

Fuel Your Future

Nutrition and quick meal preparation

Fit Futures

A school workshop for grades K-8. Students explore food groups and learn to assemble simple meals with adult guidance.

Confidence through practice

Hands-on activities help students build skills they can use at home with a parent or caregiver.



What students learn

A proposed 60-minute visit

Food knowledge

Identify food groups and explore variety over the day.

Meal preparation

Wash hands, use clean tools, measure ingredients, and assemble a recipe.

Practice and reflection

Food-group activity, adult demonstration, supervised preparation, optional tasting, and a take-home recipe.

Quick meal ideas

Bean and cheese wraps or fruit and yogurt cups. The school reviews ingredients and substitutions first.

Activities for each grade group

Lessons adapt to students' age and experience

Grades K-2

Picture-based activities and more adult help.

Grades 3-5

More measuring and student participation.

Grades 6-8

Basic label reading, budget-friendly meal planning, and preparation skills with adult guidance.

A positive learning environment

Food conversations focus on energy, learning, and growth. No weigh-ins, calorie targets, or body comparisons.

A school partnership

N.E.W. Fitness Wellness Foundation

About the foundation

A community nonprofit in Hillside, Illinois connecting people with wellness education, movement, and support.

Our community programs

Fit Futures, HER Wellness Collective, Black Men's Sanctuary, and Senior Strong.

Planning the visit

Confirm grades, group size, space, and timing. Review ingredients, allergies, food-handling rules, and family permissions. School staff remain present.

Let's connect

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