

Hollin Meadows Elementary Hosts Food Day

All the Food Day participants gathered for a group shot, before the activities began at Hollin Meadows Elementary School on Monday, Oct 28.



Chef David Guas, of Bayou Bakery, describes the next ingredients being added to the Giant Salad. Guas, along with volunteers Donovan, Fabiola and Natalie, made a salad with 8 lbs. of greens from Arcadia.



National Food Day Founder Michael Jacobsen talks to guests about the importance of healthy eating.



Chris Sampson (far left) of Growing Soul, shares the worm composting bins with interested visitors.



Morgan Maloney, farm education manager at Arcadia, helps the children make either a seed ball or a root cup. The purpose of the station was to get children interested in gardening at home.



Visitors to Chris Guerre's tent could visit with chickens and see the eggs that they laid. Healthy eating also involves knowing where food comes from. Buying fresh from local businesses was encouraged.

Beverly Bates of Vidalia demonstrates how to make a tasty version of the No Bake Granola Bar. Bates was voted 2013 Pastry Chef of the Year by the Restaurant Association of Metropolitan Washington.



PHOTOS BY
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THE GAZETTE