EVENING PROGRAM

6:30–7:30  VIP Reception in Wine and Cheese Room

7:00   General Admission, Raffle Sales, Silent Auction Bidding, Bar & Food Service

7:30   Wine & Cheese Room Opens to General Admission Guests

8:00–8:30 Evening Program in Main Library
Food & Beverage Stations close during program

Welcome from co-hosts Felicia Greenfield and Cynthia King

Award Presentations:

Forks Over Knives:  
Brian Wendel & T. Colin Campbell, PhD

Lunch Hour: James Costa

Plant Pure Nation:  
Nelson Campbell (not attending) & T. Colin Campbell, PhD

Vegucated: Demetrius Bagley, Mary & Peter Max, Marisa Miller Wolfson

A Word from Students:  
Erin Ersoy & Lilliana Mae Johnson

A Time to Give

9:00   Closing Remarks, Raffle & Silent Auction Close

9:15   Raffle and Silent Auction Winners Posted

9:15–10:00  Dance!

SILENT AUCTION

Our silent auction helps us to raise funds for our important work. Please view our silent auction items and bid generously. These items make great gifts - to ourselves or others. Start your holiday shopping now!

RAFFLE TICKETS

Purchase tickets at registration desk, from strolling volunteers, or by the raffle table. 1 for $5, 6 for $20, 20 for $50

Must be present to win raffle.
Welcome all! We are so excited to celebrate our 14th year with you tonight! Together we are changing the lives of children and the whole school community in the schools we work with: the students, families, teachers, paraprofessionals, administrators, and food service professionals.

Our annual gala marks the beginning of a new 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 schools year-round. With supporters like you, we have been able to implement programs that are not only making a difference in schools, but in the home lives of children and the adults who impact their lives.

This year we have some big news! We now have a fourth vegetarian school! We have also rewritten our Food UnEarthed Curriculum, and are teaching it in PreK, K, 1st, and 2nd grade classrooms throughout the school year. The curriculum includes nutrition and animal awareness. Environmental awareness will come in the 3 – 5th grade lessons. While we have received funding for the lower grades, we are still seeking funding to provide new curriculum for 3 – 5th grades. Your support can help us put our plant-based lessons into action.

Our other big news is the addition of a third full time staff member. Please join us in welcoming Gail Mayer, RD, our Director of Education. Gail will focus on developing adult education programs for teachers and parents, as well as educational programs and resources for students, including expansion into middle schools, and building on our base of high schools that we work with.

We are excited to be charity partners with the NYC NYRR United Airways Half Marathon and expect to have our charity partnership approved once again for the TD Five Boro Bike Tour. 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, and give us your name at our registration table so we can be sure to follow up with you.

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. To dramatically increase our impact, our strategic plan includes policy work, chapters, and media/public relations. For this to happen, we need additional board members. Please reach out to us if you are interested in helping to increase our impact.

While 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 additional resources to expand our efforts. Your generous support with additional donations, raffle ticket, 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, VOLUNTEERS AND OTHERS WHO MADE THIS NIGHT POSSIBLE 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
Amie Hamlin, Executive Director
Gail Mayer, Director of Education
Kelley Wind, Program Director

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Ethan J. Ciment, DPM & Michael Suchman
Liz Dee & Nick Garin
Edward Lin
Mia McDonald & Martin Rowe
Ann Parkin & Jody Rasch
Marisa Miller Wolfson & David Wolfson

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Leigh Gage - Administrative Manager
Amie Hamlin - Executive Director
Theresa Joseph - Ithaca Cooking Class Manager
Gail Mayer - Director of Education
Kelley Wind - Program Director

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HEALTHYSCHOOLFOOD.ORG 2
HONORING:
FORKS OVER KNIVES

Forks Over Knives examines the profound claim that most, if not all, of the degenerative diseases that afflict us can be controlled, or even reversed, by rejecting our present menu of animal-based and processed foods. The major storyline in the film traces the personal journeys of a pair of pioneering yet under-appreciated researchers, Dr. T. Colin Campbell and Dr. Caldwell Esselstyn.

