



### ***Mission Statement***

***Spoons Across America***<sup>®</sup> – 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***<sup>®</sup> 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***<sup>®</sup> 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](http://www.spoonsacrossamerica.org), is an online resource providing information, recipes, networking opportunities, and links to children’s culinary education programs.

Since 1995, the organization’s innovative educational programs have served over 10,000 public school children, grades 4<sup>th</sup> to 7<sup>th</sup> in more than 25 cities.

- ***The Dinner Party Project***<sup>®</sup> is a dynamic, family-focused food education program involving 5<sup>th</sup> through 7<sup>th</sup> 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/NY Days of Taste***<sup>®\*</sup> is a discovery-based curriculum designed specifically for 4<sup>th</sup> and 5<sup>th</sup> grade students which is coordinated by ***Spoons Across America***<sup>®</sup>. 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 85 New York City public school classrooms and more than 2,100 ethnically-diverse 4<sup>th</sup> and 5<sup>th</sup> graders participate.
- ***Greenmarket Guides Program*** trains volunteers to guide children and interested adults through farmers’ markets in New York City using hands-on education techniques, including a specially-designed market treasure hunt. Tour participants will discover the wealth and variety of fresh, locally-grown and produced foods during the Greenmarket Farmers’ Market Tour. They will have the opportunity to see, touch, smell, and taste some of the produce and products during the one-hour tour that includes time to shop at the market.

In 2007, Spoons provided Greenmarket tours to over 1,600 public school children who participated in the American Institute of Wine & Food/New York Days of Taste<sup>®</sup> program. Over 70 guides participate in the year-round program, with an aim of 1:7 guide-to-participant ratio.



- **NY Agriculture Literacy Day NY Agriculture Literacy Day** provides 2<sup>nd</sup> graders with the opportunity to learn about New York state agriculture—where food comes from and the people who are involved in growing and producing it. In 2008, 13 New York City public schools, 58 classrooms and over 1,300 2<sup>nd</sup> Graders participated in the program. They learned all about maple syrup through classroom activities, several classrooms received a visit from a maple syrup producer, and the

reading of a book that told the story of maple syrup production. **Spoons Across America®** partners with New York Agriculture in the Classroom (NY AITC) serving as the county coordinator for New York City, covering the boroughs of Brooklyn, Manhattan, and Queens.

### **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; Freedman Meats, Inc.; Lonesome Dove Western Bistro, Fort Worth, TX; March of Dimes; 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; Blue Smoke-Jazz Standard; Wheat Foods Council; plus farmers, chefs, restaurateurs, and food professionals across the United States.

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

The **Spoons Across America®** Advisory Board includes Jacques Pépin, *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*.

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\*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 25 chapters in cities throughout the USA. The AIWF New York Chapter has engaged Spoons Across America® to implement the AIWF 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](http://www.aiwf.org). If you're interested in the AIWF New York Chapter Days of Taste® program, please contact the AIWF New York Chapter at 718-522-6688.



**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.
- Less than 7% of all children and adolescents consume the recommended 3 servings of vegetables per day. (Archives of Pediatrics & Adolescent Medicine)
- 1 child in 4 is obese. (International Journal of Obesity)
- Nearly 50% of obese adolescents remain obese as adults. (International Journal of Obesity)
- In the last 20 years, Type 2 diabetes has increased ten-fold. (International Journal of Obesity)
- By the age of 12, an estimated 70% of our children have developed beginning stages of hardening of the arteries. (Bogalusa Heart Study)
- According to the CDC, the prevalence of obesity among children ages 6 to 11 has more than doubled in the past 20 years, going from 6.5% in 1980 to 17.0% in 2006. Several chronic disease risk factors are related to childhood overweight and obesity, including high blood pressure and high cholesterol. Additionally, obese young people have a great likelihood of becoming obese adults and developing diseases associated with adulthood, such as type-2 diabetes and heart disease.



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*The Source for Children's  
Culinary Education*