Co-Hosts

David Carter is a UCLA graduate, and in 2011 was drafted into the NFL. In his third season, after being released from the Dallas Cowboys, the sport had noticeably taken a toll on his body so he began a search for answers on how to heal his injuries. After watching the Forks Over Knives documentary, he switched to a lifestyle which was compassionate both to himself and all other sentient beings.

David is now more well known as the 300 Pound Vegan and uses this platform to be a voice for physical health, animals, underserved communities, and this earth. He does this through giving talks, producing films, and musical festivals. His deepest passion is outreach, broadening the understanding of the uses of plant-based foods. To dramatically increase our impact, our strategic plan includes state and city chapters. However, for this to happen, we will need additional board members. Please reach out to us if you are interested in helping to increase our impact.

We have accomplished much, there is clearly so much more to be done. All the pieces are in place for change, the only thing we are lacking are the resources to expand our efforts. Support with additional donations, raffle tickets, and silent auction purchases helps us accomplish our goals.

Please make sure to check out the rest of this guide and save it as a great resource for healthy eating. In it you will find recipes and articles. Also, please note our generous corporate supporters, food & beverage suppliers, silent auction, raffle, & gift bag donors who are changemakers in and of themselves!

Thank you for your support at tonight’s event and throughout the year. You are helping to change the lives of children and the adults who care about them.

For the children, Tracy Hubbell, Board Chair
Aime Hamlin, Executive Director
Kelley Wind, Program Director

Chsf Board Members

Amie Hamlin, Executive Director
Marilyn Mayers
Tracy Hubbell Board Chair
Mary Max
Ric Ganda
Marilyn Montoya
Tracy Hubbell Tami Racaniello
Cynthia King Seth Webster

Chsf Advisory Board

Kate Adamick, JD Foods Systems Consultant, School Food Advocate
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T. Colin Campbell, PhD Professor Emeritus of Nutritional Biochemistry at Cornell University, author, The China Study
Jayni Chase, Founder, Center for Environmental Education
Ann Cooper, The Renegade Lunch Lady, author, Lunch Lessons

We are excited to be Charity Partners for the TD Five Boro Bike Tour and the NYRR United Airway's Half-Marathon. If you would like to help support our programs and have a fun challenge at the same time, please see page 8 for more details.

The health of children as well as adults, continues to decline. Collectively, we need to further address policy toward whole plant-based foods, and away from animal products and processed foods. This year we have some big news! We now have a third vegetarian cookbook: Lose Weight, and Look Phat A Revolutionary Guide for Black Women Who Want to Eat Great, Get Healthy, and be Fabulous. Our annual gala marks the beginning of a year of healthy school food and nutrition education. We have brought generous restaurants, caterers, and beverage suppliers together to celebrate with plant-based culinary specialties. Your attendance and support of our raffle and silent auction 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 to make a difference not only in schools, but also in the home lives of the children, and all of the adults who impact their lives.

This year we have some big news! We now have a third vegetarian school! We have also begun to rewrite our Food UnEarthed curriculum, and will be teaching it in Pre-K and 1st grade classrooms starting in early November and continuing throughout the rest of the school year. The curriculum includes nutrition, environment, and animal awareness. While we have received some of the funding for the lower grades, we are still seeking funding to provide new curriculum for all the grades. Your support can help us put our plant-based lessons into action.

Raffle Tickets

Purchase tickets at registration desk or from volunteers by the Raffle Table. 1 for $5, 6 for $20, 20 for $50, 50 for $100 Must be present to win raffle, or designate someone who is staying to take home any raffle item you win. If you will not be here but someone you know will be, and they agree to take home your prize, write their name in parenthesis on the back of your tickets.

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Joel Kahn, MD is founder of the Kahn Center of Cardiac Longevity in Bloomfield, Michigan and a summa cum laude graduate of Cornell University, author, The China Study. He is also a board member of the Center for Environmental Education, and support of our raffle and silent auction 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 to make a difference not only in schools, but also in the home lives of the children, and all of the adults who impact their lives.

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HONORING:ERIC L. ADAMS

For the past three decades, Eric L. Adams has served the residents of the city of his birth as a police officer, state senator and coalition builder. In November of 2013, he was elected to represent all of Brooklyn as borough president.

In 1995, he co-founded 100 Blacks in Law Enforcement Who Care, an initiative that not only improved NYPD/community relations, but raised funds for worthy causes throughout the city.

As a legislator, Eric’s record in the New York State Senate was one that underscores his strong commitment to the rights of those from every walk of life, including protecting the right to privacy, supporting marriage equality, defending a woman’s right to choose, as well as fighting for students’ rights, workers’ rights, and animal rights.

