

5/3/10 Cranston High School West Students Prepare Whole Grains

Family and Consumer Science Teacher Audrey Guttin has invited Kids First Chef Jessica Williams to present an RINR program to students at Cranston High School West with a focus on whole grains. During this lively interactive program, students will learn about a variety of whole grains and will prepare a tasty whole grain snack that they will be able to make at home.

5/ 3, 10, 17, 24/10 Good Nutrition and RI Grown at Anthony Carnevale School

Coordinator Elizabeth Bochichio has invited Kids First Chefs Kimberly Sporkmann and Jessica Williams and Master Gardner Kim Korb to present a seven week after school program to students at Anthony Carnevale School in Providence. Students will learn about farms in RI and the fruits and vegetables that grow there. With demonstrations and hands on activities they will learn about good nutrition and prepare and taste healthy snacks that highlight RI Grown products.

5/4/10 Healthy Cooking Demonstration for Parents at William D'Abate Elementary School

School Nurse Teacher Mary Spyres believes that healthy eating begins at home. She has invited Kids First Chef Raul Ibarra to do a healthy cooking demonstration for Parent Night at William D'Abate Elementary School in Providence. Chef Raul will demonstrate an easy tasty recipe that parents can prepare at home.

5/4, 11, 18, 25/10 After School Program about Gardens and Nutrition at Underwood Elementary School

Nicole Silvia, teacher at Underwood Elementary School in Newport, has invited Kids First Master Gardener Kim Korb to present a 6 week garden related nutrition education program for students after school. Students will learn about different types of gardens and their benefits, how plants grow, the nutrients in various foods grown in gardens and how these foods benefit the body.

5/4/10 Mary Fogarty Elementary School Students Learn about RI Agriculture

Kristen Lussier, 5th grade teacher at Mary Fogarty Elementary School in Providence, has invited Kids First Farm to School Specialist Kimberly Sporkmann to present a program on agriculture in RI to her students. Students will learn about the history of agriculture and what is grown in RI now. Kimberly will explain why farms are important to our economy, environment and communities and how to support them. Farmer Kellie Deshane of Schartner Farms in Exeter will tell the students about the farm she works at. Students will taste Schartner Farm carrots that were grown especially for RI school kids at the farm and they will play the game "Who Wants to be a Millionaire", the Farm to School version.

5/4/10 Mac and Pez at Hopkins Hill School

Food Service Director John McGrath has invited Kids First Chefs Marisa Anand and Sandy Sepe to prepare a super one dish meal featuring macaroni and chick peas that contains foods from all the food groups for students at Hopkins Hill School in Coventry. Students love this nutritious dish and learn how important it is to consume foods from all the food groups.

5/4/10 Family Fun and Fitness Night at Colt Andrews School

Coordinator Betsy Ose has invited Kids First Chef Marisa Anand to participate in the Family Fun and Fitness Night at Colt Andrews School in Bristol. Chef Marisa will provide nutrition information through interactive stations and prepare a healthy snack for sampling.

5/4/10 Prep Day at Jencks Jr High School

Food Service Director Solange Morrissette has invited Kids First Chef Marisa Anand to prepare and teach food service staff to make a delicious vegetarian chili to be served to the Fallon and Potter schools on May 5th. Chef Marisa says that the chili has been very well received by students and is easy to prepare.

5/5/10 Whole Grain Contest at Ponaganset Middle School

Ponaganset Middle School Teacher Carolyn Vallese wants students to enjoy the many health benefits derived from eating whole grains. Students at Ponaganset Middle School in North Scituate have been learning about and sampling whole grains during special programs at the school. Now students have the opportunity to enter a school-wide Whole Grain Recipe Contest. Kids First Chef Heidi Carla has been invited to sit on a panel of judges who will choose a winner in the two contest categories of whole grain salads and whole grain trail mix.

5/5/10 Taco Salad Lunch at Lincoln High School

Food Service Director Andrew Viveiros wants students to try some new healthy dishes during the school lunch program. He has invited Kids First Chef Marisa Anand to prepare healthy and delicious vegetarian tacos for students at Lincoln High School in Lincoln.

5/5, 12, 19, 26/10 Students at Cranston-Calvert School learn “How Does Our Garden Grow?”

