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From Hundreds of Nominations, Harlequin Selects Gracie Cavnar

As One of Five Outstanding Community Leaders

Dateline Houston. February 15, 2010. Gracie Cavnar, Founder of Recipe for Success Foundation, has been chosen for a special award from Harlequin Books and with it garnered a \$10,000 donation toward her charity. According to the publisher's spokesperson, Harlequin More Than Words is now in its seventh year of celebrating real-life women with heroic stories. "They are women who see a need and act, hear a call for help and answer. They devote their time and energy to those who most need it, and draw renewed energy from every person they help. At Harlequin we applaud their dedication and wish to reward their commitment and compassion."

Each year Harlequin Books selects five women to receive the More Than Words award from hundreds of nominations solicited from readers and the general public. Each recipient receives \$10,000 to advance the work of her charity, and five of Harlequin's bestselling authors donate their time and talent to write a novella inspired by the life and work of the recipients. The novellas are published in an anthology, with proceeds used to advance Harlequin's philanthropic work.

Cavnar, who quips, "Now I can officially be a drama queen," is delighted for the attention the Harlequin award will bring to her passion—the unique program to combat childhood obesity that she designed and launched in Houston as a national model. The speed at which she was able to put her grassroots efforts in place is what leaves observers amazed.

Recipe for Success Foundation (RFS), now in its fourth year in Houston elementary schools with a waiting list of over 100 schools and districts, is poised to launch nationally. Following Gracie's mantra that "good food is fun," RFS staff and volunteers teach their *Seed-to-Plate Nutrition Education™* to more than 3,000 elementary-age children each month using innovative, custom-designed programming like *Chefs in Schools™*, *Recipe Gardens™*, *Eat This! and Kids Dig It!™* after school programs and *Eat This! Summer Camp™*. The largest sustained outreach of its kind in the nation, more than fifty-eight of Houston's finest professional chefs regularly volunteer to teach children to cook.

Cavnar serves as the \$1-a-year CEO of RFS, and is usually found with her sleeves rolled up in the classroom or speaking to groups about her work. She recently wrote a cookbook/adventure story for kids to be released in 2010. ***Eat it! food adventures*** tells of a pint-sized explorer on Marco Polo's voyage who discovers wondrous foods in his travels that are much like his favorite pasta and pizza back home. 100% of book sales will go to RFS. With wind in her sails from the First Lady's recently announced focus on obesity, Cavnar has other big things on tap for the future of RFS including an urban organic farm and a nationally televised cooking show for kids. Those who know her never question whether these visions will come to pass. As former Houston Mayor Bill White observes, "Gracie Cavnar gets things done." For more information, contact info@recipe4success.org. ###END###

Quality digital images and video available

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