

NEWS RELEASE
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Seasonal Family Cooking Kits: an Opportunity to Learn from and Play with your Food presented by 5B Resilience Gardens

This fall, 5B Resilience Gardens, a community-wide collaborative established to increase home food production and self-sufficiency, is offering free family cooking kits as an at-home fall educational opportunity. Each kit contains a recipe and ingredients for making bean salsa, activity guides, and everything you need to grow your own cilantro plant. Information and activities will be available in Spanish and English.

Kits are available for Blaine County families with children in preK-4th Grade. The Family Cooking Kits are free of cost but limited to 100 families and will be available for pick-up at convenient locations around the valley on October 14 and 15. Families can sign up to receive their kit at the following link: <https://forms.gle/m6S5QuvBCgzVMyKT7>

“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 other food and eco-literacy lessons. We hope these kits offer a sprinkle of joy and a zest for seasonal eating during this challenging time.”

The 5B Resilience Gardens initiative seeks to broaden community access to local gardening resources, enhance the visibility of existing and new gardens throughout the community, and cultivate a vibrant gardening community through resource sharing, collaborative events, and education opportunities. To learn more about resilience gardening in Blaine County, please visit our website at: <https://5bresiliencegardens.org> or email Amy Mattias amy@sunvalleyinstitute.org.

The initiative is a collaboration between Hailey Climate Action Coalition, Ketchum Recreation District, Local Food Alliance, Sawtooth Botanical Garden, Sun Valley Institute for Resilience, University of Idaho Extension & 4-H, Upper Big Wood River Grange, Wood River Community YMCA, Wood River Land Trust, and the Wood River Seed Library.

We would like to thank Atkinsons' Market, Ernie's Organics, Lookout Farm, Manon Gaudreau, Natural Grocers, Sunset Butte Organics, and Webb's Nursery for providing materials for the kits. We value our local businesses, appreciate their donations in support of our work, and are dedicated to supporting them with our purchasing dollars. If you'd like to support 5B Resilience Gardens and future family cooking/gardening kits, visit <https://www.sunvalleyinstitute.org/donate>.

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.