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# Spoons Across America

Ensuring that every child makes healthy eating choices around the family table.



## Letter from Jacques Pépin, national spokesperson:

I believe the greatest thing we can do for our children is to cook and to share food with them. The precious moments we spend together around the family table go way beyond the food itself; they lead to an understanding of the benefits of healthy eating and are the basis for strong family relationships.

Today, too many children and families are eating high-calorie foods and not sitting down at the table together for meals. As a result, we're seeing an increase in the number of children who are obese and who have diabetes.

Spoons Across America® is working to change this by educating children, teachers and families at schools and community centers around the country about the benefits of healthy eating. Hundreds of Spoons' volunteers produce programs 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.

Through these programs we've discovered that when children meet farmers and learn the importance of eating locally and seasonally and they learn to cook with fresh ingredients, they not only become interested in it, they taste it and, more often than not, they like it.

I am proud to be the National Spokesperson for Spoons Across America®. To date Spoons programs have reached over 28,000 children, teachers and families in 37+ communities. I hope you will join me in enthusiastically supporting this important organization.

Bon Appétit!

**Since 2001, Spoons has introduced, administered, and collaborated on over 50 educational programs in over 37 communities across the U.S., reaching 28,000+ children, teachers, and families.**

**Our goal in 2010 is to continue to expand our programming around the country.**

**As we all give thanks around the family table this holiday season, please consider how you can join with Spoons to increase our reach to educate children, families and teachers about the benefits of healthy eating.**



This year your dollars will be matched by an anonymous grant and will support :

## Spoons Across America programs:

### The Dinner Party Project®

Under the guidance of a teacher and a food professional 5th-8th graders produce a dinner party for their families at their school or community center. The standards-based curriculum integrates nutrition, food safety, meal planning, table setting, etiquette, and cooking with math, language, social studies, science, and the arts. Students learn the value of community, teamwork, and sharing, while building self-esteem. Homework assignments are structured to involve the whole family. As a result, many students say they plan to eat healthy foods and to eat dinner with their families more often.

**Serving 6,470 middle school students and their families via 50+ pilot programs in 27 U.S. cities**

### Spoons Food Miles Relay®

4th graders learn about energy used to get food to market and the environmental benefits of buying and eating foods that are locally grown. Using the format of a relay race, students figure out the amount of energy and time required to transport food from far away vs. food that is locally grown. The lesson includes a tour of the farmers' market, giving students a chance to meet and converse with farmers.

**Serving 375 4th graders in NYC public schools**

### Take a Taste with Spoons®

3rd, 4th & 5th grade students explore the elements of taste, sample locally-grown, seasonal produce and take a recipe home to share with their families. This Eat Fresh, Eat Local, Eat Healthy Program encourages direct and long lasting connections with local food,

expands students' tastes, and promotes wellness. Each lesson uses seasonally available produce.

**Serving 700 3rd, 4th & 5th graders in NYC public schools**

### NY Agriculture Literacy Week

2nd graders learn about New York state agriculture - what kinds of food are grown and produced in the state, what areas these foods come from and the people who are involved in growing and producing them. This year's students learned all about apples. Through classroom activities and reading a book provided by Spoons Across America, they discovered that apples are grown from seeds, honeybees are needed to pollinate the apple blossoms, and that most apples are picked in the fall.

**Serving over 3,600 2nd graders in NYC public schools**

### Greenmarket Tour Guides

Trained volunteers guide children through farmers' markets, giving them opportunities to see, touch, smell, and taste some of the produce and products. They also participate in a specially-designed market treasure hunt. Tours are available to families also.

**Serving 4,900 4th graders in NYC public schools**

Spoons Across America is a not-for-profit 501(c)(3). For more information, please contact Martha Bear Dallis: [martha@spoonsacrossamerica.org](mailto:martha@spoonsacrossamerica.org) or visit: [www.spoonsacrossamerica.org](http://www.spoonsacrossamerica.org).

Note: gifts of \$1,000 or more will be listed on our Web site. If you would like your gift to remain anonymous, please let us know. Your gift is tax deductible to the extent permitted by law.

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