



# REAL FOOD *for* KIDS



April 2015

**Come Celebrate with Us!**

**Casual Reception at Cocoa Vienna  
on Thursday, April 30**



Calling all volunteers and advocates for Real Food For Kids: join us next **Thursday, April 30 from 7:00-9:00pm at Cocoa Vienna** in downtown Vienna as we celebrate our successes over the last (nearly!) five years. If you are new or have questions about school food and a healthy school environment, we hope you can join us, too!

"We are so grateful for all of the support we have received over the last several years. Though we still have a lot of goals, we want to take time to recognize our accomplishments. We can't do this without collaboration," said JoAnne Hammermaster, one of the co-founders of the group. "Many of the people I have worked with have become great friends. It was hard to move out of state last year, so I am so excited to be in town next week to personally thank everyone."

Questions or to rsvp? Notify us at [contact@realfoodforkids.org](mailto:contact@realfoodforkids.org). Cocoa Vienna is located at 120 Church Street NE, Vienna. We hope to see you there - and have a bit of chocolate, too!

## **In This Issue**

[Come Celebrate with Us!](#)

[FCPS Director of FNS To Retire](#)

[1st Annual Teen Taste Sense-ation held at Cooper Middle School](#)

[Marshall Wins Third Annual Culinary Challenge](#)

[Donate to Real Food For](#)

## **FCPS Director of Food And Nutrition Services To Retire**

Fairfax County Public Schools (FCPS) recently announced the retirement of Penny McConnell, Director of Food and Nutrition Services (FNS). McConnell has been with the school system for 50 years. "We are very grateful to Ms. McConnell for her commitment over several decades to serve students in Fairfax County. We thank her and wish her the best," says Co-founder and Chairman JoAnne Hammermaster of Real Food For Kids, a parent-led school-

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food non-profit.

FCPS is conducting a national search for McConnell's replacement to serve the nation's 10th largest school district, comprising a culturally diverse school population of over 186,000 students.

After a countywide assessment of the school food program was completed in 2013 due to the advocacy of Real Food For Kids, FNS made several improvements in the quality of the food served to students. They include offering fresh fruit and vegetable zones at all school levels; removing student access to regular soda before during, and after the school day; supplying more complete nutritional information about school meals for parents and students; and sourcing foods that have very limited artificial additives.

"We have made excellent progress working with Ms. McConnell and FNS over the past four years to bring more fresh ingredients to the school lunch menu and minimize the processed foods served. Real Food For Kids strongly encourages the school board to continue their emphasis on delicious and healthy school lunches by focusing this very important search on a creative leader who believes in community engagement and has a demonstrated history of finding innovative solutions", stated JoAnne Hammermaster.

## Real Food For Kids Hosts 1st Annual Teen Taste Sense-ation

### Event Held at Cooper Middle School



Real Food For Kids held its 1st Annual Teen Taste Sense-ation at Cooper Middle School on March 26th for 85 8th graders.

Master sommelier Kathy Morgan and acclaimed mixologist E. Jay Apaga combined to create a fantastic workshop to encourage kids to become more adventuresome and curious consumers of foods and beverages.

Kathy put together a slide show that addressed the "tongue map" where the primary taste receptors are located on the tongue, and other specifics concerning taste and flavor, while E.Jay created 11 different infusions. Both Kathy and E. Jay Apaga then walked the kids through each taste enlisting reactions, comments and connections.

The program was well received by the students and visitors in the attendance that day. Some of the favorites were: Fresh lemonade- not too sweet with a good balance of sweet and sour, and the Ginger lemonade with background notes of heat and zip!

A huge thank you to Kathy Morgan, E. Jay Apaga and

Cooper Middle School for all of their help with this very successful program!

## Marshall Academy Wins Third Annual Culinary Challenge

Congratulations to George C. Marshall High School's Chef Devlin and his talented team of chefs on winning our Third Annual Culinary Challenge. The winning recipe was Oriental Grilled Chicken Salad with Sesame Ginger Sauce and Soba Noodle Vegetable Salad. Event Coordinator Mary Pope praised the students at this event, "This is one of my favorite events that we do all year. I love to see what these incredible students will create. I am even more excited about how this program will expand next year into a Culinary Expo that will include a lot more students. It promises to be a great time for all!"

Please [click here](#) for more information on the event and to get a copy of all of the recipes submitted!



### Donate to Real Food For Kids!

Please help us continue our work to improve school food! We recently received our 501c3. Your tax deductible donation allows us to work on our mission of advocacy, education and access. To donate, please [click here](#). For more information please email [JHein@realfoodforkids.org](mailto:JHein@realfoodforkids.org).

collaborative ways to increase the quantities of healthy foods in our school systems and communities, and in supporting programs that educate our students and their families on making healthier lifestyle choices.

[www.realfoodforkids.org](http://www.realfoodforkids.org)



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