BRIAN WENDEL

Brian Wendel is founder and president of Forks Over Knives, a global multimedia brand that empowers people to live healthier lives by changing the way the world understands nutrition. He created and executive produced the 2011 documentary film Forks Over Knives, which has been viewed by millions of people around the world and has become one of the most influential documentaries of our time.

HONORING:
PlantPure NATION

This film examines the political and economic factors that suppress information on the benefits of plant-based nutrition, while making the connections of this idea to larger issues such as medical practice, farming, and food deserts. It features Dr. T. Colin Campbell, one of the leading voices advocating for the health benefits of a whole foods plant based diet.

NELSON CAMPBELL

Nelson Campbell directed and wrote PlantPure Nation. He also leads an organization that he established to organize a grassroots movement around the health message of plant-based nutrition (HealingAmericaTogether.com). In addition, he founded a nonprofit organization (PlantPureCommunities.org) to spearhead a network of hundreds of plant-based support groups, involving over 100,000 people, as well as a strategy for bringing nutrition education and affordable foods into underserved communities.

T. COLIN CAMPBELL

T. Colin Campbell, PhD has been dedicated to the science of human health for more than sixty years. He is professor emeritus of nutritional biochemistry at Cornell University and co-author of The China Study, the bestselling book that sums up his research on The China Project, which is considered the most comprehensive study of health and nutrition ever conducted. Dr. Campbell's profound impact also includes extensive involvement in education, public policy and medical research.
HONORING: LUNCH HOUR

Lunch Hour is an eye opening documentary about the school food crisis, childhood obesity, and what we can do to change how schools feed kids. The film features interviews with Senator Kristin Gillibrand, Robin Quivers, Rachael Ray, Marion Nestle, and our very own Amie Hamlin!

JAMES COSTA

James Costa directed and produced the 2014 documentary film Lunch Hour, which explores the National School Lunch Program and its impact on the health and nutrition of children from low-income backgrounds. He is on the board of Sea Shepherd, Farm Sanctuary, and Co-Vice President of the International Documentary Association. James is co-producer of the upcoming documentary Fight Back, a film about the SHAC 7 activists convicted and imprisoned for their campaign against an animal testing laboratory.

HONORING: VEGUCATED

Part sociological experiment and part adventure comedy, Vegucated is an award-winning, guerrilla-style documentary that follows three New Yorkers who agree to adopt a vegan diet for six weeks. As they uncover the hidden sides of animal agriculture, they find themselves risking everything to expose an industry they supported just weeks before.

DEMETRIUS BAGLEY

Demetrius Bagley is one of the award-winning movie producers of Vegucated. Besides producing the public TV cooking show Vegan Mashup, he's a nationally recognized events producer. Since 2004, he's organized one of the world's largest vegan Meetups – NYC Vegan EatUP. He godfathered Vegan Street Fair, Veggie Conquest, a few VegFests, and other events. He went vegan in 1994.

MARY MAX

Mary Max is the executive producer of Vegucated and a longtime fan of film as an agent of change. As such, she helped bring the films The Witness and Peaceable Kingdom to mainstream theaters in New York City. Mary is on the board of The Humane Society of the United States, Humane USA, and the Coalition for Healthy School Food. Mary is the recipient of the 2009 Mercy for Animals Art of Compassion award.

PETER MAX

Peter Max has a long-standing career as the preeminent Pop artist in America. With paintings on exhibition in hundreds of museums and galleries worldwide, his vibrant colors have become part of contemporary culture. Peter is a passionate environmentalist and defender of human and animal rights. His financial support helped to make Vegucated possible.

MARISA MILLER WOLFSON

Marisa Miller Wolfson is the writer and director of Vegucated, which has screened at more than a dozen film festivals worldwide and won several awards, including best documentary at its worldwide premiere at the Toronto Independent Film Festival in 2011. Marisa lives with her animal rights lawyer husband, David, and two children in NYC.
ITHACA PROGRAMS

COOL SCHOOL FOOD

This year we are teaching after school cooking classes in 4 schools (more soon) and going into the classroom to educate kids about nutrition with our Cool School Food in the Classroom program. We will also be doing taste testing on the line in the cafeteria.

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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, and we welcome our new vendors - we encourage you to frequent these businesses. Please note that all food and beverages are 100% plant-based (vegan).

