

**FOR IMMEDIATE RELEASE**

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Changing the way our children eat

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## **Recipe for Success Foundation makes its award-winning Seed-to-Plate Nutrition Education™ program available to schools nationwide.**

**Dateline August 1, 2012. Houston, Texas.** With 17% of the children in the United States labeled as obese and millions more seriously overweight, it's time to get past the handwringing and act. Research points to the need for early instruction to modify behavior, but many concerned parents, teachers and schools don't know where to start. It takes money and time to build a truly effective nutrition education program. Now, rather than re-invent the wheel, schools can easily and inexpensively implement an innovative, proven-effective, award winning curriculum created by **Recipe for Success Foundation: Seed-to-Plate Nutrition Education™**.

"We are extremely pleased to be able to answer the call for help from hundreds of schools and districts across the country with an affordable way to replicate our success in changing children's eating behavior," says Gracie Cavnar, the founder and CEO of non-profit Recipe for Success Foundation. "As of September 1, we are taking applications from any interested school or community center willing to support and implement our program with integrity."

After six years and millions of dollars spent on researching, creating, measuring and perfecting its classroom program, Recipe for Success Foundation (RFS) is sharing its secrets to changing the way children eat. The Seed-to-Plate Nutrition Education™ (S2P)—an extensive, hands-on curriculum for pre-K through fifth grade students that connects the produce in their gardens to the food on their plates—has produced remarkable, sustained behavior changes.

RFS developed, deployed and tested its program in Houston, Texas where over 16,000 students have already participated. After taking part in the First Lady's Let's Move! Initiative and receiving repeated requests for help from coast to coast, RFS went to work translating their successful practices into a tool kit that any school can use to achieve the same phenomenal results.

Schools and community groups can now sign up to become Recipe for Success Affiliate Partners and send two or more employees or volunteers through the S2P Instructor training program to become certified and teach the Seed-to-Plate Nutrition

Education™ classes. All certified instructors of licensed affiliates enjoy direct support from the Recipe for Success Home Team with extensive curriculum, support materials and suggested lesson plans, access to garden and culinary experts, and a forum to share best practices with fellow S2P Instructors.

Schools on the RFS waiting list were given an early option to apply and programs are already scheduled to launch in several locations across the country including San Antonio and Austin, Texas and Washington, DC. Ms. Cavnar will travel to Missoula, Montana to launch a new affiliate partnership with a local elementary school there on September 28.

Introductory participation rates are very appealing: The \$500 annual Recipe for Success Foundation Affiliate Partner fee and a \$250 per person one-time fee for a minimum of two individuals to train and certify as an S2P Instructors, brings the first year total to just \$1,000 per location. Information and applications forms may be found online at [www.recipe4success.org](http://www.recipe4success.org) or by calling 713-520-0443.