DINE & BE INSPIRED

CULINARY INSPIRATION
FOR ANY TIME OF YEAR

YOUR GUIDE TO HEALTHY EATING AND HEALTHY SCHOOL FOOD

2014

HEALTHY SCHOOL FOOD

HEALTHYSCHOOLFOOD.ORG
RAFFLE TICKETS
Purchase tickets at registration desk or raffle ticket table
1 for $5, 6 for $20
20 for $50; 50 for $100

SILENT AUCTION
Support our programs by bidding generously!

OWN A PETER MAX ORIGINAL & SUPPORT CHSF
At the Silent Auction, Peter Max has donated 4 originals valued at $1200 each.

BUY AN ELECTRIC GUITAR DONATED BY OUR BAND LEADER, BOB MILES, AND autographed by Johnny Winter, Tommy Emmanuel, David Bromberg, and Jonathan Butler

EVENING PROGRAM
HOSTS
Victoria Moran
Robert Ostfeld, MD

HOST COMMITTEE
James Costa
Victoria Moran
Ann Parkin and Jody Rasch
Drew Ramsey, MD
Brian Wendel

EVENING PROGRAM
6:30 – 7:00 PM
Silent Auction, Raffle
Music Begins
Bob Miles and Miles of Music
Bob Miles - Guitar, Rich Housel - Saxophone,
Jack Rudy - Piano, Kevin Richardson - Saxophone
and Flute, Mitch Phillippe - Drums

7:00 PM Food Service Begins

7:30 – 8:00 PM
Presentations
Welcome - Joy Pierson and Lisa Suriano, Board Co-Chairs
Hosts - Victoria Moran and Robert Ostfeld, MD
Award Presentations - Joy Pierson and Lisa Suriano,
Board Co-Chairs and Amie Hamlin, Executive Director
Business: Henry’s, Owner
Media: Lunch Hour Movie - James Costa, Director
School: Ithaca City School District - Denise Agati,
Child Nutrition Program, Food Service Director
Sponsor: Whole Foods Market - Rick Marquardt,
Marketing Team Leader, Chelsea; and Danielle
Sandars, Cultural Programs Marketing Leader
Volunteer: Jennie Steinhagen
Special Video Greeting from Jane Goodall, Ph.D.
*food & beverage stations closed during presentations.

9:00 PM Closing Remarks and Silent Auction and Raffle Closes

9:15 PM Silent Auction and Raffle Winners Posted
(check in at appropriate tables to see if you won!)

9:30 PM End of Event

Cover photo by Marj Kleinman
ABOUT OUR EVENING

This annual event marks the beginning of our year-long celebration of healthy school food. We bring local restaurants and beverage suppliers together to celebrate plant-based culinary specialties. Together with our raffle and silent auctions your support helps us to continue our efforts in the schools year-round. With supporters like you, we have been able to implement programs that are helping make a difference not only in schools, but also in the home lives of the children we educate. We have only just begun our educational and food-changing journey, and we know there is so much more to be done to educate the whole school community: students, parents, teachers, administrators, and school food service personnel. We thank you for your support at tonight’s event and your support throughout the year! You are helping to make huge changes in the lives of children!

PLEASE MAKE SURE TO CHECK OUT THE REST OF THIS GUIDE AND SAVE IT AS A GREAT RESOURCE FOR HEALTHY EATING!

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Christine Wallace, Consultant: Good Food, Fun Food, a School Food Service consulting company, specializing in $.06 Certification process, menu improvement and Smarter Lunchroom Initiatives; former Food Service Director
Thank you to the chefs who make learning delicious!

BEVERAGES &

Thank you to the restaurants, caterers, and beverage suppliers for generously donating, and to the very talented chefs who make healthy cuisine a true pleasure for the palate. Most have been supporting us for years – we encourage you to frequent these businesses. Please note that all food and beverages are 100% plant-based (vegan).