Eric was diagnosed with type 2 diabetes in April of 2016. His physicians prescribed drugs and told him that he needed to be on insulin right away. He went on a mission of trying not to live with diabetes but to reverse it. He went to see Dr. Caldwell Esselstyn whom he had seen in the film Forks over Knives. After that meeting, he took his health into his own hands. He adopted a whole foods plant-based diet and reversed the diabetes within four months. He now uses his knowledge and lifestyle to inspire others, and has become the kind of role model we can all look up to.

Now that President Adams is aware of our work in schools, he has committed to work together with us to spread the message of good health through lifestyle choices. We couldn’t be happier to be honoring him!

HONORING:BOB MILES

Bob is the creator and host of the Miles of Music television series viewable at www.milesofmusic.tv. Bob has filmed over 500 episodes featuring many icons of the music world including Les Paul, Steve Howe, John Oates, Johnny Winter, Tommy Emmanuel and David Bromberg.

Bob has been featured on BET’s Jazz Nationally with the Willie Nelson Band. Bob was awarded a Grammy certificate with May Pang for their performance and his composition on the CD All About Bullies Big and Small.

Bob has generously volunteered at the Coalition for Healthy School Food Galas with his jazz band for the last 12 years. During this time he has always worked to make connections for us and find ways to help us raise funds. Through an introduction to Kevin Mackie he made possible the creation of and performed on the Healthy Food for Thought: Good Enough to Eat CD which was nominated for a Grammy. He introduced us to Bill Comins, master guitar builder, who donated a guitar that was then painted by Peter Max and signed by Jazz icon Pat Martino, and sold to support our programs. Bob also purchased a guitar and had four jazz greats sign it: David Bromberg, Jonathan Butler, Tommy Emmanuel, and Johnny Winter. This guitar is part of our silent auction tonight. It would make a fantastic gift for yourself or the guitar lover in your family.

Most importantly, Bob is a loving husband and father to two daughters. Bob is a real treasure – he is always giving and caring. We really value Bob and are happy to be able to recognize his generosity.

HONORING:CYNTHIA KING

Cynthia King is the Founder and Artistic Director of Cynthia King Dance Studio (CKDS) located in Brooklyn, New York. CKDS has been a vital part of Brooklyn’s rich dance culture for more than 15 years.

CKDS and Ms. King herself are staples in the community, having received numerous citations for her outstanding leadership in the arts, business, and community activism. Most recently, in 2015, she received the prestigious Boston Conservatory Distinguished Alumni Award.

King has been advocating for animals since childhood. It was 1967 when she first made the connection between animals she loved and those served as food. Ms. King has lobbied, organized, and served as advisor and board member for many political, dance, and animal advocacy organizations, including the Coalition for Healthy School Food. She has been a featured speaker on vegan entrepreneurship, arts activism, and progressive business practices. Her dedication is also evident in her deeply personal choreography, and recent work explores issues of freedom versus captivity in the animal and human worlds.

Ms. King is the only U.S.-based producer of ready-to-wear vegan ballet slippers. The slippers attract an international clientele and can be seen on the feet of compassionate dancers worldwide.

In the fall of 2015, Ms. King established the Cynthia King Humane Artist Scholarship, awarded to an incoming Boston Conservatory student who embodies compassionate and cruelty-free living.

CYNTHIA KING VEGAN BALLET SLIPPERS
Students enjoy all-school educational events to test out Awesome Bean Burgers, Ms. Patel’s Rajma, and Pasta Fazool. Ingredients for each were on display, for students to see, touch, and smell. We had a slide show with images from the cultures the recipes represent, along with music from that culture. This was a kick-off event before adding our Cool School Food recipes to the menu.

We are featured on the homepage of the Ithaca City School District website. We teach cooking

FOOD ITHACA

COOL SCHOOL

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Bean Burgers, Ms. Patel’s Rajma, and Pasta Fazool. Ingredients

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COOL SCHOOL FOOD

ITHACA

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FOOD UNEARTHED

What is the “truth” about food? In our curriculum, children become detectives and work to uncover the truth using critical thinking skills and inquiry-based learning. We applaud our four partner elementary schools in NYC for welcoming our year-long curriculum, Food UnEarthed: Uncovering the Truth About Food.

“I was teetering with the idea of being vegan for years. The workshops that Healthy School Food conducted for the teachers gave me that final push that I needed. I enjoy vegan living. I don’t miss meat at all. People ask me how I retain my muscles if I don’t eat meat. I eat lots of vegetables, beans, and nuts. You can’t go wrong with kale and broccoli.” - Mr. Alim, PS 197 Teacher

VISITING VEGAN CHEFS

Our Visiting Vegan Chef program exposes culinary high school students to vegan cooking. During the chef’s visits, students work side by side to prepare food with, and learn from the chefs. Thank you to the incredible chefs that participated in our Visiting Vegan Chef series at Food and Finance High School and Bronx Haven High School.

