



REAL FOOD *for* KIDS



May 2014

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You Are What You Drink!

Whitman MS Students Get a Taste of Healthy Street Art

On Wednesday, April 23, 17 students from Fairfax County's Walt Whitman Middle School in Alexandria (Cluster 4) participated in "Taking Back the Streets," a live street art event at the Longview Gallery in Washington D.C. The event was hosted by the [WAT-AAH Foundation](#), the philanthropic arm of [WAT-AAH](#), the first functional water for kids and teens.



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Whitman students and staff at Longview Gallery in D.C.

The foundation works with and through organizations dedicated to keeping kids healthy, creative and active. Fairfax County's parent advocacy group, [Real Food For Kids](#) and [Fit Kids](#) partnered with the foundation to bring Whitman students to the gallery to learn from and work with street artist Tony Concep who discussed how his pieces for WAT-AAH are designed to influence healthy habits. The students were able to then observe Concep as he completed a large canvas that will be presented to First Lady Michelle Obama. The WAT-AAH Foundation is a partner with the First Lady's Let's Move initiative.

The event was the second for the foundation. The first in New York featured 14 street artists. Concep was one of 10 that participated in D.C. The mission of the initiative is to make water cool to kids and teens and support the [Partnership for a Healthier America's](#) (PHA) Drink Up initiative, which encourages everyone to drink more water more often.

Whitman students were joined by their Principal Jean Bell, After School Coordinator Sandra Perry, Art Instructor Ellen Rosenthal and IB Coordinator Ibe Crawley. As the event wound up, the students were asking what they could do moving forward and were invited by WAH-TAA founder Rose Cameron to design one of the unique water bottle labels that were part of the gallery's show - most of which had been created by street artists. The students were brainstorming ideas as they departed.



RFFK's JoAnne Hammermaster with street artist Tony Concep



One of the "Drink Up" street art canvases created for WAH-TAA

Smart Snacks in Schools

The Countdown in On!

On July 1, the USDA's Smart Snacks in Schools standards will go into effect. These standards apply to all foods and beverages sold to students during the school day in school vending machines, stores, snack carts and a la carte lines, as well as through fundraising.

[The Alliance for a Healthier Generation](#) is counting down to July 1st with its "[12 Weeks to Swap Your Snack](#)" online campaign. They are sharing weekly bursts of tips, pins, resources and stories from school faculty and staff, volunteers, and parents who have already made Smart Snack changes at school and at home.



Visit the Alliance's [website](#) for the weekly campaign, which includes lots of great tips and resources for parents. Look for:

- Tips about how you can make snack changes at home, the pool, and camp this summer
- Creative fundraising ideas-that don't include snack foods-your PTA can suggest next school year
- [Smart Snacks Product Calculator](#). See if your foods at home are meeting the new USDA Snacks in Schools Guidelines.

Spread the word! Follow the Alliance for a Healthier Generation on [Twitter](#) and [Facebook](#) and repost and retweet about Smart Snacks in Schools.

RFFK is available to individuals and PTAs needing guidance in navigating these new standards when school starts in the fall. Please email us at contact@realfoodforkids.com if we can help you.

Thanks in advance for sharing the importance of swapping your snack by July 1!

*Laura Hatch, MPH
Alliance for a Healthier Generation*

Want to Start a School Garden?

There's an App for That

In March, RFFK participated with Team Start a Garden at the Partnership for Healthier America's Innovation Challenge. Fresh off their win there, Team Start a Garden is moving full speed ahead developing a Beta product app to help teachers establish a school garden.

To learn a little more about the challenges of starting a garden and the ways in which an online platform could make their garden project more successful, they have launched a survey for teachers who both [have](#), and [have not](#), started a garden. The team would greatly appreciate your sharing these link with teachers and administrators and sharing the links on Twitter and Facebook with these sample tweets/posts.

