

# CHEF IS BUILDING A HEALTHIER COMMUNITY



## San Antonio is facing a costly health crisis...

1 in 3



Childhood Obesity in Bexar County

50%



Over half of all deaths in San Antonio are due to diet-related chronic disease

\$26 BILLION

Annual cost to Texas for diabetes alone



## CHEF is helping to address this crisis.

We teach basic nutrition and practical cooking skills in schools throughout San Antonio, starting with children as young as Pre-K.

195

# of schools reached



64,000

San Antonio students have completed the CHEF program



500,000

Offered over 500,000 lessons in San Antonio schools



369

# of instructors certified



## Our Impact...

9 out of 10

CHEF students reported making healthier eating choices.



After completing the CHEF program, our students report:



Increased healthy breakfast consumption



Increased fruit and vegetable consumption



Increased confidence in the kitchen



Reduced sugary beverage consumption

## What They're Saying...

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*I would like to thank CHEF for everything! The kiddos look forward to our lessons every week. The students not only love CHEF, but their parents love that their child now helps in the kitchen, and when they are shopping, they choose healthier foods. My staff and I are also making changes in our own eating habits. So a BIG thank you for the opportunity to learn and teach our youth group.*

~Armstrong Elementary (South San ISD) CHEF Instructor

9 out of 10

Students said they liked the CHEF program



For more information, visit [CHEFSA.org](http://CHEFSA.org) and follow us on social media @CHEFSanAntonio.