**VEGAN CHEESES & OTHER DELIGHTS**

*Please note that all cheeses are nut based*

Cheeses will be served with Edward & Sons Organic Unsalted Plain Brown Rice Snaps edwardandsons.com

**BRYT LIFE FOODS***
brytlifefoods.com 917.862.1195
Bleu Chyż, Xtra Sharp Chedyr, Smoked Gouda, Tofeta, Moxyrella, Dill Havitari, & Sriracha Havarti (all GF, Sugar-Free)
Served with Edward & Sons Organic Brown Rice Snaps

**BUTTERBEAN FOODS***
butterbeanfoods.com 646.225.6656
Butter Bean & Jalapeño Spread, Rosemary & Thyme Bean Spread, & Sriracha Bean Spread (all GF, Sugar-Free)
Served with Edward & Sons Organic Brown Rice Snaps

**EDWARD & SONS***
edwardandsons.com
Black Olive Tapenade with Garlic & Rosemary (GF), Brazen Butter Bean Spread with Lemon, Lavender & Herbs (GF, Sugar-Free)
Served with Edward & Sons Organic Brown Rice Snaps

**FRANCHIA***
franchia.com 212.213.1001
California Rolls, Crispy Tofu Skin Rolls

**FRUIT BLISS***
fruitbliss.com 646.225.6565
Fruit & Nut Bites: Apricot, Fig, & Tart Cherry Cacao (all GF, SOSF)

**HELENIC FARMS FIG SALAMI***
hecenicfarms.com 973.981.8120
Orange Zest & Aleppo Pepper (GF, SOSF, NF), Smoked Paprika & Aleppo Pepper (GF, SOSF, NF), Pistachio Cinnamon (all GF, SOSF)
Served with Edward & Sons Organic Brown Rice Snaps

**KITE HILL***
kite-hill.com 888.588.0994
Artisanal Almond Milk Cheese (all GF, Sugar and Oil-Free)
Served with Edward & Sons Organic Brown Rice Snaps

**KONJAC KITCHEN***
konjakkitchen.com 415.521.5313
Organic Konjac, Organic Konjac Noodles, & Organic Konjac Tofu (all GF, Sugar-Free)
Served with Edward & Sons Organic Brown Rice Snaps

**MIYOKO’S KITCHEN***
miyokoskitchen.com 415.521.5313
Organic Classic Double Cream Cheese, Organic Double Cream Sundried Tomato & Garlic Herb (all GF, Sugar-Free)
Served with Edward & Sons Organic Brown Rice Snaps

**PUNK RAWK LABS***
punkrawlabs.net 612.298.1671
Assorted Cashew Cheese (GF, Sugar and Oil-Free)
Served with Edward & Sons Organic Brown Rice Snaps

**SPREAD-MMM’S***
spread-mms.com 917.727.8116
Black Olive Tapenade with Garlic & Rosemary (GF), Brazen Butter Bean Spread with Lemon, Lavender & Herbs (GF, Sugar-Free)
Served with Edward & Sons Organic Brown Rice Snaps

**SMALL PLATES**

**AMERICAN BEAN PRODUCTS***
americanbean.com 908.565.1500
Falafel Nuggets & Falafel Tots served with Lemon Tahini Sauce (GF, Sugar-Free, NF)

**CANDLE CAFE, CANDLE 79 & CANDLE CAFE WEST***
candlecafe.com candle79.com
BBQ Jackfruit Sliders & Pomegranate-BBQ Seitan Skewers

**CHEF NOAH SHEETZ / CHEF’S CONSORTIUM***
chefsconsortium.com 914.204.9628
Curried Pumpkin Lentil Stew with Wild Barley Salad & Crushed Cashews (Available NF)

**DELICE & SARRASIN***
delicesarrasin.com 212.243.7200
Ratatouille, Vegan Foie Gras, & Lavender Rice Pudding

**D’VIDA HEALTH BAR***
dvidahb.com 917.426.3024
Baked Health Bars, Nutritional Bars, Smoothies

**DARK CHOCOLATE MAN***
darkchocolateman.com 917.426.3024
Single-Origin Dark Chocolate Bars

**THE 6 JUICE COMPANY***
the6juicecompany.com
Assorted Cashew Cheese (GF, Sugar and Oil-Free)
Served with Edward & Sons Organic Brown Rice Snaps