FAMILY DINNER NIGHTS

We serve a free vegan dinner at all of our partner schools. Each dinner features a speaker or hands-on learning activities for adults, and physical activities for children. Thanks to the NYC Office of SchoolFood for catering these delicious meals.

RUN OR RIDE TO SUPPORT OUR WORK

In 2018 we have been accepted as charity partners in the NYRR’s United Airways Half Marathon and the TD Five Boro Bike Tour!!! If you are interested in running or riding to help raise funds to support our programs, sign up at the registration desk to express interest. This does not commit you to anything, but once we have details we’ll let you know and then you can decide. If you read this after the gala, email Tracy@healthyschoolfood.org with “Charity Run” or “Charity Ride” in the subject.
HEART DISEASE IN BABIES, CHILDREN, AND YOUNG ADULTS

By Joel Kahn, MD

A new study has found that obese babies show signs of heart damage before their first birthday. Researchers looked at the heart scans of more than 400 obese babies and found clear differences in the structure of their hearts. Those with a body-mass index higher than 30 had heart muscle that is 30 percent thicker than in normal-weight babies. Other researchers found that nearly all overweight babies were bottle-fed instead of breast-fed. The lead study researcher said that “when obesity exacerbates heart health in toddlerhood, alarm bells should be ringing.”

Childhood obesity is a growing epidemic across the USA as nearly a third of children are obese or overweight. Fifty percent of children between the ages of 2 – 15 have fatty streaks in their arteries, which is the early stages of heart disease. Children as young as 8 years old are being prescribed cholesterol and blood pressure lowering drugs yet the reason for these prescriptions is entirely preventable. Obesity early in life is linked to a series of health effects later in life, including heart disease and diabetes, and lowers an individual’s life expectancy.

We have learned a lot about heart disease in young adults from the Coronary Artery Risk Development in Young Adults (CARDIA) study. This project recruited more than 3,500 young adults beginning at age 18 the 1980s, and followed their health habits for 20 years. At the end of this period they measured whether the heart arteries of these young people were already showing silent but deadly plaque using my favorite screening exams, a coronary artery calcium scan and a special ultrasound of the carotid arteries. Five healthy habits were tracked several times during the 20-year span, including maintaining a normal weight, abstinence from smoking, regular exercise, eating a healthy diet, and drinking a low amount of alcohol. During the 20 years, 25% of the group improved their habits by adding at least one new healthy habit, 34% stayed the same over 20 years, and 40% had fewer healthy habits at the end.

For each healthy habit that was added during the study, like beginning an exercise program, the risk of finding silent artery damage in these young people was reduced by 15%. On the flip side, starting one unhealthy habit, such as smoking, increased the odds of finding these deadly plaques.

Most startling was that a third of previously healthy young people let it all go, losing three or more health habits (e.g. gaining weight, stopping exercise, and excessive drinking), and had silent artery damage at a young age. All of the effort put into careers, families and other pursuits might be in vain if good habits are not maintained.

The good news? Although only 10% of the group practiced all five of the health habits at the beginning of the study, it’s refreshing to learn that 25% of the group added health habits during these busy years in their lives. Furthermore, it’s never too late to see the benefit of adopting a healthier lifestyle. Fortunately, maintaining a youthful and healthy heart in adulthood is not a major sacrifice.

The five health habits are:

- Keeping a healthy body weight
- Not smoking
- Engaging in at least 30 minutes of moderate to vigorous activity five times a week
- Drinking no more than one alcoholic beverage a day for women, and no more than two for men (and for cancer prevention, no drinks are better than one.)
- Eating a healthy diet that’s high in fiber, low in sodium and contains lots of whole plant foods: fruits, vegetables, legumes, whole grains, and a limited amount of nuts/seeds.

Conclusion: Nutrition is a key factor for health from birth onwards. Even infants are susceptible to heart disease and young adults can actually suffer heart attacks and strokes. It is imperative that we bring educational programs – and healthy plant-based meals from kindergarten to 12th grade. This is exactly what the Coalition for Healthy School Food does. By educating children, their parents, and the whole school community, hopefully we can turn around the current epidemic of childhood illness related to food, and healthy habits can be learned at school and even taken home to influence the whole family. I hope you’ll join me in supporting the Coalition so that they can reach more students, families, and schools!

