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Contact: Elaine Andino

713-520-0443

Elaine@recipe4success.org



Accomplished Fourth Grade Storyteller and Writer to Be “Chef for a Day”

Recipe for Success Foundation rewards the winner of their annual essay contest



Story Writing
Contest

March 10, 2017. HOUSTON, Texas. Recipe for Success Foundation is thrilled to reward the 2016 winner of its annual essay contest, with a “Chef for a Day” experience with one of a Houston’s celebrity chefs.

The Foundation’s annual “My Favorite Holiday Food Story Writing Contest” encourages students to write thoughtfully and descriptively about their favorite holiday foods and family traditions. Besides focusing students on the importance of shared meals, the exercise provides teachers with a powerful tool to support core objectives in language arts. Each fall, fourth grade students compete within their classrooms and school winners are chosen, then former Houston Poet Laureate, Gwendolyn Zepeda selects a Grand Prize winner from dozens of campus champions.

The 2016 Grand Prize winner, ten-year old Sarah Kiyama from MacGregor Elementary will be “Chef for a Day” on March 18 with Chef Jelle Vandenbroucke in his kitchen at the JW Marriott Downtown. Sarah will work alongside Vandenbroucke, to prepare a lunch for her family and friends, then the recipe from her winning essay will be posted by the Foundation on recipe4success.org.

Kiyama’s endearing story about her grandmother’s Shrimp Noodle Soup won the prize with descriptors such as, *This glorious dish is one of the best foods that exist. One look at it, and you can see the veggies and shrimp bobbing up and in down in the bowl. Just one sniff and you’ll be enchanted by the spicy smell. And, ... oooh, it tastes like sunshine on a cold winter day.* Zepeda, remarked that Kiyama’s essay “Did the best job of drawing in the reader at the beginning and making them want to know how the recipe described was made.”

This is Recipe for Success Foundation’s eleventh year to encourage fourth graders throughout Houston to put pen to paper for the annual essay contest. “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 necessary writing skills. 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.

Each year the Foundation widely circulates the opportunity and teaching tools to support it throughout Houston-area school districts. The contest is open to all area elementary schools, although advance registration is required. Schools implementing the Foundation’s Seed-to-Plate Nutrition Education™ are automatically registered.

For details and contest materials for 2017, contact Andi Nelson: andi@recipe4success.org or 713.520.0443. Campus winners are due to The Foundation each year in early November.

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For filming and interview opportunities, further info or hi-res photos, contact Elaine Andino: 713.520.0443 or elaine@recipe4success.org

About Recipe For Success Foundation

In its second decade, Recipe for Success Foundation is a non-profit 501C3 that focuses on combating 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, with programs that have empowered more than 35,000 children in Houston and beyond with the knowledge and skills they need to lead healthier lives. The Foundation works to create a culture where nutritious food is shared, appreciated, and celebrated. Through its award-winning efforts like the nationally offered Seed-to-Plate Nutrition Education™ in schools, *Eat It! Food Adventures* children's cookbooks, farmers marKIDS DAYS and the VegOut! 30-Day Challenge, and the Hope Farms urban agriculture project in Houston, the Foundation works to make healthy food appealing and available to everyone. For more information call 713-520-0443 or see www.recipe4success.org