**THE VEGAN NEST CAFÉ***
thevegannestcafe.com 508.333.0095
Hearts of Palm & Artichoke Sushi (Sugar-Free, NF), Green Salad with Lemon-Basil Dressing (GF, Sugar-Free, NF), Apple Pie Cheesecake (GF, NF), M Ca Herbal Coffee (GF, SOSF, NF), Vegan Wine (non-alcoholic) from The Skarlet Beverage Company (GF, SOSF, NF)

**THE VEGGIE BAR***
theveggiebar.com 917.426.3024
Wow Bars, Nutritional Bars, Smoothies

**VIAGGIOCA***
viggiocioc.com 201.773.4533
Magenta Beet Dip on Rice Crackers (GF, Sugar-Free) Served with Edward & Sons Organic Brown Rice Snaps

**VSPOT***
vspot.nyc 212.254.3693
Empanadas, Avocado Fries

**DESSERTS**

**DAX SNAX***
daxsnax.com 929.269.4121
Cookies: Dark Chocolate Chip, Double Dark Chocolate Chip & Oatmeal Raisin

**MUD - MINDFULNESS USING DESSERTS***
eatmud.com 800.609.6256
Coconut Mousse: Chocolate, Vanilla, & Coffee (GF, SOSF)

**OCKA TREATS***
ockatreats.com
Bliss Bites: Matcha Coconut, Lemon Turmeric, Beet & Cherry (GF, Oil and Salt-Free)

*These food vendors have food that could have any (not necessarily all) of these designations. Food may be made on shared equipment. We have carefully checked our information to give you guidance in helping you decide what you can eat. But please, always be safe and ask.

GF = Gluten-Free
SOSF = Sugar, Oil, Salt-Free
NF = Nut-Free (may contain seeds)
OUTREACH EVENTS

FOOD UNEARTHED

We are delighted to unveil our new Food UnEarthed: Uncovering the Truth About Food curriculum for grades pre-K through second grade. Students have fun while they learn about plants, animals, and healthy eating. Every lesson ends with a plant-based snack and several lessons are devoted to hands on food preparation, where each student makes their own serving of food. In PreK, students learn about different foods that their snacks are made of and create a food wall in their classroom. In kindergarten, students learn how foods affect their bodies. In first grade, students learn fun science activities related to food, and keep observation journals. In second grade, students create a grocery store, and help customers make choices that are healthy for people, the planet, and animals.

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.
OUR NEWEST EMPLOYEE!

We are thrilled to add another full time staff member. Gail Mayer, Registered Dietitian, is our new Director of Education. Gail is a long time dedicated volunteer. She has extensive experience as an educator for various non-profit organizations (including us) in New York City schools.

The power of plant foods has inspired Gail to become a passionate advocate for plant-based nutrition. She is also an enthusiastic advocate for human rights and the protection of animals and the environment, and continually seeks to identify ways in which she can make a difference. Gail believes that educating children and adults is the key to reducing rates of food-related health conditions, environmental injustice, and harm to animals.

Gail received a B.S. in Dietetics, Food, and Nutrition from Lehman College, a M.S. in Human Development and Family Studies from Penn State University, and undergraduate degrees from the University of Florida.

RUN OR RIDE TO SUPPORT OUR WORK

We have been accepted as charity partners in the 2019 NYC NYRR Marathon and are expected to also be charity partners in 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 line.
AN EXCELLENT SOURCE OF OBESITY.