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Helping to Promote a Plant Based Diet for the Sake of Animals, People and the Planet.
Thank you to the Coalition for Healthy School Food for Contributing to that Goal!

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Animal Welfare Trust

HEALTHYSCHOOLFOOD.ORG 10
7 KEYS TO SUCCESS ON A HEALTHY PLANT-BASED DIET

by Brian Wendel

This article was originally published on ForksOverKnives.com, and has been reprinted with permission.

Brian Wendel is founder and president of Forks Over Knives and creator and executive producer of the Forks Over Knives feature film.

Many people hear “vegan” or “plant-based” diet and images of restriction and yes, pain, surface in their mind. How can anyone maintain such a restrictive lifestyle? No one can live on spinach alone! In reality, eating a whole-food vegan diet isn’t foreign or strange; you will enjoy healthier versions of the foods you already love. Hearty dishes like lasagna, stews, and pizza—while prepared differently—are all on the menu.

I’ve followed this lifestyle for more than 15 years and can report that it has brought me incredible joy. The happiness I feel by eating right for my body, and in a way that is humane and less harsh on our natural resources, cannot be adequately measured in words.

I’m fortunate to have learned a lot over the years and am pleased to share some tips that I’m confident will help you stay on a healthy vegan path for a lifetime.

1. MAKE STARCHES AND FRUIT THE BASIS OF YOUR DIET.

Many people immediately think of broccoli or kale when they hear the words “plant-based diet.” Although it’s beneficial to eat leafy vegetables in abundance, they simply do not have enough calories to fuel you and satisfy your appetite (a full pound of kale, for example, has only 223 calories). To succeed on this diet, it’s important that you eat enough healthy calories. This means starches and fruit or the center of your meal plate.

When making a savory meal, use foods like potatoes, sweet potatoes, whole grains, and legumes to create meals you really enjoy. Think dishes like bean enchiladas, pesto pasta, and chickpea pot pie. Contrary to urban legend, we are not talking about a diet of bok choy here—thank goodness!

2. EAT THE FOODS YOU ENJOY AND DON’T WORRY ABOUT INDIVIDUAL NUTRIENTS.

Many people view food as a nutritional balancing act, and the worry that comes with it can hinder your ability to stay the course. Simply choose your foods from the categories of whole foods, vegetables, tubers, whole grains, and legumes; eat a variety across these categories over time, and eat until comfortably satiated. The most important key to success is to find or make the greatest meals you can. Nothing will help you stay on the plan more than a killer sweet-potato lasagna.

3. DON’T SWEAT THE SMALL STUFF.

Focus on the big changes like switching from meat, milk, and eggs to whole-plant foods. Such changes dramatically improve the nutritional composition of the foods you are eating, so this is where you will find the most noticeable and measurable improvements in your health.

Worrying about eating only fresh, local, or organic foods is folly when you were eating fast food and Ring Dings a few weeks ago. Since choosing whole plants is the most important thing you can do for both your health and the world around us, be sure that priority is well taken care of before seeking loftier goals.

4. CHECK ONLINE AND CALL AHEAD WHEN EATING OUT.

If you’re looking for a place to go, a small amount of research goes a long way—and can usually be done in just a few minutes. For example, if you’re thinking about Italian food, search online to find restaurants and see what others are saying about them. Look around, read a few reviews and boom, you’ve found a place with multiple pasta dishes, some minestrone, and pasta e fagioli.

Call and make sure the veggie options you like are vegan and can be done with no- or minimal oil—and you’re on your way!

If your friends or coworkers invite you out and they already have a place in mind, check out the menu online and gauge how veg-friendly it is. If veg doesn’t seem a priority, place a call ahead and let them know you are coming; the chef is almost always happy to accommodate. Let him or her know you like hearty foods like potatoes, pasta, beans and so on—this is your insurance against having your main meal be the dreaded plate of steamed asparagus.

5. FIND YOUR PLANT-BASED TRIBE.

Surround yourself with like-minded people who share your joy of living the plant-based life. Join groups on social media, attend local meetups, and, most importantly, make some real-life friends that share your enthusiasm.

Having people in your life that share your values will remind you of why you do what you do. It’s also a great way to exchange ideas from recipes and restaurants to handling family and social situations.

6. WHEN VACATIONING ABROAD, TRAVEL TO PLACES WHERE IT’S EASY TO GET GREAT PLANT-BASED FOOD.

The good news about traveling on a plant-based diet is the world is filled with places where animal-free foods are abundant. Regardless of what part of the world you are traveling to, you are likely to find some kind of plant-based fare that’s ingrained in the culture and will suit your needs.

