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Houston Celebrates National Food Day

WHAT: Food Day is a grassroots campaign modeled after Earth Day and organized by the Center for Science in the Public Interest, and was created to promote a healthy, sustainable and just food system. The national campaign aims to change the way Americans eat and think about food, and takes place in hundreds of cities nation-wide. Houston will be participating in the day by hosting events on **October 18** and **October 24**, hosted by **The City of Houston, Recipe For Success Foundation, Urban Harvest and Can Do Houston.**

In its second year, the event strives to spark millions of conversations about what it means to “eat real” that will ultimately lead to individual and systematic change. For more information on Food Day activities in Houston and the local events organizers, visit <http://foodday.org/>.

WHERE & WHEN:

October 24, 11 a.m. to 1:30 pm ~ Urban Harvest City Hall Farmer’s Market, 901 Bagby

Urban Harvest City Hall Farmer’s Market will celebrate Food Day on Wednesday, October 24 at **City Hall, 901 Bagby around the Reflection Pool**. The event organizers will be joined by dozens of community organizations involved in healthy, sustainable and affordable food to provide information.

11 am - noon Recipe For Success Foundation will host a **Throwdown! featuring five celebrity chefs** cooking with a secret ingredient purchased at the October 20 Urban Harvest Eastside Farmers Market: Kevin Naderi of Roost, Justin Yu of Oxheart, Erin Smith of Plonk, German Mosquera of Roots Bistro and Kiran Verma of Kiran's. Samples of the dish will be passed out to the audience and a winner crowned for his or her Food Day creation.

Downtown dwellers and employees are encouraged to walk. Garage Parking at 400 Rusk or metered street parking

October 18, 4:30 to 7:30 pm ~ John H. Reagan High School, 413 East 13th Street (77008)

John H. Reagan High School is home to one of Urban Harvest’s affiliate school gardens. Park on Arlington or in the downstairs garage.

4:30-5:30 pm ~ Garden Tours – Ongoing tours of UHI Affiliate school garden by students of Reagan Eco Club

5-6:15 pm ~ Movie Screening – “What’s on Your Plate?” Presented by the UHI School & Youth Department

6:30 -7:30 pm ~ Panel Discussion “School Lunch Updates” – Community leaders will discuss how school lunches can be changed for the better, moderated by Beverly Gor of Can Do Houston. Panelists are Brian Giles, HISD/Aramark Food Service; Christine Sullivan, Revolution Foods; Juliet Stipech, HISD School Board; Bettina Siegel, The Lunch Tray blog; and Gracie Cavnar, Recipe For Success Foundation.-30-