

## FOR IMMEDIATE RELEASE

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### Eat This! Summer Camp Debuts at RecipeHouse

**Registration is now open for Eat This! Summer Camp™ at RecipeHouse in June. The five-day sessions, complete with hands-on cooking and gardening classes that make healthy food fun, are designed for children, age 8 to 11.**

*Dateline February 27, 2013, Houston, Texas.* Summer camp gets a healthy makeover from Recipe for Success Foundation (RFS.) *Eat This! Summer Camp™* prepares students to be savvy consumers and to resist the manipulative marketing tactics of retailers and junk food makers—a lesson for life. The children learn how food is developed, marketed and distributed to the American consumer and then put the lesson to work by transforming the bounty of the RecipeHouse summer garden into a healthy product. In the process, they tend the garden, research and create recipes based on the veggies they are growing, and then design and package their new products to take home. In past years, campers have developed very creative products including Rainbow Ribbon Pasta, Sensationally Slow Sun Dried Tomatoes, Super Sage Surprise Infused Olive Oil and Chocozini Muffins.

With the Museum District RecipeHouse kitchen and gardens as their “campsite” and cooking, gardening and eating as the day’s activities, this will be a popular June option for families who live or work in Houston’s inner-loop. *Eat This! Summer Camp™* curriculum was developed as part of the RFS award-winning Seed-to-Plate Nutrition Education™ and has previously only been available to students at participating elementary schools and community centers.

The five-day sessions at RecipeHouse, run Monday through Friday from 9:00 am-3:00 pm, beginning June 4-8. The last session is Jun 25- 29. The \$350 session fee includes daily lunch and snacks, an RFS apron, field trip, all supplies and materials along with a journal folder to keep recipes, projects and lessons. To assist working parents, RFS also offers early camp care from 8:00 am-9:00 am (\$85 per 5-day session), late camp care 3:00 pm-5:00 pm (\$175 per 5-day session) or a combined early and late camp care (\$250 per 5-day session.) Space is limited to twelve campers per week. To reserve, call 713-520-0443.

RecipeHouse offers a variety of programming for adults and children throughout the year. Hands-on adult classes held on Tuesday evenings follow themes like Farm-to-Table, Celebrate, Date Night and Homemade (\$50.) The first Monday of every month is Chef Surprise—a seated three-course dinner with wine showcasing the culinary mastery of a celebrity chef (\$125 per

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person.) On March 14, RecipeHouse invites young chefs ages 8-11 to embark on a special spring break culinary adventure from 10 am-1:00 pm (\$60 includes lunch, all class supplies and materials, an RFS apron and recipes.) A full schedule of classes and opportunities is posted on the Foundation website at <http://recipe4success.org/get-involved/recipe-house.html> and can be reserved online.

### **About Recipe for Success Foundation**

Established in 2005 to combat childhood obesity by transforming the way children eat, Recipe for Success Foundation has created measurable change for more than 20,000 Houston elementary students with its *Seed-to-Plate Nutrition Education*™ program. Making healthy eating fun by teaching children how to grow, harvest and cook nutritious foods, RFS empowers them to make a lifetime of healthy eating decisions. RFS has attracted national attention and answered the call to expand its reach beyond Houston roots with its Affiliate Partner Program, which offers *Seed-to-Plate Nutrition Education*™ to schools across the country.

RFS also strives to help Houstonians provide healthier diets for their children with food justice initiatives such as The Rolling Green Market and Hope Farms, as well as VegOut!, the citywide challenge to eat more veggies. In 2012, RFS entered the multimedia realm with a children's cookbook, *Eat it! Food Adventures with Marco Polo*, which has inspired the plot for a children's TV show in development with PBS. Recipe for Success Foundation's efforts make healthy eating fun and normalized in our culture. More information at [recipe4success.org](http://recipe4success.org).##

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