

**\*\*PRESS RELEASE\*\***

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## RECIPE FOR SUCCESS FOUNDATION HOSTS NINTH ANNUAL "MY FAVORITE HOLIDAY FOOD" STORY WRITING CONTEST



**HOUSTON, Texas. September 30, 2014.** For the ninth year, Recipe for Success Foundation is encouraging fourth graders throughout Houston to put pen to paper for their annual essay contest. The "My Favorite Holiday Food" Story Writing Contest encourages students to write thoughtfully and descriptively about their favorite holiday foods and traditions. Besides focusing students on the importance of family meals, the exercise provides teachers with a powerful tool to support their core objectives in language arts.

Teachers are encouraged to select one winning essay from their student submissions to enter into the citywide contest. One essay per school will be accepted by the Foundation. Submissions are due October 16. The contest is open to all Houston elementary schools, although advance registration is required. Schools implementing the Foundation's Seed-to-Plate Nutrition Education™ are already registered.

"We created the contest," said Gracie Cavnar, Recipe for Success Foundation Founder and CEO, "to help focus our 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 state tests in January. This is one of the tools we use to weave our healthy food messaging throughout the curriculum of our participating schools."

The exercise also provides students the opportunity to explore the many facets of food and recipes, including cultural history, family traditions, step-by-step procedures, measurements and more.

The grand-prize winner will be recognized during Recipe for Success Foundation's Blue Plate Special Luncheon at the River Oaks Country Club on November 5; their essay will be posted at [recipe4success.org](http://recipe4success.org); and they will have the chance to be "Chef for a Day" with one of Houston's celebrity chefs at their restaurant.

Last year's winner, Ivan Marquez of Matthys Elementary (Pasadena ISD), divulged a humorous tale about the mishap that resulted in his favorite Thanksgiving meal: tamale-stuffed turkey. "The smell is just irresistible! If you take only a sniff, it can put you in a food trance," wrote Ivan of his mother's dish. "It will make your taste buds not water, but FLOOD!"

For details and contest materials, contact Susie Mullen: [susie@recipe4success.org](mailto:susie@recipe4success.org) or 713.520.0443.

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**For info and to coordinate interviews or photos, contact Jenna White: 713.520.0443 or [jenna@recipe4success.org](mailto:jenna@recipe4success.org).**

### 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. Its programs have empowered more than 30,000 youth with the knowledge and skills to make a lifetime of healthy eating decisions. Through efforts—including the nationally offered Seed-to-Plate Nutrition Education™, Farmers MarKIDS™ curriculum, Eat It! Food Adventures children's cookbooks, the VegOut! 30 Ways in 30 Days Challenge and Hope Farms™, the Foundation aims to make healthy food appealing and available to everyone. It works to establish healthy eating as the norm and to create a culture in which nutritious food is shared, appreciated, and celebrated. Learn more at [recipe4success.org](http://recipe4success.org).