AYALA’S HERBAL WATER
www.herbalwater.com  610-668-4000

D’VIDA HEALTH BAR
www.dvidahealth.com 917-930-4096

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www.qdrinks.com  718-288-6819

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MOUNTAIN VALLEY SPRING WATER
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WOLAVER’S ORGANIC BREWING/ UNION BEER DISTRIBUTORS
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RESTAURANTS

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800-854-2449 x123
Falafel Cucumber Skewers with Lemon Tahini and Green Goddess Dressing

ANGELICA KITCHEN
www.angelicakitchen.com  212-228-2909
Chickpea Hummus, Walnut Lentil Pate, Mixed Vegetable Crudités

BABY CAKES NYC
www.babycakesnyc.com  855-462-2292
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www.candlecafe.com  212-537-7179
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Organic Vegan Chocolate Confections

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Ice Cream Flavors — Key Lime (coconut milk), New Orleans Salted Praline (soy milk), Mango (coconut milk), Madagascar Vanilla (coconut milk & no added sugar), Mint Almond Cookie (almond milk), Del Lago Chocolate (coconut milk)

DUN-WELL DOUGHNUTS
www.dunwelldoughnuts.com 347-294-0871
A Variety of Gourmet Dun-Well Doughnuts

FRANCHIA
www.franchia.com  212-213-1001
Vermicelli Spring Rolls with Mango Citron Sauce: sweet potato noodles, vegetables, and mushrooms in a crispy roll; California Sushi Rolls: avocado, cucumber, and vegan “crab meat”

FRUIT BLISS
www.fruitbliss.com  646.225.6565
Deglet Noor Dates, Turkish Figs, Turkish Apricots, and French Agen Plums

GUSTO ORGANICS
www.gustoorganics.com  212-242-5800
Kale Crostini, Seitan Skewers, Raw Samosas

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www.henrysnyc.com  212-866-0600
Shredded Kale Salad: Red Grapes, Toasted Almonds, Garlic w/Bushee Farm’s Vermont Maple Syrup Vinaigrette

JIVAMUKTI CAFE
www.jivamukticafe.com  212.353.0214 x207
Insteada Tempeh “Tuna” and Tofu Salad

KITCH ORGANICS
team@kitchorganic.com  732-995-1232
Roasted Fall Vegetables on Gluten-Free Crostini, Apple Pie Bites, Pumpkin Spiced Shortbread

NATIONAL KALE DAY
www.nationalkaleday.org; www.drewramseymd.com  212-518-6718
World Famous Kale Chips and Kale Pesto

RAMA SUSHI
www.ramasushi.com  917-386-3597
Organic Brown Rice Sushi Rolls

REGAL VEGAN
www.regalvegan.com  (732) FAUX-GRA
Faux Gras (carmelized onion and toasted walnut lentil pate), Basilicotta (cashew cheese spread) and Superfood Pesto (kale, parsley and basil spread) served with crackers and crudités

SORBABES
www.gourmetsorbet.com  646-243-9868
Pistachio with Sea Salted Caramel and Raspberry with Dark Chocolate Sorbets

SOUL KOFA
www.soulkofa.co  718-971-0147
Tofu Shish Kabob, Jollof Rice, and Carmelized Onion, Vegan Fish, Grilled Mushroom Bruschetta

TERRI
www.terrinyc.com  212-647-8810
“Bacon Chicken Cheddar” Ranch Sandwich, Chickpea “Tuna” Melt Sandwich, Mini Apple Cider Donuts

TREELINE CHEESE
www.treelinecheese.com  855-NO DAIRY
Selection of Vegan Cheeses

VEGGIECATION
www.veggiecation.com  201-773-4533
Pumpkin Hummus on Gluten-Free Brown Rice Cracker
Food UnEarthed: Uncovering the Truth About Food is a grade 3 – 5 curriculum with a detective theme that teaches critical thinking skills to “Uncover the Truth About Food.” In addition to teaching “big picture” nutrition, we teach label reading, media literacy, food politics, food and the environment, and other healthy habits. Each lesson plan includes a snack component; many are generously donated by our Culinary Partners.

Our teacher, Tashya Knight, teaches Food UnEarthed in five New York City schools, reaching about 500 students and their teachers every week throughout the year. Each lesson includes a handout newsletter that goes home to parents, with a recipe, so parents can learn, and parents and students can cook together at home. We’ve seen real change as a result of our efforts. One child lowered her high cholesterol and one family reported being deeply affected by the take home newsletter on diet and disease and adjusted their diet accordingly. These are just two of the many moving stories we’ve heard.
RECIPE

GOLDEN CHINESE CROQUETTES

Make delicious, healthy Chinese dumplings at home! Kids will have fun forming the croquettes by hand and watching the sauce thicken as the cornstarch or arrowroot is added. These go great with a big veggie stir fry! See picture on page 15.