If food is as important to you as it is for me, consider what your food options will be like when making your travel plans. It’s a good idea to research online to get a feel for the local vegan fare. Prior to staying in hotels or working with a guide, let your contacts know your dietary needs. You will be surprised how much they are willing to advise and help you navigate the waters.

When traveling to a place where you don’t speak the native tongue, ask someone who speaks both languages fluently to help you make a “cheat sheet” of all your dietary needs. When you’re out and about, just hand the small sheet of paper to your host or server—and all of your lives just became easier.

7. BE A PATIENT ADVOCATE: SHARE YOUR ADVICE AND ENTHUSIASM WHEN THE TIME IS RIGHT.

Our love of this lifestyle and the way it makes us feel lead us to want to shout about it from the rooftops. We want to share the message with everyone and have each person we meet adopt the lifestyle right away. And of course being a positive influence to the people around us is a noble goal!

However, as counterintuitive as it might seem, resist the urge to talk a lot about your lifestyle when meeting new people. Untimely discussions can lead to frustration and agitation, which can hurt potential friendships. Since food and health are sensitive topics, it’s important to first establish commonality. For example, if you share a love of sports or hobbies, it will establish the camaraderie needed to have more open and trusting conversations later on.

When is the time right? When someone begins asking questions and does so out of genuine curiosity. With much goodwill built up from the things you have in common, you’ll be on your way to making a difference in each other’s lives. The more positive relationships you can associate with your plant-based way of life, the more likely you will succeed in the long run.

I hope you found these tips helpful, and I wish you the best in your plant-based journey!

Forks Over Knives empowers people to live healthier lives by changing the way the world understands nutrition. Their documentary film Forks Over Knives sparked a food as medicine revolution. Since then, FOK has published books, and their website has become a multi-media hub for health information with recipes, articles, success stories, meal planner, online cooking course and more. More at www.forksoverknives.com
QUINOA WITH KALE AND ROASTED BUTTERNUT SQUASH

Makes about: 8 cups
Ready in: 90 minutes

This is a great lunch or dinner dish no matter what the season. During the summer, serve it chilled on a bed of greens, and during the winter, serve it at room temperature with a cup of hot soup. Recipe by Darshana Thacker from The Forks Over Knives Plan. Reprinted with permission from Forks Over Knives.

Ingredients:
1 small butternut or acorn squash (about 1 pound)
3 cups stemmed and finely chopped kale
½ cup finely chopped fresh parsley
¼ cup fresh lemon juice (from 2 to 3 lemons)
1 small clove garlic, minced
Sea salt
Freshly ground black pepper
½ cup uncooked quinoa
½ cup uncooked millet
⅓ cup slivered almonds
⅛ cup raisins

Instructions:
1. Preheat the oven to 375°F. Cut the squash in half and scoop out and discard the seeds. Place the squash cut-side down on a rimmed baking sheet and bake until tender, 50 to 60 minutes. Set aside until completely cool. Peel off the skin and cut the squash into ½-inch cubes.
2. Meanwhile, in a large bowl, combine the kale, parsley, lemon juice, garlic, and salt and pepper to taste. Let stand for 30 minutes.
3. Bring 2 cups water to a boil in a small saucepan. Add the quinoa and millet and return to a boil. Reduce the heat to low, cover the pan, and simmer for 10 minutes. Remove from the heat and let stand, covered, for at least 10 minutes. When the liquid is absorbed, remove the cover and let cool.
4. While the grains cook, place the almonds in a medium skillet and toast over medium-low heat, stirring frequently, until lightly browned and fragrant, 5 to 7 minutes. Immediately transfer the nuts to a plate to cool.
5. Add the squash, quinoa-millet mixture, and raisins to the kale mixture. Stir gently to combine. Taste and adjust the seasonings. Top with the toasted almonds. Serve at room temperature or chilled.

Find this recipe and more at www.forksoverknives.com/app
Manhattan clam chowder is the red, tomato-based soup found on diner menus all over the city. Mushrooms bring the perfect texture and flavor to this vegan version of the iconic New York City soup.

(From NYC Vegan, copyright © 2017 by Michael Suchman and Ethan Ciment. Used by permission. Photo by Jackie Sobon.)

