

FOR IMMEDIATE RELEASE

For interviews, photos and details,

contact Jenna White: jenna@recipe4success.org | 713.520.0443

RECIPE FOR SUCCESS FOUNDATION CELEBRATES THE HEART OF OUR HOMES WITH OPEN KITCHENS TOUR

OCTOBER 1, 2014, HOUSTON, Texas. *Recipe for Success Foundation will host the first annual Open Kitchens Tour, a special event designed to celebrate family meals, on May 1-3, 2015.*

Open Kitchens Tour, a new concept for the Texas-based nonprofit, will feature a rare peek into the heart of Houston's most splendid homes, where meals are prepared, celebrated and shared with family and friends. According to the organization, the gradual erosion of family dinners in our culture is one of the contributing causes to the spiraling obesity epidemic. Encouraging a return to the ritual is embedded in their award-winning Seed-to-Plate Nutrition Education™ curriculum for kids.

A jury of lifestyle editors representing local and national publications will make the final selection of kitchens featured. Nomination forms are available at <http://recipe4success.org/events/openkitchentour.html>. **Nominations must be completed and submitted by January 15, 2015.** Featured homes will likely attract a great deal of editorial attention leading up to, throughout and after the event. But, organizers hope to instigate more than press coverage for the kitchens and healthy ticket sales.

“Part of our work is to educate and empower the next generation of food consumers to make healthy choices, and the other is to support lifelong healthy habits by inspiring a culture that shares, appreciates and celebrates nutritious food,” explains Recipe for Success Founder, Gracie Cavnar. “Kitchens are the hearts of our homes and stories shared around the dinner table are the threads that weave together generations into the fabric of families. Not only are meals prepared at home likely to be healthier, they provide many other proven benefits to our children’s development.”

There are a range of tickets and support opportunities available to support this event. The funds raised will directly benefit the foundation’s community outreach and education programs. Major underwriters and *Chef’s Table* donors will enjoy an advance look at the showcase kitchens and an exclusive dinner in one of the homes featuring the culinary mastery of Houston's most celebrated chefs. Tours for *First Taste* premium ticket holders and the media will be on May 1 and general admission tickets for tour on May 2 and 3.

To become a sponsor, purchase tickets, request a nomination form or for more info about the Open Kitchens Tour, email lauren@recipe4success.org or call Marisol at 713.520.0443.

###

About Recipe for Success Foundation

Since 2005, Recipe for Success Foundation has worked to combat childhood obesity by changing the way our children understand, appreciate and eat their food, and by educating and mobilizing the community to provide healthier diets for children. The Foundation strives to create a culture where nutritious food is shared, appreciated, and celebrated. Its signature, hands-on food curriculum has empowered more than 30,000 children with the knowledge and skills they need to lead healthier lives. Its efforts to make healthy food appealing and available to everyone include Houston’s Hope Farms and award-winning national

programs like Seed-to-Plate Nutrition Education™, *farmers markIDS*, *Eat It! Food Adventures* children's cookbooks and the VegOut! 30-Day Challenge. More at recipe4success.org.