Serves 4 – 6. Preheat oven to 375°.

Stir together:
3-4 Tablespoons organic soy sauce or tamari sauce (wheat-free and low-sodium can be used) OR 1 Tablespoon Bragg’s Liquid Aminos plus 3 Tablespoons water
1 teaspoon toasted sesame oil (optional; provides a deeper sesame flavor)
1 teaspoon Dijon mustard
1 Tablespoon fresh ginger, peeled & grated (use edge of a spoon to scrape off ginger skin easily)
1/4 cup tahini
3 scallions, white and green parts, minced
1/2 cup water chestnuts, diced
1/3 cup bell pepper, green or red, diced

Then add:
1 1/2 blocks firm organic tofu, pressed, liquid discarded, then mashed
1 cup brown rice, cooked

1. Shape into 12 uniform dumpling balls and place on a non-stick or parchment-lined baking sheet.

2. Bake for 45 minutes until golden and firm.

SIMPLE SWEET & SOUR SAUCE

Great color and flavor with minimal effort!

1 cup orange or pineapple juice
1 teaspoon fresh ginger, peeled & grated
1 Tablespoon organic soy sauce or tamari sauce OR 1 teaspoon Bragg’s Liquid Aminos plus 2 teaspoons water
1 Tablespoon apple cider vinegar or rice vinegar
1 Tablespoon organic brown sugar
1 Tablespoon + 1 teaspoon organic cornstarch or arrowroot, dissolved in 1 Tablespoon of cold water

1. In a small non-aluminum saucepan, combine the orange or pineapple juice, ginger, soy sauce, vinegar, and brown sugar and bring to a boil. Whisk in the dissolved cornstarch.

2. Reduce the heat and stir until the sauce thickens and becomes clear. Serve hot, drizzled over croquettes.
VISITING VEGAN CHEF PROGRAM

Our visiting vegan chef program at Food and Finance High School was a big hit earlier this year (2014), thanks to the vision of Principal Roger Turgeon and Teacher Chef Leslie Cook, as well as participating chefs Fran Costigan; Candle Cafe chef Jorge Pineda, Chef Angel Ramos, along with Joy Pierson and Benay Vynerib; chef Jenné Claiborne, and chef Benoit Bofia, owner of SoulKofa. We reached over 60 students. Students at Food and Finance HS choose to go there to pursue a culinary career and learn the business skills that go along with it. We taught students the reasons why people choose to eat this way, and why it’s important to offer plant-based options to their customers. A number of students were deeply affected and felt that what they learned would help to guide their own health decisions and career choices.
We are proud to support the New York Coalition for Healthy School Food

As a pioneering international law firm, we help our clients achieve their ambitions across the world’s developed and emerging markets.
JUNK FOOD MAY LIMIT CHILDREN’S INTELLIGENCE AND LEARNING ABILITY

There is a clear impact of nutrition on the potential development of Alzheimer’s disease and other late-life cognitive disorders. Green vegetables, berries, and other plant foods reduce risk, whereas animal products and processed foods increase risk. In addition, the damaging effects of unhealthy food on the brain occurs throughout life. Research suggests that the typical American childhood diet including burgers, pasta, pizza, chicken nuggets, French fries, processed sweetened cold cereals, sweets and soda negatively affects school performance and learning. Overall math performance in the U.S. lags far behind many other developed nations, and it is likely that the nutrient-poor American diet is a significant contributing factor.

We want the best for our children. We protect them with car seats, bike helmets, warm clothes in the winter, and we take an active interest in their schooling; we do everything we can to make sure that they will be healthy and well educated and achieve their potential as adults. However, most of us don’t realize the impact of food on our children’s academic performance.

EARLY CHILDHOOD:
We must give our children’s brains the right raw materials with which to learn – and start early. Breast milk provides a DHA-rich foundation for a healthy brain, and when solid foods are added, their nutritional quality is of paramount importance for the brain’s continued development. Several studies have now found that dietary patterns in early childhood affect IQ scores years later. In one study, greater consumption of fruits and vegetables upon introducing solid foods was associated with higher IQ and better memory skills when at 4 years of age. In another study, children who regularly ate cookies, chocolate, other sweets, soda, and chips during the first two years of life showed decreased IQ at age 8 compared to children who did not eat these foods. Nutrition during this formative period has a meaningful long-term effect, providing building blocks to construct the growing brain. The brain is highly susceptible to oxidative stress, so a healthful, plant-rich diet is especially beneficial.