- Are you a teacher w/ a classroom garden? Pls take a short survey <http://svy.mk/1ne9QE1> Thanks! [#edtech](#) [#gardening](#) [#gardenchat](#)
Please RT
- Want to start a classroom #garden? Pls take this survey <http://svy.mk/1kEMvhN> & help out the team behind [@StartAGardenOrg](#)
- [@StartAGardenOrg](#) will help you plant in your classroom- teachers, pls fill out this short survey <http://svy.mk/1kEMvhN> [#garden](#) [#edtech](#)

Your support and interest in the Start a Garden platform is greatly appreciated. We look forward to sharing more updates with you in the coming months.



[Click here for information about this important conference](#)

Chantilly Culinary Students Score in Major State Competition

Chantilly Culinary Academy student Aubree Hunter won the 2014 Skills USA State Championship in Culinary Arts. Aubree was a member of the Chantilly team that won RFFK's Feeding Academic Success Culinary Competition in March. [SkillsUSA](#) is a partnership of students, teachers and industry working together to ensure America has a skilled workforce.



The culinary competition encompassed both hot and cold food preparation and presentation. Contestants had to demonstrate their knowledge and skills through the production of a four-course menu in a full-day competition. High School competitors worked from a single menu of a vegetable spring roll with sweet chili sauce, rice pilaf, broccolini, and a sautéed chicken breast with herbed jus lie.

Aubree competed against 14 other district champions and will represent Virginia in the 50th Skills USA National Championships in Kansas City, MO June 22-June 28. All of the Chantilly students competing ranked in the top 10 for the state. Gabe Concordia won the Silver Medal for Restaurant Service. Real Food For Kids is proud to congratulate Aubree and the members of the Chantilly team on this incredible achievement.

Food Revolution Day May 16

A Global Day of Change

[Food Revolution Day](#), a campaign by the Jamie Oliver Food Foundation in the UK and US, is a global day of action to keep cooking skills alive. Cooking good food

from scratch and raising awareness of how it impacts our health and happiness is critical to the health of our children and families. It starts with getting kids food smart, making cooking fun and inspiring a love of food that will last a lifetime

Check out the seriously delicious, kid-developed, [Rainbow Salad Wrap](#) recipe. Access free [resources and activities](#) and check out the Food Revolution Day [blog](#) for more ideas and news of what happening across the country. You could even win a cooking lesson and VIP restaurant experience with Jamie Oliver!

**FOOD
REVOLUTION
★ DAY ★
COOK IT. SHARE IT. LIVE IT.**

Learning about food and how to cook from scratch is one of the most valuable skills a child can ever learn. Start a Revolution in your own home this Friday!

"Design Your Own Restaurant" Summer Camp

[Empowered Wellness](#) currently offers "Farms over Factories" assemblies for elementary schools, a "Cooking for Superhumans!" after school enrichment program, and custom PTA workshops for parents. The immediate and sustaining impact these programs led company founder Ryan Lonnett to develop ["Design Your Own Restaurant,"](#) a summer curriculum to further develop healthy choice education while kids engage in fun, hands-on projects and activities like designing menus and meals.



Through joint partnerships with George Mason University and The University of Maryland, Empowered Wellness will offer the one-of-a-kind summer camp

offering kids an opportunity to learn to be a chef and design their own "farm to table" international eatery within a real restaurant!

RFFK on Reston TV

RFFK Executive Director JoAnne Hammermaster and member Heather Metz were invited to appear on Delegate Ken Plum's monthly television program, Virginia Report, broadcast May 6 on Reston Community Television.

The program may be viewed [online](#). Plum stated that Real Food For Kids "is exceptionally important to the Reston community" and appreciated Hammermaster's and Metz's appearance to talk more about the focus of the work being done in Fairfax County to improve school food.

As the local face of the national wellness movement, Real Food for Kids is committed to working in collaborative ways to increase the quantities of healthy foods in Fairfax County Public Schools and supporting programs that educate our students and their families on making healthier lifestyle choices.

www.realfoodforkids.org

