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THE MISSING INGREDIENT IN SCHOOL FOOD REFORM: HEALTHY SCHOOL MEALS THAT KIDS KNOW AND LOVE

BERKELEY, OCT. 18, 2012—Much of the controversy over the healthy new school meal standards that went into effect this year has revealed that many people think “healthy” food has to taste bad—at least to kids accustomed to the high-fat, high-salt diets that have contributed to the epidemic of obesity and diet-related disease among young Americans today.

But what if schools simply served healthy meals that kids actually know and love?

That’s the idea behind [Cooking with California Food in K-12 Schools](#), a Center for Ecoliteracy cookbook coauthored by award-winning chef and cookbook author Georgeanne Brennan and Ann Evans, longtime food advocate and former mayor of Davis, California.

Since its release in 2011, tens of thousands of copies of the cookbook have been downloaded from the Center for Ecoliteracy website.

Today, the Center released an addendum to the cookbook that meets school service directors' requests for recipes scaled up for 50 and 100 servings for use in school kitchens, with nutritional analysis corresponding to the USDA's new nutritional standards for school meals.

Cooking with California Food in K-12 Schools uses healthy ingredients in a variety of six basic dishes that students know and love: pastas, pizza, rice bowls, salads, soups, and wraps. The recipes also reflect five flavor profiles representing the broad heritage and ethnic diversity of California’s population: African, Asian, European/Mediterranean, Latin American, and Middle Eastern/Indian foods. They also allow food service directors and kitchen staff to easily adapt the recipes to the four seasons through the use of fresh, in-season vegetables, fruits, and herbs that children know and enjoy.

The Center for Ecoliteracy is a nonprofit dedicated to education for sustainable living and a pioneer in school lunch reform:

Download [Cooking with California Food in K-12 Schools](#)

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