LUNCH HOUR

AMERICA’S SCHOOL LUNCH PROGRAM

BIRDSTREET PRODUCTIONS PRESENTS A FILM BY JAMES COSTA “LUNCH HOUR”

ORIGINAL MUSIC BY FELIX BIRD EDITED BY KYLIE SHERMAN AND BEN FOSTER DIRECTOR OF PHOTOGRAPHY RUBEN O’MALLEY

CO-PRODUCED BY RYAN JONES PRODUCED BY JAMES COSTA, TODD SPRAGUN, KYLIE SHERMAN DIRECTED BY JAMES COSTA
FIVE TIPS TO IMPROVE YOUR SCHOOL FOOD ENVIRONMENT

Ruby S. Thomas MD, MPH

“Your are what you eat”.
“Let food be your medicine, and medicine be your food”
“An apple a day keeps the doctor away”

These are all popular quotes about the importance of good nutrition to our health and well-being, yet in the United States we continue to see increasing rates of nutrition-related chronic diseases, even in children. Nearly 1 in 5 school-aged children is affected by childhood obesity, and nutrition in schools can play a large role in this epidemic. While research shows that students eating school meals are eating more healthfully than students bringing lunch from home, there are still improvements that can be made to school meals. For example, the “meat/meat alternate” component is nearly always meat or cheese, but beans, lentils, and tofu would be a much healthier choice. There are many other opportunities to eat at school that can be addressed in addition to meals, such as snacks, food brought from home for lunch, fundraisers, school events, class parties, and the use of food as a reward. Along with obesity, there are increasing rates of diabetes, high blood pressure, attention and behavior problems occurring in school aged children, and improving nutrition in schools can play a large role in the prevention and management of these disorders.

So, how can we turn the tide of the obesity and chronic disease affecting children in this country? Can we change the school food environment? The answer is yes! Here are a few suggestions for ways that parents and teachers can help:

1. Consider enacting food policies for snacks, lunches from home, fundraisers and school functions that do not allow the sale of over-processed sugary foods such as candy, cakes, and other sweets.

2. Make sure the school wellness policy is both meaningful and enforced. All school districts participating in the federal school meal program are required to have one. But many are just documents that are written and then ignored. A school wellness policy can set the tone for the entire school: teachers and other staff, parents and students. It outlines what is allowed and what is not allowed and gives a great reference tool for anyone with questions. For example, while school meals meet calorie,
fat, sodium, and other guidelines, the food can still be highly processed – so making sure there are more whole food plant-based entrees, such as those promoted by the Coalition for Healthy School Food, is a good start. Some schools are peanut-free because of the dangers of anaphylaxis to those with peanut allergies. Obesity and poor nutrition are also big issues for children, so why not enact school wellness policies that eliminate fatty and sugary foods from school campuses? Schools can start with just eliminating products that contain high fructose corn syrup and other artificial ingredients, hallmarks of junk food, from campus.

3. Encourage the planting of a school garden on campus or ask your food service department to partner with local farms for access to fruits and vegetables that allow students and parents to see the value and impact of fresh local produce on child health, behavior, and nutrition. Implementing fresh fruits and vegetables as a classroom snack has been found to be a very effective way to help students learn the benefits of fruits and vegetables, and significantly increases their fruit and vegetable consumption.

4. Lobby to keep vending machines out of schools. If this is not possible, at least ask for healthier options in the machine such as trial mix and water instead of chips and soda. Because soda containing caloric sweeteners is not allowed in schools anymore, all soda in schools now contains artificial sweeteners (these sodas are not allowed in elementary schools). Research shows that artificial sweeteners trick our bodies into thinking they are sugar, and so they have a negative impact on our health, in addition to not being a real food product.

5. Discourage food rewards for students that meet academic or behavioral goals and try rewarding with other fun gifts, like bubbles or stickers. Likewise, food cannot be withheld as a punishment.

It is clear that there need to be large sweeping changes made to the food system in the United States, and the school food environment is no exception. However, ultimately, it is up to schools, parents, and community members to improve how our children eat so that they are adequately prepared to learn.
GETTING VEGAN FOOD IN SCHOOLS

Schools are the place where children go to learn each day. Parents count on the school doing everything they can to protect their children. And yet there is one area where the school is usually out of step with what research shows will protect our children - food and nutrition. This is not unique to schools – it is a society-wide problem.

Despite the updated meal and snack standards that began in 2012, schools are still full of unhealthy food. Candy at Halloween, bake sales, cupcakes for birthday parties, chocolate milk at breakfast and lunch, highly processed breakfasts and lunch entrees that resemble fast food (though they are likely to have far less sodium and fat, in order to meet the regulations). Wellness policies, required by the federal government, are supposed to address nutrition guidelines, but often times the policies are written and then largely ignored.