Ingredients:
- 2 tablespoons extra-virgin olive oil
- 2 medium carrots, cut into 1/4-inch pieces
- 2 celery ribs, cut into 1/4-inch pieces
- 1 medium onion, cut into 1/4-inch pieces
- 3 cloves garlic, minced
- ¼ cup tomato paste
- 1 teaspoon dried oregano
- 3 sprigs fresh thyme
- 2 dried bay leaves
- 1 tablespoon dulse flakes or 1/2 sheet nori
- 1 tablespoon Old Bay Seasoning
- 2 medium waxy potatoes, peeled and cut into 1-inch pieces
- 8 cups vegetable broth
- 1 (28-ounce) can whole peeled tomatoes, undrained, coarsely chopped
- 1 cup diced oyster or cremini mushrooms
- 1/8 ounces white button mushrooms, sliced 1/8-inch thick
- ½ cup dry sherry or white wine
- 2 tablespoons sugar
- Salt and ground black pepper, to taste

Instructions:
1. Heat the oil in a large pot over medium heat. Add the carrots, celery, and onion. Cover and cook, stirring occasionally until soft, about 8 minutes. Add the garlic and cook for 1 minute. Stir in the tomato paste and cook, stirring for 1 minute.
2. Add the oregano, thyme, bay leaves, dulse, Old Bay Seasoning, and potatoes. Add the vegetable broth, stir well, and bring the soup to a boil. Reduce the heat to a simmer, cover, and cook until the potatoes are tender, about 10 minutes.
3. Add the tomatoes and stir well. Add the oyster mushrooms, button mushrooms, sherry, and sugar. Bring the soup to a boil again. Cover, reduce the heat, and simmer 10 minutes. Remove and discard the bay leaves, thyme sprigs, and nori (if using). Taste and add salt and pepper as needed. Serve hot.
PROBLEMS WITH SCHOOL MEALS

School meal regulations are set by the federal government. The current administration has not attempted to make the meals healthier, and in fact has reversed some of the guidelines regarding milk, whole grains, and sodium.

What is done at the local level is a reflection of the federal guidelines, though states and local school districts may implement more stringent regulations. New York City, for example, has a list of ingredients that are not allowed in their food, such as artificial colors, flavors, sweeteners, certain preservatives, and high fructose corn syrup.

When we hear about the “healthy” school meal guidelines, there is an imaginary ideal meal, one that most students don’t get. Lunch meals are made up of five components: meat/meat alternate, grain, vegetable, fruit, and milk. Students must take three of them, and one must be a fruit or a vegetable. However, it is not required that milk be taken or consumed, however it must be offered. To clarify what offered means, it means it must be available. No one needs to ask a student if they want it or push it. So one way to reduce milk consumption in schools is to make sure no one is pushing it. At the same time, it is actually against the law to discourage it. A cheeseburger on the bun and a carton of apple juice counts as a “healthy” meal, containing three components of food from the meat/meat alternate, grain, and fruit categories, so you can see how following the guidelines does not necessarily build a balanced meal.

Though the USDA’s MyPlate Guide indicates that at least 3/4ths, if not 100% of the plate be plant-based, the vast majority of school meals, in all but the most progressive districts, do not resemble the MyPlate Guide, but rather are built around the meat/meat alternate category. Even though the amounts of fruits and vegetables that can be taken is large, looking at much lunch trays, that is not the case, and school lunch trays are sorely lacking in whole plant foods.

The grain category has a number of problems. What could be a health supporting component of the meal, the grain category often includes high fructose corn syrup which is a major preservative, and high fructose corn syrup could be a health supporting component of the meal, the grain category has a number of problems. What is not the case, and school lunch trays are sorely lacking in whole plant foods.

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The problem with the meat/meat alternate category first and foremost is that it’s not just the meat alternate category. It is nearly always meat or cheese based. Given lack of fiber and phytonutrients in the diet, the impact of animal proteins and fats on health and the environment, and the fact that raising animals for food is cruel and at the very least in violent in the end, no matter how nicely an animal was raised (and most of them are not), the whole plate plan or a mandated whole food plant-based entrée is recommended.

Fruits and/or vegetables may be canned, overcooked, or served in a way that makes them less healthy.

Finally, the milk category is completely unnecessary, and results in health problems now and in the future. This is a list of just some of the problems associated with dairy: lactose intolerance, allergies (which are related to chronic childhood constipation), the triggering of type 1 diabetes in genetically susceptible children, teen acne, and increased risk of prostate, and possibly ovarian cancer.

As a result, we have come up with a list of recommendations for when school nutrition guidelines are updated. We realize that our list may seem unrealistic given the political climate, but we have to put it out there!

PRIORITIES FOR CHILD NUTRITION REAUTHORIZATION:

1. Increase funding for food costs and for cook/ server training. During the 2010 Child Nutrition Reauthorization, Senator Gillibrand requested 70 cents additional funding per lunch, the White House administration requested 18 cents additional funding, and schools ended up with 6 cents additional funding. We must invest in our children’s current and future health, which will bring significant cost savings to taxpayers.

