

WHY YOU
NEED

Seed TO Plate



Seed-to-Plate Nutrition Education™, by Recipe for Success Foundation empowers children with skills and knowledge to support a lifetime of **healthy eating habits**.

With the help of professional chefs, organic gardeners, early childhood educators, scientists and nutritionists, we spent a decade developing and testing a comprehensive, **award-winning**, inquiry based, experiential learning program that makes healthy food fun. Our program puts children in touch with their food with coordinated, hands-on classes in the garden and kitchen.

"Recipe for Success is an amazing program teaching children valuable nutrition tips they will have for life."

Dr. Mehmet Oz

We fight marketing with marketing by turning healthy food into a deliciously fun adventure. Our results show measured change in children's eating patterns and food attitudes as well as a positive effect on their family's dining habits and food choices.

Nationally recognized, we have worked directly with the *Let's Move!* initiative, and enjoy the support of a broad-based coalition of other non-profits, elected officials, teachers, parents, school administrators, health professionals and researchers collaborating to reverse the obesity epidemic.

WHY EARLY INTERVENTION WITH NUTRITION EDUCATION AND LIFE SKILLS IS CRITICAL

- 1 of every 3 American children is overweight or obese.
- Weight patterns and food attitudes, like many other habits, are set for life by age 11, after which it is more expensive to change them.
- Overweight and obese children have problems in school, are more frequently absent, more likely to have shorter attention spans, lack of focus, poor academic performance and are less likely to graduate.
- Obese children become obese adults, resulting in 41% higher health care expenditures for chronic disease, costing American taxpayers & businesses nearly \$215 billion in 2015.

Recipe 
for Success
Changing the way our children eat

RECIPE FOR SUCCESS SEED-TO-PLATE NUTRITION EDUCATION™

- * Designed for elementary schools students PreK-5
- * Reinforces higher-order thinking skills
- * Aligned with core competencies in math, science, language arts, and social studies
- * Presents the entire cycle of food: planting, harvesting, cooking and dining
- * Filled with exciting taste and flavor combinations
- * Motivate students to eat more fruits and veggies
- * Inspires kids to be *food adventurers*
- * Makes healthy food fun and appealing
- * Empowers students with tools to support a lifetime of healthy eating

First Lady, Michelle Obama on our work. . .

"Your involvement is essential in solving the childhood obesity epidemic, because helping kids learn how to make healthy choices is important not only now, but for the rest of their lives."

FIFTH GRADE STUDENTS prepare fresh pasta "dye" with just-harvested carrots and spinach from their garden



Delivery options can adapt to your needs and schedule. Programs are taught by your own certified S2P Instructors and are complemented by worksheets and activities to support core curriculum priorities.

Sample Year of Seed-to-Plate Nutrition Education™ Curriculum

IN THE KITCHEN

- Faculty Culinary Orientation
- Introduction to the kitchen and MyPlate with Fruit Kebob
- Tasty Tongue & the Five Senses with 1-2-3 Salad
- Good Fats vs Bad Fats and Mixtures with Garden Pesto
- Power of Protein and Real vs Fake Food with Heathy Hot Pockets
- Great Grains with Veggie Quinoa Salad
- Delicious Dairy with Broccoli Leek Soup
- Fabulous Fruits with Sunshine Smoothie
- The Science of Dough with Whole Wheat Pizza
- Iron Chef Challenge

IN THE GARDEN

- Faculty Garden Orientation
- Welcome to the garden: For Everything There is a Season
- Understanding plant parts-how many can we eat?
- Edible plants and their many varieties
- Cultural origins of plants and meeting our animal friends
- Understanding the effects of weather and climate
- Let's Rot! decomposition and the make-up of soil
- Springtime's bounty and work in the garden
- Insects: Some hurt, some help, what do we do?
- Garden Economics 101

Through training, we give S2P INSTRUCTORS the tools to attract the children's rapt attention and get them excited about healthy food,



Program Delivery Can be Tailored to Your Campus Capacity:

INTEGRATED SCHOOL DAY PROGRAM

20 classes divided between cooking and gardening. Recommended for at least one full grade level. Can integrate volunteer Chefs In Schools™. Requires classroom teacher involvement and S2P Instructor.

AFTER SCHOOL PROGRAMS

Added on to Integrated School Day Programs or designed to stand-alone with a minimum of 20 classes. Rotation schedules range from 5 weeks to entire academic years, with new students engaging at each rotation, or one group throughout. Does not require direct classroom teacher involvement.

SUMMER CAMP

Prepares kids to become savvy food consumers. Tailored to 8-11 year olds campers who cook, garden and learn how food products are developed and marketed, with a culminating project to create and sell a healthy prepared product sourced from the garden.

HOUSTON

WE HAVE PARENT CLASSES!

Available only in Houston, our classes for new and experienced parents, demystify planning, buying and preparing healthy yet affordable family meals, including an introduction to making baby's first foods.

