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Dateline: Springfield, Bellows Falls Date: 12/22/09

### Much to Give Thanks For

Through a very generous grant from the Windham Foundation, the 30+5 program has purchased 4 traveling cooking carts for use in the Springfield and Bellows Falls elementary schools. Most school classrooms are not equipped for cooking, and insurance and liability concerns prevent classes from using the school cafeteria kitchen. Rather than stock each classroom with cooking supplies, 30+5 is supplying each school with a cooking cart on wheels with all accoutrements.

Each fully-equipped cooking cart has a convection oven, hot plate, pots and pans, utensils, and cooking paraphernalia for budding chefs. The Vermont Country Store graciously gave the program some high-quality cooking implements. The Springfield Family Center gave 30+5 cutlery and donated staff time to put together carts. Union Street School's cart was put together by the first grade teacher's husband, Mr. Whaley and their son. J&H Hardware in Bellows Falls has donated a \$25 gift card to use in their store. Bibbens Hardware Store in Springfield is donating a griddle for a cart, as well.

Project Coordinator Nancy Schaefer and Program Assistant daylyn finnegan debuted the first fully-equipped cart at Union Street for their Thanksgiving Celebration. The 30+5 Program assisted first graders making a cranberry, pomegranate, and orange relish. Then they helped the third grade make an array of roasted roots. The second grade made a mashed sweet potato dish to add to the celebration.

Central School's third grade in Bellows Falls celebrated Hanukkah. The program used the cart to help prepare latkes and homemade applesauce. Both were considered a successful. Most of the kids had never tried latkes before, but they enjoyed the experience of making them and certainly the experience of tasting them.

In an effort to familiarize kids with healthy eating and expose them to fresh produce, the 30+5 program brings hands-on cooking experiences into classrooms in Springfield and Bellows Falls. In the fourth year of a HRSA-funded obesity prevention program, their new focus is on elementary school students. Program Coordinator Nancy Schaefer says, "For this grant, we decided to focus on elementary school youth, as it is important to start exposing children to healthier foods early in life. It is a goal of our program to improve the nutritional and physical activity climate. These cooking carts help to bring the lost art of cooking back into the classroom."

The 30+ 5 program has many more visits planned for the remainder of the school year in both towns. At the end of the program, the carts will be property of each school and utilized by classroom teachers. 30+5 is grateful for everybody that contributed to the program, since it takes a community to create a healthy culture.

Editors:

For more information about this and other activities, please call 30+5 @ 802-885-2126 x. 206