2. Offer a plant-based entrée daily (legume or soy-based as a base, and whole grains or vegetables in phytonutrients and fiber, and contain no animal protein. Recipes are available on our website in quantity for schools and family size portions (www. healthychoolfood.org/recipes.htm). These recipes have been distributed to 25,000 schools nationwide. We do believe that all food in schools should be plant-based, but realistically we understand it is going to take time and a great societal shift to get to that point.

3. Allow schools to serve non-dairy milk without a doctors or parents note. After weaning, children don’t need any type of milk, so milk should come off the school meal menu. Until then, the note requirement involves additional administration which makes it difficult for schools. Many children don’t or can’t drink cow’s milk, and don’t have an alternative source of calcium, vitamin D, or protein at a meal given that students may, but don’t have to choose the meat/meat alternate category. While protein is not considered a nutrient of concern in the US, it is a major “selling point” of cow’s milk today, now that research shows that milk does not build strong bones, and the dairy industry can’t claim that milk builds strong bones. In fact, just as an example, the whole plate plan, where children are allowed to choose one protein, with fruits containing the least, and almost all whole plant foods contain more than 5% protein, the amount found in human breast milk – the perfect amount needed for human’s time of greatest growth.

4. Eliminate artificial ingredients: artificial colors, flavors, preservatives, artificial sweeteners. Certain artificial colors are linked to ADD and ADHD. Artificial ingredients are usually the hallmark of processed foods. Currently processed foods (added fats/oils, sugars, and refined grains) make up about 57% of our food intake. Require meals to be whole food based where 100% of the entrée is a whole food ingredient.

5. Address competing entrées (meat/meat alternate component) Some schools offer multiple choices in this category on any given day. It undermines the healthiest choices and takes the focus off fruits and vegetables, and we feel it is a major unexplored area. For example, it’s possible that a school could offer a hamburger, cheeseburger, pizza, other hot entrée, and a hot plant-based entrée all in the same day. In addition, many schools offer alternatives in this category: bagel with melted cheese, bagel with cream cheese, peanut butter and jelly, a sandwich, some type of hot dog in a hot dog bun. In this scenario, children sometimes eat the same option every day, for example a bagel with melted cheese. The hot plant-based entrée doesn’t have much of a chance amid this selection of choices. According to a study (Harlem), where our recipe was one of two choices, children readily ate our healthy plant-based option. Ultimately, children can choose a relatively unhealthy meal, despite the healthier meal standards that took effect in the fall of 2012. For example, a cheeseburger on a bun made from 50% white flour, full of preservatives, and a carton of 100% apple juice counts as a reimbursable lunch meal.

6. Allow plain baked potatoes and sweet potatoes to count as a grain (in addition to allowing them to count as a vegetable). Make sure these items are used in a healthy way such as plain baked (but no French Fries or Tator Tots). This should please the potato growers, since so many other types of vegetables must now be offered, decreasing the frequency with which potatoes are on school menus. It also provides another healthy option for the meal.

7. Eliminate processed meats. Two ounces of processed meat increases colorectal cancer risk by 30 – 50% in adult women. Processed meats have been declared a probable carcinogen, the highest level designation for carcinogens. Tobacco is also a probable carcinogen. So why are we promoting processed meats? Children are more susceptible to carcinogens than adults are, so what does this mean for them? Two ounces = one hotdog, 2 slices of bacon, 4 slices of bologna, 10 small slices pepperoni (served on pizza for school lunches), 2 small sausage patties (commonly served for school breakfasts). Given the relationship to colorectal cancer, processed meats have no place in school meals.

8. Require meal time to be a certain length of time on how much time children have to sit and eat. It should be at least 30 minutes. Standing in line should not count as part of this time. Some children have as little as 5 minutes to eat once they have gone through the line and are sitting down, and this is not enough time to eat a meal. Children also naturally use this as an opportunity to socialize, and they are often told to stop talking. The time should be based on how nicely an animal was raised (and most of them are not), the whole plate plan or a mandated whole food plant-based entrée is recommended.

9. Waste – waste is a serious concern. Studies done before new regulations and after show that waste is a problem, but it always has been. As a whole, the newer regulations are not causing more waste than before. Recent studies show that a big factor in food waste is the limited time that children have to eat, and that those with longer lunch periods waste less.