What teachers and principals say:

"At KIPP SHINE Prep, bringing learning alive for our students is at the heart of what we do every day, and this partnership does just that. Our SHINEsters absolutely love Recipe for Success, and we do too!"

Deborah Shifrine, Leader
KIPP SHINE Prep

"We serve 60% second language learners. I have been so impressed with the English Language development that has occurred with Recipe for Success. Students are engaged, working cooperatively and having a ton of fun."

Lori Lueptow, Principal
Whittier Elementary

"Recipe for Success has waved their magic wand and transformed the culture of our school. Children have blossomed with the garden. They've learned patience, care and hard work, plus science, math, and reading. We now have kids who prefer green beans to candy ... and that is amazing!"

Laura Allen, Magnet Coordinator,
MacGregor Elementary

RECIPE FOR SUCCESS SEED-TO-PLATE NUTRITION EDUCATION™

- * Chef-designed
- * Delivered by trained and certified S2P Instructors
- * A minimum of 20 classes
- * Proven effective at changing attitudes and behaviors
- * Adaptable to your schedule
- * Complements your core learning objectives
- * Engages faculty in wellness
- * Mentors a culture of health campus-wide

CLASSES INCLUDE

- * Team building, collaboration and problem solving
- * Reading comprehension
- * Addition, subtraction, multiplication, fractions, division, geometry & algebra
- * Measurement & estimation
- * Social studies and history
- * Creative writing
- * MyPlate, food groups, health and nutrition information
- * Exploring the five senses and building flavors
- * Knife skills, kitchen safety and culinary techniques
- * Understanding food labels
- * Organic gardening practices
- * Plant life cycles
- * Decomposition, composting and vermicomposting
- * Weather science

YOUR CHECK LIST . . .

FOR MORE INFORMATION

Andi Nelson
S2P Coordinator
andi@recipe4success.org

Recipe for Success Foundation
PO Box 56445
Houston, TX 77256
713-520-0443
recipe4success.org

- ✓ Do you have a garden or the space to build one?
- ✓ Do you have room for a culinary classroom, either dedicated or shared?
- ✓ Is there room in your schedule to incorporate classes into the school day?
- ✓ What grades will you serve?

- ✓ How many students will participate?
- ✓ Will you add after school classes or opt for an after-school only format?
- ✓ Will funding come from your budget, the PTO, a federal, state or county grant or other sponsors?

3-6 MONTHS OUT:

- ✓ Meet with the Recipe For Success team to build your roadmap
- ✓ Secure funding
- ✓ Execute MOU
- ✓ Select your trainees
- ✓ Begin preparations & training

OUR CONTESTS MAKE HEALTHY FOOD FUN

My Favorite Holiday Food Story Writing Contest for 4th graders helps focus kids on the importance of building family food traditions, while giving them practice using writing skills measured by state tests. Students bring their favorite holiday food alive with colorful descriptions of appearance, smells, and tastes as they explain how the recipe became a family tradition with cultural history and family anecdotes. Teachers use the contest as a creative writing classroom tool, and students spending time with their families gain a deeper understanding of their traditions.

The **VegOut! 30 Ways in 30 Days Challenge** each March turns healthy eating into a game, including the chance to earn points and badges using a mobile app—the kids love it! We have a free, downloadable lesson unit on our website to support making the challenge a classroom activity. The companion Principal's & Faculty Challenge turns teachers into role models for healthy eating as they report their daily progress to students who hold them accountable and urge them to stay on track to win. The role reversal initiates a campus-wide focus on healthy eating and strengthens relationships between the students and faculty by promoting teamwork and solidarity. Campus winners can earn prizes and acknowledgement, and the Principal with the highest percentage of faculty and students participating earns a national grand-prize.

Created to celebrate April, which is National Gardening Month, National Poetry Month and home to Earth Day, Recipe for Success gets poetic with a **Haiku Contest** to inspire students to think about their gardens as a source for food.



Another Food Adventure with
Recipe for Success Foundation

TEACHING KIDS HOW FOOD GETS FROM FARM TO PLATE

farmers marKIDS offers a way for anyone to support healthy food awareness. Teachers, scout leaders, caregivers and parents can get started with the free, downloadable farmers marKIDS toolkit, including five lesson plans designed for kids 5-12 years old to develop financial literacy, entrepreneurial skills and business experience by selling their garden produce. farmers marKIDS learn how the food they eat everyday makes its way from a farmer's field to the grocery store. They are tasked with everything from market review, pricing, advertising and promoting their market to managing transactions and calculating profit. Kids are encouraged to stage their farm stand the week of **October 20-26**, during the annual **farmers marKIDS DAYS**, when we showcase the efforts of our young agricultural entrepreneurs. Alliance for a Healthier Generation has sanctioned our farmers marKIDS curriculum as a best practice. Participating kids have a chance to win prizes from our partners.

