

DECEMBER 2025

# 2025 Annual Report

REFLECTING ON OUR JOURNEY,  
CRAFTING OUR FUTURE.

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Prepared by

VASONA HILL FOUNDATION



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# Overview

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## Mission

Our mission is to reduce deaths from lifestyle diseases, maximize physical and mental wellbeing to help create healthier generations through health education and the development of healthy habits from an early age.

## Vision

To continually inspire, empower and connect people to change their lifestyle for better through our books, nutrition, mental and physical education workshops, tools and programs.

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# Our Impact

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Since 2021, our VHF embarked on an inspiring initiative known as "The Book Project," a program designed to foster healthy habits among TK-4th grade students through engaging literature. The primary focus was to instill fundamental concepts of health and wellness using carefully created books. Our team of illustrators, authors and designers created two series of books, The Unicorn Series: Eva and Anna adventures- targeting younger age group and specifically designed for TK, K students who still learning how to read. And Super Broccoli series, designed for 1st and 2nd graders, telling adventures story about Super Broccoli and his friends Lady Carrot, Spinach Smarty and Mr. Almond.

In 2023, we took our commitment to accessibility to new heights by making all our books bilingual. Now available in both Spanish and English, our enchanting tales have reached an even wider audience, breaking down language barriers and fostering inclusivity.

In 2024 we decided to step further and launched Healthy Start program that allows nutrition education and mental wellness in schools. Pilots proven to be very successful and we are expanding in San Diego Unified School District.

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# Community partnerships 04

We work in California and started in Santa Clara and San Francisco County, we built partnerships with 15 schools in Oak Grove School District, Boys and Girls Clubs and 15 Rocketship charter schools to reach a diverse range of students. Today we expanding and building our relationships in San Diego County.

A total of 7000 books were distributed across 34 participating locations. Each book was thoughtfully chosen to convey basic concepts of healthy and unhealthy eating habits in an accessible and engaging manner.

Every child in TK, K, 1st, and 2nd grade had the opportunity to learn about basic principles of illness prevention through engaging stories . The goal was not only to educate but also to encourage interaction by providing each student with two books to take home. This facilitated shared learning experiences with caregivers and siblings at home.

## Learnings

By integrating literature into health education, we reached our target audience and involved families and communities in the learning process.

Building on the success of The Book Project and Healthy Start program we aim to expand our reach in the coming year. This includes exploring new partnerships, expanding the selection of educational materials and tools, and further tailoring our programs to address the evolving needs of young learners.

# Outcomes

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Nombre: \_\_\_\_\_ Fecha: \_\_\_\_\_  
 Título: Comer mucho dulce es malo  
 Ficción o No ficción



Yo aprendí que si tu comes dulce  
 hace malo al cuerpo porque  
 puedes sentir cansada. Comer dulce  
 hace que te sientas cansado. I  
 learned that eat candy it  
 make you feel tired. I learned that

☐ Nombre ☐ Fecha ☐ título ☐ sigui el tema ☐ tiene sentido ☐ espacio entre palabras  
☐ oraciones completas: mayúsculas, sustantivo, adjetivo, verbo, puntuación(. ! ?) ☐ Usé palabras de transición  
☐ Tengo un principio, detalles y ejemplos ☐ ortografía: escribí las palabras correctamente

Nombre: Lizabeth Fecha: 12/16/2021  
 Título: lo que pasa si comes mucha dulces  
 Ficción o No ficción



Lo azucar no son buen para ti porque tus  
 dientes pueden duelen mucho y puede  
 hacer dano y molesto. The sugar is not  
 good for you because your teeth could  
 hurt and bother you

☐ Nombre ☐ Fecha ☐ título ☐ sigui el tema ☐ tiene sentido ☐ espacio entre palabras  
☐ oraciones completas: mayúsculas, sustantivo, adjetivo, verbo, puntuación(. ! ?) ☐ Usé palabras de transición  
☐ Tengo un principio, detalles y ejemplos ☐ ortografía: escribí las palabras correctamente

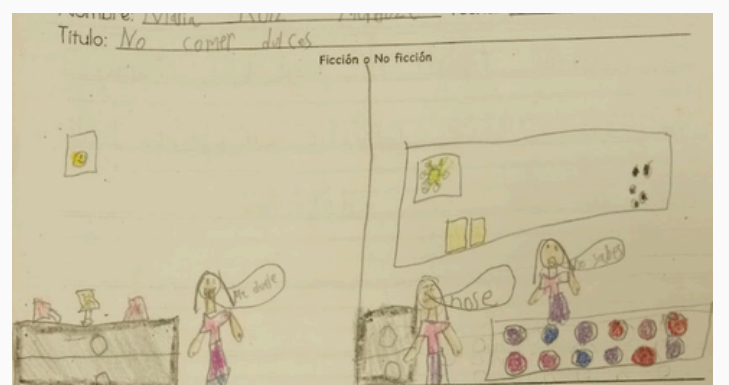
Nombre: \_\_\_\_\_ Fecha: \_\_\_\_\_  
 Título: Cuando como Dulces  
 Ficción o No ficción



Yo aprendí que si  
 comes mucho dulce  
 te hacen muy cansado  
 y puede cuasar  
 mucha problemas como  
 biavetes y caries y

☐ Nombre ☐ Fecha ☐ título ☐ sigui el tema ☐ tiene sentido ☐ espacio entre palabras  
☐ oraciones completas: mayúsculas, sustantivo, adjetivo, verbo, puntuación(. ! ?) ☐ Usé palabras de transición  
☐ Tengo un principio, detalles y ejemplos ☐ ortografía: escribí las palabras correctamente

Nombre: \_\_\_\_\_ Fecha: \_\_\_\_\_  
 Título: No comer dulces  
 Ficción o No ficción



Yo aprendí que si como muchos  
 dulces te puede provocar diabetes y  
 te provocar caries en los dientes y si  
 no comes proteínas en el día tu  
 cerebro no viene preparado para responder  
 preguntas en la escuela

☐ Nombre ☐ Fecha ☐ título ☐ sigui el tema ☐ tiene sentido ☐ espacio entre palabras  
☐ oraciones completas: mayúsculas, sustantivo, adjetivo, verbo, puntuación(. ! ?) ☐ Usé palabras de transición  
☐ Tengo un principio, detalles y ejemplos ☐ ortografía: escribí las palabras correctamente

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# Future Outlook

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## Future Plan

- Looking ahead, Vasona Hill's future plans to continue The Book Project and Healthy Start program that allows nutrition education and mental wellness in schools. Pilots proven to be very successful and we are expanding our programming in San Diego Unified School District.
- Mental Health focus: Our goal is to normalize conversations about mental health, ensure inclusive representation, and offer supportive resources for kids, parents and educators.
- Age expansion: we expanding our work to cover pre-teen and teen age groups

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# Contact Us

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VASONA HILL FOUNDATION

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Email



[www.vasonahill.org](http://www.vasonahill.org)

Website

