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Changing the way our children eat

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RECIPE FOR SUCCESS FOUNDATION IS POETIC ABOUT EARTH DAY

Earth Day, National Gardening Month and National Poetry Month all fall in April and Recipe for Success Foundation knows just how to honor all three at once: a Garden Haikus for Earth Day contest.

On April 7, 2012, Recipe for Success Foundation (RFS) will launch its first annual **Garden Haikus for Earth Day** contest at the Discovery Green Earth Day Festival to be held in the park from 10:00 am to 4:00 pm. The contest is open to the general public—entries can be submitted at the Festival, or until Monday, April 30th online at <http://www.recipe4success.org>. But it will get extra effort from school children that participate in the RFS Seed-to-Plate Nutrition Education™ programs.

“We will use this unique opportunity to further inspire a culture of health campus-wide in the schools where we work,” explains Justin Myers, RFS Recipe Gardens Coordinator. *“Throughout April our students will enjoy special Earth Day festivities in their gardens as well as work to create haikus for the contest, which will carry over into their regular classrooms. The contest is a wonderful way to get everyone thinking about Earth Day, and how we grow healthy food in our gardens.”*

The **Garden Haikus for Earth Day** contest is divided into three categories: **Seeds** (elementary school students), **Sprouts** (middle and high school students) and **Blooms** (college students and post academic entrants). Grand prizes include garden goodies and free cooking classes at RecipeHouse. All qualifying entries must be in proper haiku format: line 1 – five syllables; line 2- seven syllables; line 3- five syllables and reflect a theme of growing healthy food or the general RFS commitment to “making healthy food fun.”

The finalists and winners will be announced on May 15th. All participating elementary students will receive a certificate. The top three winners from each category will receive an RFS Spring Victory Canned Garden kit complete with seeds, directions and recipes for a bountiful garden at home, and their haikus will be featured on www.recipe4success.org. Besides spouting poetry all month, students in RFS Seed-to-Plate Nutrition Education™ classes will construct Earth Day arts and crafts projects for their gardens. RFS instructors always emphasize garden awareness and interaction, but especially in honor of Earth Day and National Gardening Month, classes will record, document or display what they created for the month, and participants will receive a collection of seeds to start their own gardens at home.



The gardening classes are integral to the RFS-designed Seed-to-Plate Nutrition Education™ (S2P) program, that teaches elementary-aged students how to grow, care for, harvest and cook the vegetables that will eventually end up on their plates. Connecting children to their food from the ground up is an inherent part of the RFS mission to change the way children understand, appreciate and eat their food.

About Recipe for Success Foundation

Recipe for Success Foundation's *Seed-to-Plate Nutrition Education™* has taught over 16,000 Houston elementary children how to grow, harvest, and cook their own healthy food. A growing list of 80 high-profile Houston chefs volunteer their time to help. The only initiative in the country of it's scope, the RFS *Seed-to-Plate Nutrition Education™* program introduces children to the entire cycle of food along with taste and flavor combinations, techniques, and skills that will serve them for a lifetime, and empowers them to prepare healthy meals and snacks for themselves.

After just five years the Foundation's efforts are reaping big rewards. Parents report that their kids are now cooking at home, turning away from foods they have learned are unhealthy, and they display a solid awareness of what healthy eating is all about. Children are surprising themselves by trying, and even liking, vegetables that they would never touch before. And teachers are reporting improved behavior and attention spans in class.

Planned Expansion for Recipe for Success in 2012

In 2012 The Foundation is poised to answer demands from over 200 schools and districts across the country waiting to implement its signature programming. The national deployment of RFS Seed-to-Plate Nutrition Education™ is now in the final pilot stage. With S2P Pilot Phase II, RFS is conducting an e-learning S2P Instructor Training and Certification program for teachers at five appointed S2P Affiliate locations. Applications for S2P Affiliate Licenses and Instructor Training will be available nationwide later in 2012. *Eat It! Food Adventures™*, a kid's cookbook/adventure story is scheduled for spring 2012 release and television show of the same name is in pre-production with Houston PBS in preparation for national syndication.

The Recipe for Success team is putting the finishing touches on Hope Farms™, an urban agriculture project. Hope Farms will support on-site markets and a rolling green market to deliver affordable produce for neighborhoods marooned in "food deserts," job opportunities for urban youth and market growing business incubation opportunities.##

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