



Mission Statement

Spoons Across America® – the source for children’s culinary education – is a not-for-profit organization dedicated to educating children, teachers, and families about the benefits of healthy eating. We work to influence the eating habits of children through hands-on education that celebrates the connection to local farmers and the important tradition of sharing meals around the family table.

Programs

Spoons Across America was founded on the premise that it is essential to the health of our children and our society to bring the joys of the table to the children of America. The table is where children learn about conversation, consideration, tolerance and other tools for getting along in society. When activities are centered around healthful food, children experience a fun and exciting way to learn about nutrition, the physiology of taste, and how food weaves its way through daily life, from the farm to the table.

Spoons Across America is a leader in providing and developing food-based educational programs for the classroom, after-school and community organizations. Our Web site, www.spoonsacrossamerica.org, is an online resource providing information, recipes, networking opportunities, and links to children’s culinary education programs.

Since 1995, *Spoons Across America*’s innovative educational programs have served over 10,000 public school children, grades 4th to 7th in more than 25 cities.

- *The Dinner Party Project*® is a dynamic, family-focused food education program involving 5th through 7th grade students in the entire process of producing a dinner party for their parents. Since 2001, over 50 dinner parties have been held with over 5,000 children, teachers, and family members participating across the United States.



- ***AIWF Days of Taste®* New York*** is a discovery-based curriculum designed specifically for 4th and 5th grade students which is coordinated by Spoons Across America. The program teams up chefs, food professionals, farmers, and teachers to help children explore the nuances of taste, develop a food/nutrition vocabulary, and experience and compare basic tastes and flavors. Each fall 50 New York City public school classrooms and more than 1,500 ethnically-diverse 4th and 5th graders participate.
- ***Greenmarket Tour Guide Program*** trains volunteers to guide children through farmers' markets using hands-on education techniques, including a specially-designed market treasure hunt.

Partners

Spoons Across America is a collaborative effort of professional organizations, businesses, and volunteers committed to supporting the Spoons Across America mission. Our partners include The James Beard Foundation; The American Institute of Wine & Food/New York Chapter; California Table Grape Commission; Lonesome Dove Western Bistro, Fort Worth, TX; La Brea Bakery; New York City College of Technology/CUNY; Greenmarket (the citywide farmers market program of the Council on the Environment of New York City); New York Women's Culinary Alliance; plus farmers, chefs, restaurateurs, and food professionals across the United States.

Julia V. Jordan, *Spoons Across America's* President and Founder, is a Professor of Hospitality at New York City College of Technology/CUNY and is an internationally-recognized educator and leader in experiential education.

The *Spoons Across America* Advisory Board includes Jacques Pepin, *Chef/Author*; Dr. Marion Nestle, *Paulette Goddard Professor of Nutrition, Food Studies and Public Health, NYU*; Dorothy Cann Hamilton, *CEO/Founder, French Culinary Institute*, Michael Batterberry, *Editor-in-Chief, Food Arts magazine*, Richard Smilow, *President, The Institute of Culinary Education*; Richard Grausman, *President/Founder, Careers through Culinary Arts Program (C-CAP)*, Ann Harvey Yonkers, *Manager/Founder, FreshFarm Markets*.

Press Contact: Joyce Appelman phone: 516-482-1016 e-mail: greatappel@aol.com

*"The Days of Taste® trademarks and copyrights are the sole and exclusive property of The American Institute of Wine & Food (AIWF). Days of Taste® is a national program of The AIWF implemented throughout America by a majority of its 30 chapters in cities throughout the USA. The AIWF New York Chapter has engaged Spoons Across America to implement The AIWF's Days of Taste® program in the New York area solely on behalf of the AIWF New York Chapter." To learn more about the AIWF Days of Taste® program in your area, please contact The American Institute of Wine & Food national office at (800) 274-2493 or visit www.aiwf.org. If you're interested in the AIWF New York Chapter's Days of Taste® program, please contact the AIWF New York Chapter at 718-229-6565.



The need for *Spoons Across America* programs is clear based on recent findings about the childhood obesity, diabetes and the benefits of healthy lifestyles.

- One-third of American adults _ and 17% of our children are growing up to be obese. (Centers for Disease Control and Prevention 2004 study)
- The odds of being overweight are 15% lower among children who have meals regularly with their families. (Harvard Medical School study)
- The estimated lifetime risk for developing diabetes is 32% for males and 38% for females. The highest risk is among Hispanics – males 45%, females 52%. (Journal of the American Medical Assn. 2003)
- According to a 2000 White House Council of Economic Advisors' report, teenagers who had dinner with their parents five nights a week are far more likely to avoid smoking, drinking, violence, suicide, and drugs. This holds true for single-parent, as well as two-parent families, across all income and racial groups.