food literacy and promoting the preparation of home-cooked meals

THE PROBLEM

In a world where fast food and processed meals are prevalent, many families face challenges in accessing nutritious food and lack the skills for healthy cooking. This leads to health issues and a disconnect in family bonding through mealtime.

FAST FOOD CONSUMPTION:

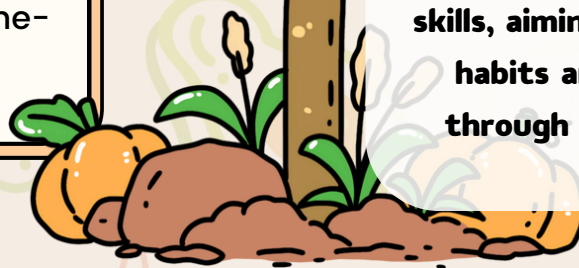
Every day, 50 million Americans consume fast food. The global fast food market is projected to reach \$931.7 billion by 2027, indicating the vast scale and prevalence of fast food consumption in modern diets.

PREVALENCE AMONG AGE GROUPS:

One out of three Americans, especially those aged between 20-39 and 34% of children, consume fast food daily, despite widespread awareness of its negative health impacts, including obesity.



These statistics underscore the critical need for initiatives that address the challenges posed by the prevalence of processed foods and lack of cooking skills, aiming to promote healthier eating habits and strengthen family bonds through shared meal preparation and dining experiences



PREVALENCE OF: PROCESSED FOOD CONSUMPTION

AND HEALTH ISSUES:



- Processed foods, often laden with unhealthy ingredients like salt, sugar, fat, artificial additives, are linked to obesity and chronic diseases such as heart disease and diabetes.
- Ultra-processed foods account for about 60% of total calories in the U.S. diet, with their increasing consumption paralleling the rise in obesity.
- Diets high in ultra-processed foods, including processed meats and potato chips, are associated with significant weight gain over time and a deficiency in essential nutrients, resulting in reduced intake of fiber, vitamins, and minerals.

- Higher consumption of ultra-processed food correlates with a substantially increased risk of death from all causes; each additional daily serving of such food increases the risk of death by 18%.

FUN FACT:

DID YOU KNOW THAT EATING HEALTHY NOT ONLY BOOSTS YOUR ENERGY AND MOOD BUT CAN ALSO IMPROVE YOUR MEMORY AND BRAIN FUNCTION, MAKING YOU A SHARPER THINKER?



OUR SOLUTION

Teaspoon Of Love addresses these issues by bringing families back to the kitchen with fun, educational, and healthy cooking experiences. We empower communities with the skills and knowledge to create wholesome meals together.

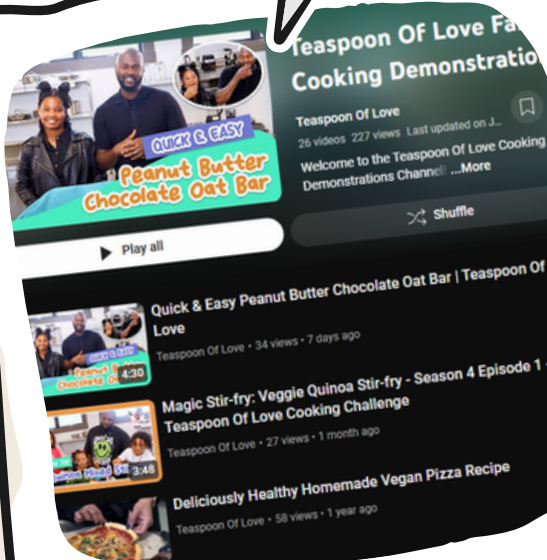
COOKBOOKS

A fundamental part of the initiative, these cookbooks, offered in both English and Spanish; include budget-friendly, nutritious recipes, making them an engaging family resource. The cookbooks complement the Family Cooking Challenge and are created in collaboration with various partners, including Rowan University's Department of Health and Exercise Science.



COOKING CHALLENGE SERIES:

A core element of Teaspoon of Love, this series features families preparing healthy meals through engaging, pre-recorded videos. Broadcasted live on platforms like YouTube, and Zoom, it offers viewers interactive and educational culinary experiences, promoting healthy eating habits within a family-friendly context.



VEGGIE-Q EVENTS:

These events are vibrant outdoor gatherings where local chefs demonstrate the preparation of smoked and barbecued vegetables. These community-centric events, held in public spaces, aim to excite the community about healthy, flavorful vegetable preparations while incorporating arts and entertainment.



COMMUNITY ENGAGEMENT AND HEALTH EDUCATION:

Teaspoon of Love extends its impact through partnerships with local health organizations, offering live cooking demonstrations and educational content. These initiatives are designed to foster healthy eating habits, culinary skills, and community connections through shared food experiences and nutrition education.



#TeaspoonofLove

*Inspiring Joy and Wellness
Through Nutritious Cooking.*





**SINCE OUR INCEPTION, WE'VE SEEN
REMARKABLE TRANSFORMATIONS IN
FAMILY HEALTH AND COOKING HABITS.
HERE ARE SOME HEARTWARMING
STORIES AND TESTIMONIALS FROM
OUR PARTICIPANTS**

IMPACT AND SUCCESS STORIES



"Participating in the Teaspoon Of Love Cooking Challenge was a heartwarming experience for my family. Cooking together created memorable moments filled with laughter and love . It sparked a positive change in our habits while also contributing to my daughters passion for becoming a chef. So grateful for the Teaspoon of Love family for allowing us to be apart of something so ground breaking and game changing for our community."



Thank you Teaspoon of Love!
- The Toliver Family ✨



- The Barnes Family

I recently had the life-changing opportunity to attend the "Teaspoon of Love" cooking demo, and I cannot emphasize enough the positive impact it has had on my life as well as that of my family's, particularly in my battle against diabetes.

This culinary experience was not just a cooking demonstration; it was a transformative journey that enlightened me about the profound connection between food, love, and health.

Thank You, NOW LET'S EAT!



Thank you for considering
Teaspoon Of Love.
Together, we can bring
healthier, happier mealtime
to families everywhere.

Interested in
collaborating or learning
more? Reach out to us
through the following
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