

Healthy Kids Fair: Background Information

Attendees

The students at today's event are from the following local schools:

- Kimball Elementary School, Washington, DC
- Eastern High School, Washington, DC
- Bancroft Elementary School, Washington, DC
- Burleigh Manor Middle School, Ellicott City, MD
- Highland Elementary School, Silver Spring, MD
- Beech Tree Elementary School, Falls Church, VA
- We CAN! Program at Unity Health Care in Washington, DC

Healthy Kids Fair Stations

Cooking Demonstration and Nutrition Stations

- Breakfast Healthy Cooking Demonstration, Sam Kass, White House Assistant Chef and Food Initiative Coordinator and Vahista Bharucha-Ussery, Nutrition Specialist, Food & Child Nutrition Services, Dallas Independent School District
"Baked Eggs" and "Baked Apples" Recipes
- Lunch Healthy Cooking Demonstration, Chef Koren Grieveson
"Zucchini Quesadillas" Recipe
- Snack Healthy Cooking Demonstration, Chef Todd Gray
"Sweet and Zesty Popcorn" and "Creamy Salsa Dip" Recipes
- Nutrition Lesson by Ellie Kreiger

Physical Activity Stations

Representatives from Playworks and the YMCA of DC will be managing each of these stations.

- Obstacle Course
- Hula Hoop and Jump Rope Station
- Moon Bounce
- Band Aid Tag Station
- Ro Sham Bo Relay Station
- Switch Game

YMCA of Metropolitan Washington

The YMCA of Metropolitan Washington has been providing vital programs and services for local adults, children and families for more than 150 years. Along the way, they have seen unprecedented growth and change in the communities they serve. The YMCA's roots in the Washington metropolitan region are deep, and the impact of the organization continues to grow each year.

Playworks

Playworks is a national nonprofit organization that supports learning by providing safe, healthy and inclusive play and physical activity to schools at recess and throughout the entire school day. Playworks is the only nonprofit organization in the country to send trained, full-time coaches to low-income, urban schools, where they transform recess and play into a positive experience that helps kids and teachers get the most out of every learning opportunity throughout the school day. These coaches become part of the school community, working full-time to provide organized play and physical activity through the five components of the Playworks program. They organize games and activities during recess, provide individual class game times and run a leadership development program during school hours. They also run Playworks tutoring and physical activity programs and developmental sports leagues during after school hours. Operating since 1996, Playworks will partner with more than 170 schools nationwide this year, reaching more than 70,000 children on a daily basis. With recent support from the Robert Wood Johnson Foundation, Playworks is fulfilling an ambitious national expansion effort with the goal of operating in 27 cities across the country by 2012, providing play and physical activities to more than 1 million students.

Healthy Kids Fair: Guest Chefs and Nutritionist

Chef de Cuisine Koren Grieveson



Chef de Cuisine Koren Grieveson is one of *Food & Wine's* 2008 Best New Chefs and a finalist for the 2009 James Beard Award for Best Chef: Great Lakes.

Grieveson developed her singular style and meticulous palate during a five-year partnership with Executive Chef Paul Kahan at Blackbird restaurant, where she served as Sous Chef from 1998 until 2003. Working with the collaborative chef, Grieveson was part of the team that launched Blackbird onto the world stage, earning the restaurant accolades for its extraordinary cuisine.

Born in South Africa, Grieveson's family moved to Angola, Iran, England and Brazil before settling in the United States. She graduated from the Culinary Institute of America in 1996.

In addition to Blackbird, her professional culinary experience includes work at San Francisco's Aqua under Chef Michael Mina, and in Chicago at Spruce under Chef Keith Luce, and Crofton on Wells under Chef Suzy Crofton. Prior to earning her degree, Grieveson worked in private catering to the entertainment industry and served in the United States Army for nine years.

Equinox Co-Owners Todd and Ellen Gray



For 10 years, the Grays have stayed true to their original mission of supporting local farmers and using local farms within a 100-mile radius of Washington, DC. From focusing on locally produced dairy and vegetables, to developing his own line of Black Angus beef from Warrenton, Chef Gray remains committed to his roots of seasonality and sustainable farming. Chef Gray's penchant for innovation is reflected in Equinox's constantly evolving seasonal menu, that consistently delivers diners fresh flavors and creative cuisine.