This article focuses on school lunches.

Schools in New York City and Ithaca, NY work in formal partnership with the Coalition for Healthy School Food. In Ithaca, vegan entrees have been added to the menu three times per week. These recipes have also been shared with 25,000 schools nationwide. In New York City, the Coalition worked with the New York City Office of School Food to help create a vegetarian menu and offer it to schools as an option. As a result, there are now four vegetarian schools in New York City.

Offering vegan entrees does not cost more – if it did, schools would not be able to offer them. Schools have about $1.10 to spend on the actual food costs for a lunch, out of the $3.23 reimbursement for a student receiving a free meal. The rest of the money goes to cover staff pay and benefits, equipment repair and replacement, and sometimes utilities. Expensive ingredients are not possible. So non-dairy cheese, tempeh, and avocados, and many (but not all) of the faux-meats are not likely to be on school menus, unless or until the cost of these items comes down.

Exciting ways to add vegan options to menus includes special days: Meatless Mondays, Try It Tuesdays, Wellness Wednesdays, World Food Day Thursdays, or Pizza Fridays. Yes pizza. We have a wonderful recipe for Tuscan Tomato Pie, a white bean hummus pizza with chopped tomatoes, spinach, and basil on top. Schools can add hummus or cold bean salads that count as a meat alternate to their salad bars.

It’s important to have a basic understanding of the school meal program, before trying to work with a school to make changes. Working to change school food takes time and requires resources and an understanding of the regulations and how school food works.

Developing relationships is important, as is being able to determine your point of entry into the system. If the Food Service Director is not receptive, you may need to go to the school board or superintendent. But it would be best to go directly to the Food Service Director first, so that they feel respected. Work with them and be helpful – they don’t need more work to do, as they are overwhelmed, so getting extra feet on the ground to help implement changes is important. See the Food Service Director as your friend, because if you are serious about creating change, you will be spending a lot of time with them. The Coalition for Healthy School Food can help by providing advice, recipes, and resources.

Schools may be “Self-Op” meaning the school district employs the food service personnel, or they may work with an outside company (Contract Management). Either way, the funding for school meals does not come from the school budget, the school food program operates separately. Funds come from federal and state reimbursements (most, but not all states provide an additional reimbursement), paid meals, a la carte sales, and catering. Some schools do a lot of scratch cooking, and some do none, using all frozen, canned, or otherwise packaged foods. Some schools cook/prepare food out of a central kitchen, distributing food to other schools in the district, while others cook in their own kitchens.
For lunch, five categories of food must be offered: meat or meat alternate, grain, vegetable, fruit, and milk. Of these five components of food, only three components need to be taken in order for the meal to be reimbursable by the government, and at least one of the components needs to be either a fruit or a vegetable. For each child receiving a free meal, the federal government will reimburse a school in the $3.23 (rates are higher in high need schools, Alaska, and Hawaii). As a reminder, about $1.10 of this is for the food cost.

The meal standards implemented in 2012 require more fruits and vegetables, subcategories of vegetables which must be served at least once a week (greens, red/orange, legumes, starchy, and other), whole grains, sodium limits, and calorie ranges.

Schools were required to offer grains that were “100% whole grain rich”. But in a classic example of food industry spin, whole grain rich actually means 50% whole grain. Now, thanks to food industry influence, schools can receive an exemption for grains and can reduce their grains to 80% whole grain rich (40% whole grain).

The categories that offer the greatest opportunity for improvement are the dairy and the meat categories.

Milk MUST be offered, but it does not have to be taken. It would take an act of Congress to change this. Given this reality, there are three things schools can do to reduce milk consumption:

1. Eliminate chocolate milk as an option.
2. Make sure the free water, which is required by federal law to be available in the cafeterias, is available, and that students are able to get up to get it, or that it is brought to their table.
3. Offer non-dairy milks. When a student has a note from their parent or doctor that they need a non-dairy milk, a school may, but is not obligated to provide it.