TEENAGE YEARS:
Young children who are fed processed, nutrient-poor foods are likely to become unhealthy teenagers, and eventually unhealthy adults. Now 23% of teens in the U.S. are pre-diabetic or diabetic, 22% have high or borderline high LDL cholesterol levels, and 14% have hypertension or prehypertension. Children as young as eight years old are being prescribed cholesterol- and blood pressure-lowering medications which have dangerous side effects, and this is completely preventable.

A recent study tested cognitive abilities and performed brain MRIs on teens with and without metabolic syndrome, a combination of at least three diet-related metabolic abnormalities among a list including insulin resistance, high triglycerides and hypertension. The teens with metabolic syndrome had lower spelling and math scores, lower IQs, and reduced attention span. Their brain MRIs showed a smaller hippocampus, especially in those with insulin resistance – extremely important since the hippocampus is a part of the brain involved in learning new information. This means that our obesity-promoting, diabetic promoting diet actually can cause parts of the brain to shrink. The researchers concluded that a poor diet may impair teenagers’ academic performance, and maybe even their learning abilities throughout their lifetime. A processed and animal-product rich diet causes real damage to our kids, but we wouldn’t know it from following standard advice from the food industry and other sources. Feeding our children healthfully truly does make a difference in their future. A diet rich in greens, berries, other fruits and vegetables, beans, nuts and seeds is the only way to ensure that children get the array of phytochemicals, antioxidants, fatty acids and other micronutrients to adequately supply their growing and constantly learning brains. Junk food is not for kids!

Dr. Fuhrman serves on the Coalition for Healthy School Food Advisory Board. He is the #1 New York Times best-selling author of The Eat to Live Cookbook and Super Immunity and a board certified family physician specializing in lifestyle and nutritional medicine. Read more about feeding children healthfully in Dr. Fuhrman’s book Disease Proof Your Child. Visit his informative website at DrFuhrman.com and blog at DiseaseProof.com, and follow Dr. Fuhrman at Facebook.com/DrFuhrman and on Twitter @DrFuhrman. This article along with the references for it can be found at www.healthyschoolfood.org/nutrition101.htm
Not enough people realize the importance of Family and Consumer Sciences classes, and many schools don’t even offer them anymore, considering them to be a dispensable subject. Nothing could be further from the truth – cooking and understanding nutrition is a life skill, and ties into many other subjects including math, science, history, and reading, to name a few.

This curriculum was piloted on Long Island in 2011, with ten of Pat Fritz’s seventh grade FACS classes in East Islip working together with our friend and consultant, Jennifer Greene. The program was made possible because of a Whole Foods Market 5% Day on Long Island. Many thanks to Chris Ivers, the former Marketing Team Leader at the Jericho store, who helped make it possible for us.

A number of students didn’t know what an onion or garlic was, never mind how to cut a vegetable, before starting. Our smoothies, oatmeal, lentil soup, tostadas, sushi, non-dairy milk tastings, and teriyaki stir fries rocked their worlds, and they had a great time.

It didn’t stop in East Islip though. Soon we were invited to two regional conferences and the New York State Family and Consumer Sciences conference, so FACS teachers from all over New York State were made aware of our curriculum, which is available on our website for free at www.healthyschoolfood.org/family_and_consumer_sciences.htm. It’s perfect for FACS classes, but also works great for an after-school curriculum as well.
I want to tell you, Anastasios, made Lentil Soup. Last night, I think it came out great. His Father thought it was good too. Everybody enjoyed dinner last night! He did a good job.
RECIPE

PUMPKIN HUMMUS

TOOLS and EQUIPMENT:
Measuring Spoons
Blender or Food Processor

YIELD: 6 servings

INGREDIENTS
1 cup Pumpkin Puree, canned
½ tsp. Cinnamon
¼ tsp. Nutmeg
1 cup Garbanzo Beans (Chick Peas)
1/3 cup Water
2 tbsp. Tahini
2 tbsp. Agave Syrup or Coconut Nectar
1 tbsp. Olive Oil
Salt and pepper to taste.

DIRECTIONS
In a blender or food processor, add pumpkin, cinnamon, and nutmeg. Add chickpeas and water. Blend until smooth; add tahini, syrup, and oil. Season with salt and pepper to taste.