Chef Gray developed Equinox's distinctive cuisine by resurrecting historical recipes and crafting them to reflect his unique Virginia-Piedmont cuisine: a style that draws on his classical Italian training while showcasing ingredients from the Piedmont region in Virginia. His refined yet approachable style made him the perfect choice for Culinary Director of Salamander Hospitality, where he will oversee the menu development at the Salamander Resort & Spa, blending his dining concepts with the resort's vision to create a simple yet elegant menu featuring provincial Virginian accents with hints of country Italian. The 340-acre Salamander Resort & Spa is slated to open in the lush wine country of Middleburg, VA in early 2010.

Ellie Krieger



Ellie Krieger is a renowned registered dietitian specializing in health communication and nutrition. As the host of Food Network's popular show, "Healthy Appetites," Ellie has demonstrated that cooking healthy food can be quick, easy, and delicious.

As author to two *New York Times* best selling books, *Small Changes Big Results*, and *The Food You Crave: Luscious Recipes for a Healthy Life* have helped people achieve balance in food, health, and life.

Previously Ellie held the position of Director of Nutritional Services at the prestigious La Palstra Center for Preventative Medicine. She was also an adjunct professor at New York University's Department of Nutrition, Food Studies, and Public Health.

Ellie's warmth and charisma has made her the go-to-nutritionist with a lifestyle emphasis in the media today. Her extensive work in the media has earned her a loyal following and national recognition.

Healthy Kids Fair: Cooking Demonstration Recipes

Breakfast Recipes

Baked Sliced Apples

6 apples (cored and sliced)	½ cup rolled oats
½ oz butter	½ tsp salt
½ tsp ground cinnamon	¼ cup raisins or any dried fruit
¼ cup maple syrup, brown sugar or honey	¼ cup apple juice
1/8 tsp ground nutmeg	

Combine all ingredients. Place in buttered baking pan. Bake at 350 degree preheated oven for 45 minutes (or until a golden brown crust appears). Serve warm with baked eggs for a nutritious balanced breakfast. You may also add a cup of your favorite nuts for added protein and flavor.

Baked Eggs

¼ oz butter	2 cups Swiss chard*
1 ½ tsp vegetable oil	2tsp salt and pepper
6 large eggs, beaten	1 cup cooked turkey breakfast sausage (sliced, diced or chopped)
1 cup cheddar cheese, grated	
1 ¾ cups potatoes	

Season eggs with salt and pepper. Warm sauté pan over medium heat. (The pan should not get too hot.) Add oil and butter. Sauté potatoes and Swiss chard, remove from pan and set aside. Pour in eggs to form a base. Place the cooked potatoes, Swiss chard and sausage on mixture when the eggs begin to cook. Distribute evenly. Add cheese and stir. Frittata can be finished in a low (300 F) oven or on top of the stove. Makes 8 servings.

*any vegetable may be substituted.

Healthy Kids Fair: Cooking Demonstration Recipes

Lunch Recipe

Zucchini Quesadilla

1 Tbs canola oil	½ tsp dried parley (optional)
1 Medium zucchini, diced small	½ cup mild salsa
1 small onion, finely diced	1 15oz can of beans (white or lima)
½ tsp cumin	1 ½ cups shredded, reduced fat cheddar cheese
½ tsp chili powder	6 8inch flour or corn tortillas

Preheat oven to 400 degrees. Lightly oil a non-stick baking sheet and set aside. Heat oil in non stick pan. Add zucchini, onion, cumin and chili powder and cook until cheese is melted.

To assemble quesadillas, spread the filling on a tortilla and top with another. Place on baking sheet and sprinkle with the remaining cheese. Bake until the tortillas are crisp and the cheese is melted. Cut into quarters and serve warm

Snack Recipes

Sweet & Zesty Popcorn

1 bag microwaveable popcorn, preferably lowfat	½ cup shelled roasted peanuts
½ cup pretzel stix	2 Tbs brown sugar
½ cup raisins	1/3 cup parmesan cheese

Place popcorn in microwave and cook as per instruction on bag. Place cooked popcorn into a large bowl. Add the other ingredients and gently mix, trying not to break the pretzel stixs. Popcorn will keep for two days if placed in an airtight container and kept at room temperature.

Creamy Salsa Dip

1 jar of salsa, approx. 1 cup	1 bag tortilla chips or cut vegetables
1/3 cup cream cheese – room temperature	

Mix salsa and cream cheese together and serve with chips or vegetables.