

WHY YOU  
NEED

# Seed TO Plate



**Seed-to-Plate Nutrition Education™**, designed by Recipe for Success Foundation (RFS) is focused exclusively on combating childhood obesity through education and empowerment.

With the help and support of nearly 100 high-profile professional chefs, along with organic gardeners, early childhood educators, scientists and nutritionists, RFS developed a comprehensive, grade-specific, **award-winning**, experiential learning program that makes healthy food fun. Our program puts children in touch with their food from seed-to-plate 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**

RFS empowers children with skills to support a lifetime of **healthy eating habits**.

We fight marketing with marketing by making healthy food fun, engaging and yummy, resulting in measured change in children's eating patterns and food attitudes, as well as positively affecting their family's dining habits and food choices.

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

## WHY EARLY INTERVENTION WITH NUTRITION EDUCATION IS CRITICAL

- 1 out of every 3 American children is overweight or obese.
- Weight patterns and food attitudes are set for life by age 11.
- 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 over \$190.2 billion in 2010.

**Recipe**  
**for Success**  
Changing the way our children eat

## RECIPE FOR SUCCESS SEED-TO-PLATE NUTRITION EDUCATION™

- \* Designed for elementary school children ages 4-11
- \* 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
- \* Motivates students to eat more fruits and veggies
- \* Inspires children to be food adventurers
- \* Makes healthy food fun and appealing
- \* Empowers students with tools to support a lifetime habit 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 "dyed" with just harvested carrots and spinach from their garden

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

## Sample 1-Year 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 Healthy 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

**OUR S2P INSTRUCTORS** are trained to keep the children's rapt attention and get them excited about healthy food, gardening and cooking.



### Program Options:

#### 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 children to become savvy food consumers. Tailored to 8-11 year olds campers who cook, garden and learn how food products are developed and marketed. Culminating project creates and sells a healthy prepared product made of summer garden produce.

### WE HAVE PARENT CLASSES!

Our classes for new and experienced parents demystify planning, buying and preparing healthy 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

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- ✓ 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 do you want to 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 RFS team for a proposal tailored to your needs
- ✓ Select your delivery style
- ✓ Begin preparations



### OUR CONTESTS MAKE HEALTHY FOOD FUN



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.

Our annual **5-A-Day Faculty Challenge** in March places adults in the spotlight. The contest dares participating faculty and staff to improve their diets by eating more fruits and vegetables and reporting daily progress to their students. Students hold the adults accountable and urge them to stay on track to win. This role reversal excites everyone involved, initiates a campus-wide focus on healthy eating and strengthens relationships between the students and faculty by promoting teamwork and solidarity.



Held each autumn, "My Favorite Holiday Food" was created to help focus kids on the importance of building family food traditions, while at the same time giving them practice

using writing skills that will be measured by in-school state tests.

Fourth grade students write about their favorite family holiday food and bring it alive with colorful descriptions of how it looks, smells, tastes and how it is prepared along with the recipe. Students also explain the history of how the recipe became a family tradition and often provide colorful cultural history and family anecdotes. Teachers use the contest as a classroom tool to practice creative writing skills that will be tested the following spring, and students spend more time with their families while gaining a deeper understanding and pride in their traditions.



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