Tip: Great with pita chips/bread.

RECIPE

SWEET & SMOKY BEANS & GREENS

A sweet-and-savory sauce quickly coats the beans, making them incredibly appealing. Mesquite seasoning is available in most supermarkets in the spice section, where it’s shelved with grilling seasonings and rubs. It adds a deep smoky element to food when flavor needs to develop quickly. Liquid smoke is also found in the spice section, though I much prefer the mesquite. Recipe from Plant Power: Transform Your Kitchen, Plate, and Life with More Than 150 Fresh and Flavorful Vegan Recipes by Nava Atlas. ©2014, HarperOne. Photo by Hannah Kaminsky.

6 to 8 collard green or lacinato kale leaves
1 tablespoon olive oil plus 3 tablespoons water, or 1/4 cup broth or water
2 tablespoons balsamic vinegar
1 tablespoon natural reduced-sodium soy sauce or tamari
2 tablespoons maple syrup or agave nectar
2 tablespoons good-quality ketchup
Two 15- to 16-ounce cans beans, preferably 2 varieties, rinsed and drained (try chickpeas with red or pinto beans; navy beans with black beans; or any beans of contrasting size and/or color), or 3 1/2 to 4 cups home-cooked beans
1 teaspoon mesquite seasoning, smoked paprika, or liquid smoke, to taste
Freshly ground pepper or dried hot red pepper flakes, to taste

Cut the collard or lacinato leaves fairly neatly away from the stems with kitchen shears. Stack 4 or 5 similar-sized leaf halves atop one another. Roll up snugly from one of the narrow ends, then slice into very thin ribbons. Chop the slices in a few places to shorten the ribbons.

Heat the oil and water or just broth or water in a medium skillet or stir-fry pan. Add the greens and turn up the heat to medium-high. Cook, stirring frequently, until bright green and tender-crisp, about 3 to 4 minutes. If any water is left in the pan, drain it and remove the greens to a plate.

In the same skillet, combine the vinegar, soy sauce, and agave nectar. Stir together, then add the beans and stir to coat.

Season with mesquite (start with a few sprinkles and taste) or liquid smoke (start with 1/2 teaspoon). Add a bit of pepper or dried hot red pepper flakes. This is very much a season to taste kind of dish, so you can make it subtle or bold to your liking.

Continue cooking until the beans are hot and nicely glazed, about 3 to 5 minutes longer. Stir in the greens. Serve at once, or cover until needed.

Serves: 4 as a main dish, 6 or more as a side dish
Per serving, with home-cooked beans
Calories: 232 with oil; 203 without oil; Total fat: 3 g with oil / 0 g without oil; Protein: 10 g; Carbohydrates: 39 g; Fiber: 9 g; Sodium: 435 mg
VEGETARIAN SCHOOL – PS244 THE ACTIVE LEARNING ELEMENTARY SCHOOL (TALES)

It began with a school that wanted to make health and wellness a priority, and even named themselves to prove it. They brought us on board to help bring in more plant-based entrees at lunch. We had already implemented plant-based entrees three days a week as a result of our work together. Then, a simple question to the Office of SchoolFood – would you consider having a vegetarian school? And the answer was yes, if that’s what the school and families want. So we asked the school, and after checking in with families, it was a resounding YES! Thanks to the leadership of Principal Bob Groff and Wellness Director Christian Alberto Ledesma (who since moved out west!), Vice-Principal Tu Harris, Parent Coordinator Lalita Kovvuri and others, along with the support and leadership from the NYC DOE Office of SchoolFood, the school made the switch. It could have never happened without the support of the amazing cafeteria staff, including head cook Malini Mukunth, as well as their chain of command Waleska Caquias, Rowena Jeffrey, Josefina Magsino, Jorge Collazo, Tracy Cashin, and Stephen O’Brien.

After a press conference with then Chancellor Dennis Walcott, the school and CHSF received international attention – including from Taiwan (front page news), Italy, France, and more. The students also had a number of important visitors, and Catskill Animal Sanctuary brought the 3rd graders up for a visit the first year, and Woodstock Farm Sanctuary brought the students up for a visit the second year as a vegetarian school, where students learned that animals are not food, but living, feeling beings, and one student proclaimed “That’s where bacon comes from? I’m never eating it again!”

