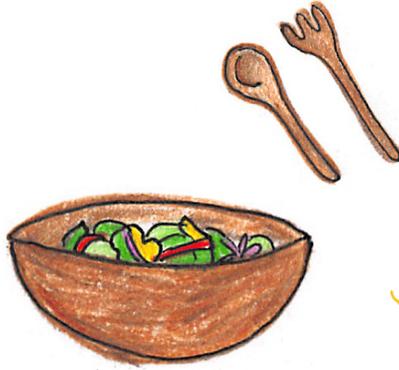


What does the Hearsey Milk Annual Giving Campaign fund?



The Breakfast Project is a non-profit culinary arts program serving the students of HMCRA. We integrate hands-on cooking classes into the fabric of school life, connecting students more deeply to their own bodies, each other, and their local communities.



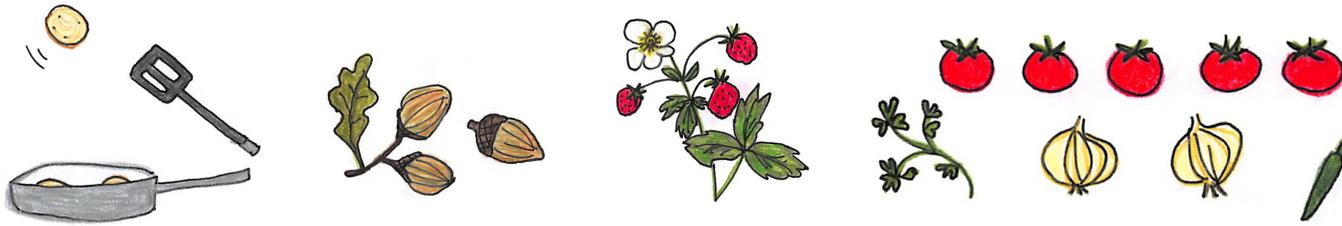
Real Tools,  
Real Ingredients



Joyful,  
Healthful Eating



Breaking Bread  
Together



This fall, the third graders have been visiting the kitchen classroom every week as part of their social studies unit. Students have been exploring their own identities and heritages, as well as the history of people living in San Francisco, through food.



Strawberry Acorn Pancakes  
(Native SF - Ohlone)



Pico de Gallo  
(Mexican)



Sofrito  
(Puerto Rican)



Collard Greens  
(African-American)



Pupusas y Curtido  
(Salvadoran)



Our young chefs have cooked Le Puy lentils from France as well as *misir wot*, a spiced red lentil stew eaten in Ethiopia. They have traced the tradition of eating greens with their juices from Africa to the American South. They have shaken their own butter. Along the way, students are gaining important life skills and having a lot of fun!



We plan to bring culinary arts to students in ALL GRADES at the school next semester. Help us achieve our goal by giving what you can at [www.harveymilksf.com](http://www.harveymilksf.com).

For more information, please visit [www.breakfastproject.org](http://www.breakfastproject.org).