Quantity of food – in meals is too much for young children. For example, for an entrée containing beans, an elementary child generally has to have 1/2 cup of beans in their entrée, and 4.4 ounces of tofu, in order for them to count as a meal. If they had meat and not beans as a protein, they would only have to eat 3 of the 3 days, they could theoretically have ½ the amount of beans or tofu on 2 of the days to meet the 8 ounce minimum for elementary schools. However that is not always practical for a school, and so they serve the full amount. In this scenario, where the animal protein is either cheese or hot dogs, which are generally the most popular choices, children sometimes eat the same option every day, for example a bagel with melted cheese. The hot plant-based entrée doesn’t have much of a chance amid this selection of choices. According to a study (Harlem), where our recipe was one of two choices, children readily ate our healthy plant-based option. Ultimately, children can choose a relatively unhealthy meal, despite the healthier meal standards that took effect in the fall of 2012. For example, a cheeseburger on a bun made from 50% white flour, full of preservatives, and a carton of 100% apple juice counts as a reimbursable lunch meal.
WOULD YOU LIKE TO SERVE ON OUR BOARD?

The Coalition is seeking board members who can help us grow! Contact Executive Director, Amie Hamlin (amie@healthyschoolfood.org) or Board Chair, Tracy Hubbell (tracy@healthyschoolfood.org) if you are interested in learning more.

#NonProfitsforBlackLives

Non-profit organizations are working to make the world a place where everyone can thrive. And yet, we cannot meet this goal as long as people experience unequal access and opportunity because of the color of their skin. This includes the daily discrimination — small and large — and the threat of or actual physical violence.

No matter what our missions are — as long as systemic racism and the oppressive system that it perpetuates exists, we cannot rest.

We recognize that many people and groups also experience oppression because of economic class, religion, gender, sexual orientation, age, and ability. We also recognize that all of these forms of oppression are linked to the cultural and economic forces that keep people divided and diminished.

We support the human rights of all people who are marginalized. However, the level of violence and inequality that is perpetrated against blacks, including the disproportionate harassment and violence by law enforcement continues to be a central trauma of American society that must be healed for the vision of true equality for all. We are not anti-police; most law enforcement officers work to serve the public and risk their lives daily. However, when unarmed blacks are five times more likely to be killed by a police officer than unarmed whites, we have to demand fundamental cultural and policy changes.

Those who enjoy greater privileges have a responsibility to stand up for and stand beside those who do not.

We are calling on all non-profit organizations to take a stand and say "no more". If non-profits make a statement more people will listen and learn. The time for showing up in solidarity is now.

#NonProfitsforBlackLives #BLM

Ways that non-profits can stand up for Black Lives:
1. Support the goals and principles of the Black Lives Matter movement, including the platform https://policy.m4bl.org/platform/
2. Publicly indicate support on their websites by posting the above statement to strongly indicate their organization's support for justice and equality for all.
3. Post on social media and include the hashtags #NonProfitsforBlackLives and #BLM
4. Discuss these issues in staff meetings.
5. Hang posters in your buildings.
6. Attend rallies and show your support as an organization.
7. Attend already inclusive meetings/events, and listen and learn.*
8. Assure inclusive leadership.*
9. Make inclusion a prioritized work focus.*

HOW ELSE CAN YOU STAND UP?

* Phoebe Brown and Elan Shapiro Inclusion Ideas for Building Bridges  8-17-16.
HEALTHY KIDS HAPPY PLANET!  www.seasnax.com

SILENT AUCTION
Bob Miles Signed Guitar – milesofmusic.tv

SOUND ADVISOR/COORDINATOR
Yuval Kagan

SPECIAL GUESTS
New York State Assemblyman Felix Ortiz, original sponsor (along with Senator Kenneth LaValle) of the Legislative Resolution and Helen Rosenthal - NYC Councilwoman to include a healthy vegan entrée every day in schools, which passed unanimously.

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Leigh Gage
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Brad Goldberg

TRICKS
Breaking by Bboys: Victor “Kidglyde” Alicea, Major King, Javier Marte
Cynthia King and her Crystal Ball
Eric Walton Conjurer/Magician
Sofia Webster’s Photo Booth with Props

SPECIAL THANKS TO OUR FRIENDS
Priscilla Timberlake & Lewis Freedman for their donation of The Great Life Cookbook in every gift bag and other ongoing donations!

THANK YOU

VOLUNTEERS
Special thanks to Gail Mayer and Eli Someck for their extensive time commitment in helping to plan the Gala.

We are so appreciative of our volunteers who help us throughout the year and at our gala. As a small organization, we depend on volunteers, and they make a big difference. If you’d like to volunteer to help us reach our goals, email Kelley Wind, our Program Director, at Kelley@healthschoolfood.org.

VOLUNTEER SPEAKERS
Omowale Adewale
Jenne Claiborne
Mary Clifton, MD
Robert J. Ostfeld, MD
Michelle McMacken, MD
Marc Wood
Kristie Wong

SPECIAL THANKS TO OUR FRIENDS
Priscilla Timberlake & Lewis Freedman for their donation of The Great Life Cookbook in every gift bag and other ongoing donations!
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