Non-dairy milks cost more, and reimbursements do not cover the added cost. The non-dairy milk must also meet certain nutrient requirements. A school can choose to offer non-dairy milks without parents or doctors notes, but the government will not cover the additional costs, thereby preventing most schools from offering it.

The meat/meat alternate category allows for serving beans, lentils, split peas, tofu, processed meats, and non-dairy yogurt (however, non-dairy yogurt is not affordable for schools). The serving size for legumes is ½ cup of beans, lentils, or split peas. For tofu it’s 4.4 ounces. Manufactured vegan items would do well to apply for the Child Nutrition (CN) label. This allows food service directors to feel sure that the product will qualify as a meat/meat alternate. One frozen product that we love is Falafel Tots from American Bean Products. In all the schools we’ve tested them in, they’ve been a big hit.

The Coalition for Healthy School Food has recipes at www.healthyschoolfood.org/recipes.htm which qualify as a meat alternate. These are plant-powered entrees from around the world and are bean, lentil, or tofu based. Some of the favorites are West African Beans and Greens, Ms. Patel’s Rajma, North African Red Lentils, Awesome Bean Burger, Pasta Fagioli, Tuscan Tomato Pie, and Power Hummus. We offer these recipes in quantity size for schools to cook, and in family size versions so you can make them at home.

Changing food in schools takes a lot of fortitude. You never know what you will encounter as you work to create change until you try. We are here to help. Go to the contact page at healthyschoolfood.org to get in touch!

By Amie Hamlin, Executive Director, Coalition for Healthy School Food

A slightly modified version of this article originally ran in the August 2018 issue of Vegetarian Journal.
Tools for a Healthy Plant-Based Lifestyle...

Meal planner, online cooking course, food products, bestselling books, recipe apps, and more!

www.ForksOverKnives.com
KIDNEY BEAN AND LENTIL DAL

Makes about: 4-5 cups
Ready in: 35 minutes

This kidney bean and lentil dal is a staple in every home in north India and is also found on the menu in every Indian restaurant serving north Indian food. It gets its strong aromatic flavor from ginger, garlic, coriander, turmeric, and other warming spices. Serve with any cooked grain or whole-grain bread or tortillas.

Recipe by Darshana Thacker from The Forks Over Knives Plan. Reprinted with permission from Forks Over Knives.

Ingredients:
- ¼ medium red onion, cut into ¼-inch dice (about ½ cup)
- 3 cloves garlic, minced (1½ teaspoons)
- 1 teaspoon grated fresh ginger
- 1 tomato, cut into ¼-inch dice (about 1 cup)
- 2 teaspoons ground coriander
- ½ teaspoon ground turmeric
- ¼ teaspoon ground cloves
- ¼ teaspoon ground cinnamon
- 1 teaspoon ground cumin
- 1 cup unsweetened, unflavored plant milk
- 1 (15-ounce) can brown lentils, drained and rinsed (or 1½ cups cooked)
- 1 (15-ounce) can red kidney beans, drained and rinsed (or 1½ cups cooked)
- 1 tablespoon fresh lime juice
- sea salt
- 1 tablespoon fresh cilantro, finely chopped
- Brown rice or whole-grain bread or tortilla (for serving)

Instructions:
1. Combine the onions, garlic, ginger, and ¼ cup water in a nonstick saucepan and cook over medium-low heat, stirring occasionally, until the onions start to turn golden brown, about 10 minutes.
2. Add the tomatoes, coriander, turmeric, cloves, cinnamon, and cumin; mix well. Add ½ cup water and cook until the tomatoes are cooked through, 5 to 7 minutes.
3. Add the plant milk, lentils, and beans and continue to cook until the dal thickens, 5 to 10 minutes.
4. Add the lime juice; mix well, then season with salt to taste. Cook until the flavors merge, 2 minutes.
5. Garnish with cilantro.
6. Serve hot with brown rice or bread.

Find this recipe and more (plus create a quick shopping list) at www.forksoverknives.com/app
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PAD THAI

Makes about: 4 to 6 servings
Ready in: 60 minutes, Prep Time: 25 minutes, Cook Time: 30 Minutes

Most restaurants serve Pad Thai with an oil-based fish sauce. This version is oil-free and plant-based but still boasts that delicious combination of sweet, sour, and spicy flavors. Recipe by Kim Campbell from The PlantPure Kitchen Cookbook. Reprinted with permission from Plant Pure Nation.