Each year we hold Family Dinner Nights, inviting the whole school community: students, parents, teachers, and administrators to a free dinner, hands on learning activities, and a cooking demo to celebrate our successes and learn more about healthy eating. This year, we are starting an after-school program that will include our Food UnEarthed Curriculum and Cooking Lessons, taught by one of this year’s honorees, Jennie Steinhagen!
ERICK SMITH

We are deeply saddened at the loss of a friend and Cool School Food partner. Erick was the owner of Cayuga Pure Organics, who grows beans for the Cool School Food program in Ithaca. He died after a long struggle with cancer. Our Farm to School program may be the first in the country to focus on plant-based local organic protein components. Erick felt strongly about children eating healthy food, and donated beans for recipe testing and taste testing, then sold them practically at cost so the schools could serve them. He was a farmer, a Ph.D. mathematician (with two other graduate degrees), a father, a husband, and a friend to all that he touched. He cared deeply about the community, hiring young people with no farming experience, to help them become the next generation of farmers. He passed away far too young and he will be deeply missed, but his impact on the community will live on.

Denise Agati, the Food Service Director in Ithaca, NY, came to us just after being hired for the job. She said she was very open to change and thus began our partnership almost 5 years ago. With her vision and a number of partners, we have been creating plant-based entrees and adding them to the menus ever since. Our partnership includes the school district, Moosewood Restaurant, Cayuga Pure Organics farm, and Wood's Earth Living Classroom, which is a farm and an educational non-profit. Denise works from five to nine (AM to PM), and her first priority is doing everything she can for the kids not only to improve their meals, but to get them interested in eating them too. Every time we do a taste test, Denise is there giving the students the samples herself. She works hard and makes a difference, and that is why we are honoring her this year!
In New York City, our Cool School Food program is a partnership with the New York City Office of SchoolFood, the largest school food service operation in the country, and the largest food service in the country, after only the military. Every school district is federally mandated to have a wellness policy, and NYC’s says they will “offer and promote the inclusion of plant-based entrees,” and that’s what we help them do. From our vegetarian school, to the alternative menus, to changes to the standard menu, we work together at all levels of management. We brought twenty top level administrators to hear T. Colin Campbell, Ph.D, and seventeen completed the E-Cornell plant-based nutrition certification program. So they “get it.” Our job is to influence the menus and to educate the students and the whole school community so that the students will want to eat the delicious plant-based options that are served. It’s not always as easy as we would hope, but together we have made great progress. Other partners include the Candle family of restaurants: Candle Cafe, Candle 79, and Candle Cafe West; as well as Henry’s, and most recently, Harlem Grown. We also provide Family Dinner Nights for students, parents, teachers, and administrators with free dinner, hands on learning activities, and cooking demos. This is one of the ways that we educate the whole school community, and send the message home.
HEALTHY SNACKS
SNACK PROGRAM

USDA SNACK STANDARDS
The USDA has implemented new standards for the types of snacks that can be sold in schools, effective September 2014. These standards apply to all food available outside of the school meal program, (also called “competitive foods”).

- Calories: Less than 200
- Fat: Less than 35% of total calories
- Sodium: Less than 240 mg
- Sugar: Less than 35% of total weight

THESE STANDARDS DO NOT GUARANTEE THE SNACKS ARE HEALTHY
The standards are intended to improve kids’ health, but they still allow for processed junk foods, allowing the food industry to continue to profit at our children’s expense. For this reason, we have created our own selective standards to find truly healthy snacks! We are in the process of developing this program, but two of our sponsors already qualify (see below). Stay tuned for more details about how our program can help to promote your healthy snacks.

“Slightly healthier junk food is still unhealthy, sends the wrong message.”
“USDA’s narrow focus on nutrients such as grams of fat and sugar will still result in highly-processed junk food with only slightly improved nutritional profiles. For example, reduced-fat corn chips and baked potato chips are still junk foods with almost zero nutritional value. Moreover, lower calorie soft drinks such as Diet Coke also offer zero nutrition and have no place in a child’s diet.”
~ Michele Simon, JD, MPH, www.eatdrinkpolitics.com

COOL SCHOOL FOOD CERTIFIED SNACK STANDARDS
- Meets USDA Smart Snacks in School Standards
- 100% plant-based (no dairy, eggs, or other animal products)
- No artificial colors, flavors, sweeteners, preservatives
- No partially hydrogenated oils
- No corn syrup

A+: Health supporting, 100% whole plant foods with nothing added
A: Health supporting plant foods with other ingredients
B: Plant foods that contain no artificial colors, flavors, sweeteners, preservatives, partially hydrogenated oils, or corn syrup. When there is a question as to whether a food fits into category A or B, a nutritional scoring system will be used.

