SCHOOL FOOD FORUM:
Creating a Vision of Fresh, Real Food in Montgomery County Public Schools

Saturday, November 2, 2013
9:30 am – 2:00 pm
Lutheran Church of St. Andrew, 15300 New Hampshire Avenue, Silver Spring, MD

HOSTED BY

PRESENTED BY

For more information contact the Marketing Team Leader at

WHOLE FOODS
833 Wayne Avenue
Silver Spring, Maryland
301.608.9373
November 2, 2013

School Food Forum Attendees –

Real Food for Kids - Montgomery is taking a bold stand defending the health and wellbeing of our County's school age children. Whether it is calling for the removal of unapproved vending machine options or identifying harmful artificial additives in school lunches, our County is lucky to have them as leaders in this cause.

In the 2012-2013 school year, over 55,000 MCPS students ate lunch at school every day and almost 25,000 had breakfast at school; numbers like these simply reinforce that the quality of school meals must be a priority for the community as a whole. Better nutrition for kids leads to higher performance in school, fewer sick days, and a lifetime of better health.

As a parent of two young boys, one of whom just began kindergarten, making sure that healthy, nutrient-rich food is served during the MCPS school day is a priority for me.

In recent years, there has been improvement in the quality of meals served at school such as the raising the percentage of whole grains to 75% and requiring that students choose at least ½ a cup of fruit or a vegetable with lunch; however, more needs to be done. Today's School Food Forum is going further by bring together stakeholders and people who can affect change in this area.

Working together, we can continue this momentum.

Sincerely,

Hans Riemer
Montgomery County Councilmember (At-Large)
Panelist Biographies

**Marla R. Caplon, RD, LD, Director, Division of Food and Nutrition Services, Montgomery County Public Schools**
Marla Caplon has a B.S. in Foods and Nutrition from the University of Maryland. Ms. Caplon has devoted her career to eliminating childhood hunger and promoting health and wellness among all populations. She currently is an active board member and past chair for Manna, Montgomery County’s food bank.

**Lisa Y. Lefferts, MSPH, Senior Scientist, Center for Science in the Public Interest**
Lisa Lefferts is senior scientist at Center for Science in the Public Interest (CSPI) and focuses primarily on food additives. She has written a book and many articles on food safety issues. Prior to CSPI, her work consulting for non-profit organizations took her around the world, conducting trainings, representing Consumers International at Codex Alimentarius, and participating in FAO/WHO expert consultations. She has done extensive work assessing “green” label claims on various products. She also served as a Senior Editor of Environmental Health News. She received her BA from Oberlin College in Biology and Environmental Studies, and a Master’s of Science in Public Health from the University of North Carolina at Chapel Hill.

**Shivani Narasimhan, MD, Endocrinologist, Annapolis Endocrinology Associates**
Dr. Narasimhan received her degree from Hahneman University School of Medicine, Philadelphia, PA. She completed her Internship & Residency at the George Washington University, Washington, D.C. She then pursued a two-year fellowship in endocrinology at George Washington University. Dr. Narasimhan is Board Certified in Endocrinology, Metabolism and Internal Medicine.
Keynote Speaker Biography

Tony Geraci, Director, Nutrition Services, Shelby County Schools

Anthony Geraci, or Tony as he is called by his peers, is a chef and Food Service Consultant and the former Director of Food and Nutrition for Baltimore Public Schools. Tony is a native of New Orleans and a third-generation restaurateur who did a traditional apprenticeship with four star hotels and restaurants throughout the U.S. Tony’s inspiration for cooking comes from helping his grandmother in the kitchen as a child. He is featured in “Cafeteria Man”, a film focused on the transformation of Baltimore Public School’s lunch and breakfast program. Tony is currently the Director of Nutrition Services for Shelby County Schools in Tennessee, where he serves over 142,000 children in 221 schools. Since his arrival, the Breakfast in the Classroom has more than doubled and he has also implemented the first At-Risk Supper Meal Program in the state of Tennessee, which provides meals to after-school programs. Tony has also expanded the Farm-to-School program, enabling schools to serve more locally-grown produce. Chef salads are made fresh daily and delivered to all school sites from the central kitchen which Tony oversees. The central kitchen also bakes bread from scratch and various cook-chill items. Tony has been a trail blazer for providing healthier options for children. His mission is to place healthy children in front of educators ready to learn.

Silent Auction Items

Please visit the silent auction tables before the program and during lunch. The silent auction will conclude 5 minutes prior to the end of lunch.

- $100 gift certificate from Dawson’s Market
- $100 gift certificate from Mom’s Organic Market
- $100 gift certificate from Paladar Latin Kitchen & Rum Bar
- $100 gift certificate from Wildwood Kitchen, Bethesda
- $50 gift cards from Mon Ami Gabi
- Dinner for 2 from Chef Geoff’s / Lia’s
- $25 gift certificate from Capital City Cheesecake
- Print from Pyramid Atlantic
- 1 month membership to Golds Gym, Rockville Town Square
About Us

Real Food For Kids - Montgomery (RFKM) is a grass-roots, parent advocacy group promoting whole, delicious, fresh foods in the Montgomery County Public Schools. RFKM is a project the Chesapeake Institute for Local Sustainable Food and Agriculture.
realfoodforkidsmontgomery.org
realfoodMCP@gmail.com
facebook.com/RealFoodForKidsMontgomery

Montgomery Victory Gardens (MVG) is an advocacy and education project promoting school gardens, community gardening and food growing education, local farmers, and a more sustainable Montgomery County. MVG is a project of the Organic Consumers Association.
montgomeryvictorygardens.org
info@montgomeryvictorygardens.org
facebook.com/MontgomeryVictoryGardens

Thank You to Our Event Committee
Lisa Büttner
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Other Thanks
Thank you to our graphic artist, Elisa Rappaport, to La Prima Catering for our delicious lunch, to growing SOUL for their composting services, to Lutheran Church of St. Andrew for making their space available for our event and to our Spanish interpreters, Aura Triana, Shannon Earle and Andrea Grynberg.