Sauce Ingredients:
- 2 garlic cloves, peeled
- 1 teaspoon grated fresh ginger
- ¼ cup water
- 3 tablespoons low-sodium tamari
- 2 tablespoons pure maple syrup
- 1 tablespoon rice vinegar
- 1 tablespoon tahini
- 1 tablespoon lime juice
- 1 teaspoon tamarind paste
- 1 teaspoon sriracha
- 2 teaspoons cornstarch

Noodles and Vegetables Ingredients:
- 6 ounces extra-firm tofu
- 6-8 ounces brown rice noodles
- 1 medium carrot, peeled and julienned
- 1 red bell pepper, seeded and sliced
- ½ red onion, sliced
- 3 cups chopped broccoli florets
- 1 cup shredded cabbage
- 2 cups chopped spinach
- 1 cup fresh mung bean sprouts
- 4-6 green onions, chopped
- 3 to 5 garlic cloves, minced

Toppings Ingredients:
- ½ cup chopped peanuts
- ½ cup chopped fresh cilantro
- 1 lime, cut into wedges (optional)

Instructions:
1. Preheat the oven to 400 degrees. Line a baking sheet with parchment paper.
2. Combine all the sauce ingredients in a blender and blend until smooth and creamy.
3. Cut the tofu into 1-inch cubes and arrange them in a single layer on the prepared baking sheet. Brush the tofu thoroughly with the sauce (reserve the remaining sauce for the vegetables). Bake until golden, 15-20 minutes.
4. While the tofu is baking, cook the rice noodles according to the package instructions. Drain and set aside.
5. In a nonstick skillet over medium-high heat, sauté the carrot, bell pepper, red onion, broccoli, cabbage, spinach, sprouts, green onions, and garlic in a small amount of water until the broccoli is bright and tender, about 5 to 8 minutes. Add the reserved sauce and continue cooking until the sauce thickens, about 3 minutes.
6. In a large serving bowl, toss the pasta, tofu, and vegetables together. Garnish with the peanuts and cilantro and serve with the lime wedges, if desired.

Kim’s Hints:
Hint #1: Don’t hesitate to try different veggies in this dish. I like the variety and color of the ones I use here, but you can choose your own favorites.

Hint #2: Tamarind paste (a sticky sour fruit paste) can be found in the Asian section of most large supermarkets; Whole Foods Market carries this product as well. But if you can’t find it, you can substitute 1 pitted date.
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!
OUR HEROES: NOT JUST MOVIE MAKERS

Erin Ersoy

Erin is a kind, smart, and creative 12 year old. She was diagnosed with an aggressive pediatric cancer – Stage 4 Neuroblastoma – in 2008 (she was a little over 2 at the time). Her treatment protocol involved hundreds of days in the hospital, high dose chemo, multiple surgeries, radiation, stem cell transplants, complications, side effects, and more. Her treatment lasted 2 years, and she is happy and healthy today! Erin loves animals and is a vegetarian. She plans to become a vegan soon after talking with her doctor, who told her it was okay to be vegetarian. Because of Erin’s request to meet with her principal and food service director, Middle Country Central School District now has Meatless Mondays, and serves vegan veggie burgers every day in all of their schools. The Coalition was introduced to Erin through our friend and supporter Jennifer Greene of Vegan Long Island. Erin requested our help in working with her school to introduce more vegan options. Erin is obviously completely capable, and we think Erin is doing a great job by herself! But we will be happy to help.

Lilliana Mae Johnson

Lily is a 10 year old ethical vegan. She’s an animal rights activist, a student council member, and an advocate for healthy food for all children in her community. Her goals include creating a peaceful world and becoming President of the U.S. When Lily isn’t speaking up for her peers and for animals, she spends her time doing gymnastics, self-defense training, riding her bike, and doing arts and crafts. Lily reached out to the Coalition for Healthy School Food to request help in bringing vegan options to her school district’s cafeterias. The Coalition helped her write a letter to her principal, and has been facilitating communication with the district’s food service provider.
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 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 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
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