If you would like to find out if your snack qualifies for our list please contact Amie Hamlin at amie@healthyschoolfood.org.
THE CANDLE RESTAURANTS ARE PROUD TO CELEBRATE 10 years OF MAKING THE LIVES OF CHILDREN BETTER WITH THE COALITION FOR HEALTHY SCHOOL FOOD.

Vegan Holiday Cooking from Candle Cafe is filled with fun, festive and flavorful recipes to make every holiday a plant-based feast.

Available wherever books are sold.

Candle Cafe
1307 Third Ave @ 75th St.
New York, NY 10021
www.candlecafe.com
@candlecafe

Candle 79
154 East 79th St. @ Lex. Ave.
New York, NY 10075
www.candlecafe.com
@candle79

Candle Cafe West
2427 Broadway @ 89th St.
New York, NY 10024
www.candlecafe.com
@candlecafewest
**RECIPE**

### CHIA SEED PUDDING

1/2 cup of cashews and 2 cups of water, pureed in blender (or 2 cups unsweetened soymilk or other non-dairy milk for a quicker, but thinner pudding)

2 teaspoons Cocoa powder

3 or 4 Dates, pitted

1 teaspoon Vanilla extract

1/3 cup Nutiva chia seeds

Blend all ingredients except chia seeds in a blender. Pour into a bowl and stir in chia seeds. Mix in in fresh or frozen blueberries or other fruit. Let set until pudding becomes thick, then refrigerate. Enjoy!

*From the kitchen of Claire Peters-Lunny*

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### SUPER HERO SMOOTHIES

We’ve served these smoothies to thousands of children all around New York State. Almost all kids agree that these smoothies taste great, and they beg for more! In our Food UnEarthed: Uncovering the Truth About Food curriculum, we call these “Super Sleuth Smoothies”. Sleuth is another word for detective, and these smoothies help fuel the important work that our detectives have to do as they uncover the truth about food!

Makes 2 servings

1 cup pure pineapple juice (there should be only 1 ingredient on the label, pineapple juice!)

2 or more leaves of fresh kale (if you can’t find kale, you can use fresh spinach)

6 ice cubes (use if you don’t have a high-speed blender, they help to pulverize the kale)

1 or 2 frozen bananas (peel a ripe banana and freeze in a reusable container or bag at least overnight – you can use an unfrozen banana, but they taste much better frozen)

Add the juice, kale, and ice cubes to the blender and blend until the greens are completely pureed. Then add frozen banana and blend until smooth.

Pour and enjoy! A great treat. You can also make this smoothie with unsweetened soy or other nondairy milk and half of a peeled orange instead of pineapple juice.
James Costa and Lunch Hour congratulate Amie Hamlin and everybody at CHSF for their 10 YEARS OF DEDICATION IN MAKING SURE AMERICA’S KIDS GET HEALTHY SCHOOL LUNCHES.

AN EXCELLENT SOURCE OF OBESITY.
Congratulations on 10 years of changing how schools feed kids!

Whole Foods Market proudly supports the New York Coalition for Healthy School Food.
THE BEST SNACKS FOR KIDS & ADULTS!

Snack time is a time to recharge. The best snack foods are whole plant foods, and here are some of our favorites!
- Fruits and Veggies – hands down!
- Frozen berries or grapes, fully frozen or partially defrosted
- Frozen bananas with other fruit or nuts, blended in a food processor for a healthy soft serve ice cream!
- Dried Fruit (we like Fruit Bliss - it’s organic and rehydrated!)
- Green smoothies – get your greens in!
- Apple or pear slices dipped in almond or other nut butter
- Nuts and seeds (no added oil, salt, or sugar)
- Hummus and veggies (you can use Romaine lettuce leaves as a scoop)
- Roasted chickpeas (see recipe to right)
- Roasted sweet potatoes: slice in half lengthwise, and place face down on parchment paper, bake until soft and cut surface is caramelized (we like “If You Care” brand, which is unbleached)
- Roasted winter squash
- Neapolitan Overnight Oats Parfait (see page 25 for recipe)

