

The King Arthur Flour Life Skills Bread Baking Program

Introducing whole grains
to young bakers

<http://www.kingarthurfour.com/baking/life-skills-baking.html>

Program basics

- Started in January 1992 to share joy of baking with youngsters
- Program suitable for 4th to 7th grades
- Teaches basic baking skills and concepts through a 50 min. assembly-style demo
- Each pupil provided with recipe book, 2lb. all-purpose flour, 2lb. white whole wheat flour, yeast





Success story

- In 2009 the program reaches the 100,000th pupil
- Whole grains were introduced into the program when King Arthur White Whole Wheat became available
- White whole wheat is an excellent way to introduce children to whole grains





What's in my food?

- Schools have limited resources for teaching life skills like baking
- Some children have no idea where their food comes from
- The program explains what goes into a loaf of bread, starting with a kernel of wheat





Other program elements

- We explain the difference between whole wheat and white flour, focusing on the benefits of whole wheat
- Families are encouraged to bake together
- Children bring a loaf of bread back to the school for donation





Contact us

If you would like to bring the KAF Life Skills Bread Baking Program to a school in your community, contact us:

Julie Christopher

(802) 526-1833

julie.christopher@kingarthurflour.com