Order of the Day

9:30-10:00  Registration and Tables from Supporting Organizations
Action for Healthy Kids, Bethesda Green, Brickyard Educational Farm/Save the Soil, Climate Change is Elementary, Montgomery County Food Council/Audubon Naturalist Society GreenKids, Whole Kids Foundation

10:00-10:05  Welcome from the Co-Hosts
Karen Devitt, Co-Director, Real Food for Kids - Montgomery
Gordon Clark, Project Director, Montgomery Victory Gardens

10:05-10:10  Welcome and Remarks
Valerie Ervin, Member, Montgomery County Council

10:10-10:25  MCPS Food: Past, Present and Future
Introduction: Lindsey Parsons, EdD, Co-Director, RFKM
Marla R. Caplon, RD, LD, Director, Division of Food and Nutrition Services, Montgomery County Public Schools

10:25-11:15  What is real and nutritious food?
Shivani Narasimhan, MD, Endocrinologist, Annapolis Endocrinology Associates
Lisa Lefferts, MSPH, Senior Scientist, Center for Science in the Public Interest

11:15-12:15  From Farm and Garden to School
Kathy Lawrence, Director of Strategic Development, School Food FOCUS
Jill Coutts, Resource & Horticulture Teacher, Sherwood High School
Karla Kratovil, VP, PTA & School Garden Coordinator, Flower Hill Elementary School

12:15-1:00  Lunch
Welcome and remarks
George Leventhal, Member, Montgomery County Council

1:00-1:55  Keynote Address
Introduction: Karen Devitt, Co-Director, RFKM
Tony Geraci, Director, Nutrition Services, Shelby County Schools

1:55-2:00  Call to Action
Lindsey Parsons, EdD, Co-Director, RFKM
Dear Friends:

Welcome to the School Food Forum, “Creating a Vision of Fresh, Real Food in Montgomery County Public Schools” hosted by Real Food for Kids – Montgomery and Montgomery Victory Gardens.

These dedicated hosts have done an outstanding job in helping the children of Montgomery County make healthier food choices. I commend Montgomery Victory Gardens for its support of local farmers and educating young people and adults on how to grow nutritious vegetables, as well as its role in changing the policy in the Montgomery County Public Schools (MCPS) to allow and promote vegetable gardens in the schools.

Real Food for Kids – Montgomery has also done excellent work in reducing the hours in which children have access to candy and soda vending machines, starting a trial of healthier vending and a la carte items in MCPS, and bringing about more transparency with parents regarding the a la carte items sold in the schools.

It is vital that we help our children make the connection between the agriculture industry and what we eat daily. Buying locally is vital to ensuring a smart, green and growing future for Maryland families. It preserves farmland, protects the environment, bolsters local economies, and provides wholesome, nutritious, great-tasting fresh food.

On behalf of the State of Maryland, please accept my wishes for a successful event.

Sincerely,

Governor
Dear Friends:

I am writing to encourage you to attend the School Food Forum in Silver Spring this coming Saturday, November 23rd. It’s an important event for everyone who cares about the future of food in Montgomery County.

Having lived in France with my family for a year one decade ago. I can attest that the French have a lot to learn from Americans about public education, but there is one crucial thing we can learn from them: to take the school menu as seriously as the school curriculum. I will never forget going to our kids’ first “Back to School” night in Paris and witnessing the thunderous applause that greeted the School Chef, who took the microphone and spent fifteen minutes discussing nutrition, school meals, healthy snacking, and how to recognize eating disorders. Our French friends told us that the school chef was as important in the community as the school principal. Here, back home, sadly, I have never known who any of my kids’ chefs are.

We are blessed with great resources in our country, our state, and right here in Montgomery County. But some kids and adults simply don’t have enough to eat, and most kids still don’t eat right.

We cannot delegate away these complex food issues to someone else. These are our kids, and it’s their health at stake. It’s also about the future of food in Montgomery County, and using our abundant natural and social resources, including our large agricultural reserve, to feed our citizens. That’s why this forum is just as important for non-parents as it is for those with children in the food system.

I have been greatly encouraged by all of the growing activism of parents, students and staff and County school officials to promote healthier diets and choices in our schools. Food reformer Tony Geraci, the keynote speaker at the forum, is a local and national hero. And I am so proud of the work of the two groups that organized this forum, Montgomery Victory Gardens and Real Food for Kids Montgomery. Their creativity is boundless.

As the Senate sponsor of Maryland’s Jane Laxton Farm to Schools Program, I will be deeply interested in the results of the School Food Forum discussions, and stand ready to work with all of you on further legislation to make Montgomery’s school cafeterias—just like our classrooms—#1 in the nation.

All best wishes,

Jamie Raskin
Senator, District 20 (Silver Spring and Takoma Park)
Chairman, Montgomery County Senate Delegation

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