ROASTED CHICKPEAS

Ingredients:
- One can chickpeas, drained and rinsed (or use freshly cooked chickpeas)
- 1/2 tsp garlic powder
- 1/2 tsp paprika
- 1/2 tsp salt (or to taste)

Directions:
Preheat oven to 400 degrees.
Toss chickpeas, spices and salt together in a small bowl until the chickpeas are evenly coated. Variation: use curry powder or chili powder instead of garlic powder and paprika.
Spread chickpeas on a cookie sheet and bake for 45-60 minutes, stirring occasionally (important for even cooking!) until hard.
Serve immediately or cool first.
Congratulations to the CHSF for Changing How Schools Feed Kids!

ALL YOU NEED IS LOVE & DESIGN
PROUD AGENCY OF THE 2014 CHSF EVENT INVITATION

GUSTORGANICS BELIEVES IN CHANGE!

Seven years ago, we launched the first certified organic restaurant in the world! Now, we are in the process of converting to an all plant-based menu! Let the revolution continue!

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Congratulations from House of Health
1014 Lexington (between 72nd and 73rd)
212-772-8422
CRISPY BLACK BEAN TACOS

It’s hard to believe that a snack that tastes this rich and delicious is also very nutritious and low in fat and calories. Serve these tacos with an array of beautiful toppings—we favor avocados, tomatoes, green onions, and radishes, but you can also try chopped cabbage, sautéed greens, pico de gallo, and salsa, to name a few.

2 cups black beans, rinsed, picked over, and soaked overnight
8 cups water
1 tablespoon sea salt
1/4 cup grapeseed oil
1/2 cup chopped yellow onion
12 (6-inch) corn tortillas

Toppings:
2 avocados, halved, pitted, peeled, and sliced
2 cups chopped tomatoes
1 cup tofu sour cream
1/2 cup chopped green onions, white and green parts
1/2 cup sliced radishes
2 jalapeño peppers, seeded and sliced
1/2 cup chopped fresh cilantro leaves

Drain the beans, rinse, and transfer to a large pot. Add the water and salt. Bring to a boil, decrease the heat, and simmer, covered, until the beans are soft, about 1 1/2 hours. Drain and set aside.

Heat 2 tablespoons of the oil in a large nonstick skillet over medium heat. Add the onion and cook, stirring frequently, until golden brown, about 7 minutes. Add the beans and, with a masher, mash the beans while they are cooking, until they become a rough puree, about 10 minutes. Set aside.

Put the tortillas on a plate and brush both sides of each of them with the remaining 2 tablespoons of the oil. Heat a skillet over medium heat and fry the tortillas, flipping once, until both sides are crisp, but still fairly soft, 1 or 2 minutes per side. Fold the tortillas into taco shapes and set aside.

To serve, fill the tacos with the black bean mixture and serve with the avocados, tomatoes, tofu sour cream, green onions, radishes, jalapeño peppers, and cilantro.

Serves 8 to 10
Recipe courtesy of Vegan Holiday Cooking from Candle Cafe.
**NEAPOLITAN OVERNIGHT OATS PARFAIT**

A great and creative breakfast for hot weather.
Serves 1

Before Bed: Prep your Vegan Overnight Oats in a bowl and place in the fridge- no cooking required. Peel and chop 1 banana and place in baggie or container in the freezer.

Vegan Overnight Oats recipe:
1/3 cup regular oats
1 - 2 Tablespoon chia seeds (thickens overnight)
1-1.25 cup non-dairy milk
1.5 Tablespoon carob powder (optional)
Maple syrup, to taste
Fruit like blueberries, strawberries, peaches, kiwi, mango, banana.

In the morning: Process your frozen banana in the food processor to make creamy Banana soft serve. Grab your overnight oats from the fridge, banana soft serve, and desired toppings and layer them in a glass, jar, or bowl to make a parfait.

Mix-in & Toppings ideas:
Fruit (blueberries, strawberries, peaches, kiwi, mango, banana, etc), Nut butter, Raw buckwheat groats, Cacao nibs, Granola, Jam

The result is a healthy breakfast that tastes just like a frozen dessert.
Ann Parkin and Jody Rasch would like to congratulate the COALITION FOR HEALTHY SCHOOL FOOD ON 10 YEARS OF MAKING A HEALTHY DIFFERENCE!
THANK YOU FOR 10 years OF SUPPORT