Kelly Clark, ASP Coordinator at Cranston-Calvert School in Newport, has invited Kids First Chef Katie Hopewood to present a six-week series of garden related nutrition education programs. Students will learn about their own nutrition as it relates to the fruits and vegetables they will grow in their school gardens. Some topics included are the “Vitamin Alphabet”, “The Parts of the Plant We Eat” and “Fabulous Fiber”. Each one hour, hands on lesson features a recipe for a healthy snack that the children will prepare and eat. RI Grown produce will be used when available

5/5/10 Tray Encouragement Day at Greystone School

Food Service Director Derek Hague wants students to choose more fruits and vegetables during the school lunch. He has invited Kids First Dietitian Deb Vincent and Chef Kerry Clougher to encourage students at Greystone School in North Providence to choose a rainbow of colorful fruits and vegetables for their lunch trays.

5/5/10 Mary Fogarty Elementary School Students Visit Morris Farm

Students from Kristen Lussier's 5th grade class at Mary Fogarty Elementary School in Providence will visit Morris Farm in Warwick with Kids First Operations Manager Pat Diminico. Students will take a tour of the farm, meet the animals and plant seeds in the greenhouse. This field trip will follow a Farm to School classroom program where students will learn about agriculture in Rhode Island.

5/5/10 Mac & Cheese Tasting at Clayville Elementary School

Healthy Mac & Cheese? You bet! Kids First Dietitian Debra Vincent is going to prepare a delicious, healthy, whole wheat Mac & Cheese recipe for students to sample at Clayville Elementary School in Clayville.

5/5, 12, 19, 26/10 After School Program about Gardens and Nutrition at Coggeshall School

Lori Fetterson, After School Coordinator at the Coggeshall School in Newport, has invited Kids First Master Gardener Kim Korb to present a 6 week garden related nutrition education program for students after school. Students will learn about different types of gardens and their benefits, how plants grow, the nutrients in various foods grown in gardens and how these foods benefit the body.

5/6/10 The Importance of Breakfast at Westerly Middle School

School Nurse Michelle Iacoi knows that students need to have a good breakfast to do their best in school. She has invited Kids First Chef Katie Hopewood to present a program to 5th graders at Westerly Middle School on the importance of breakfast and healthy eating.

5/6/10 Bailey School Students Learn to Eat Healthy for Academic Success

Melissa Emidy of the YMCA in Providence knows that to be a good student you need good nutrition. She has arranged for Kids First Nutritionist Deb Vincent and Kids First Chef Jessica Williams to present an assembly for students at the Robert L. Bailey School in Providence on "Healthy Eating for Academic Success". Students will learn the basics of good nutrition and why healthy eating is so relevant to doing well in school.

5/6/10 Health Fair at Pothier School

Teacher Pam Moulico has invited Kids First Chef Leah Sarris to participate in the Pothier School Health Fair in Woonsocket. Chef Leah will provide nutrition information through interactive stations as well as provide informational handouts and recipes.

5/6/10 Sarah Dyer Barnes Elementary School Students Visit Zephyr Farm

The 2nd grade class of Karen Peters at Sarah Dyer Barnes Elementary School in Johnston will join Kids First Farm to School Specialist Kimberly Sporkmann for a busy day at Zephyr Farm. This spring field trip is part of their four season farm study. Students will work in the greenhouses and transplant things to the outdoors. They will note the differences in the farm from their late autumn and winter visits and will learn to wash and pack eggs. After all their hard work they will have a picnic lunch before returning to the school.

5/6/10 Mac & Pez at Blackrock School

Food Service Director John McGrath has invited Kids First Chef Sandy Sepe and Dietitian Debra Vincent to prepare a super one dish meal featuring macaroni and chick peas that contains foods from all the food groups for students at Blackrock School in Coventry. Students love this nutritious dish and at the same time, learn how important it is to consume foods from all the food groups.

5/6, 13, 20, 27/10 Boys and Girls Club of Pawtucket Children and Parents Learn About Healthy Eating

Kids First Chef William McBride continues this fun interactive eight week workshop on “Let’s Get Cooking” for the Boys and Girls Club of Pawtucket. Kids and parents will learn the basic concepts of healthy eating and cooking as well as how to create simple healthy recipes. The focus will be on seasonally available ingredients and using food items that are both healthy and economical. There will be a healthy food demonstration and tasting and recipes and nutrition education handouts will be distributed.

5/6, 13, 20, 27/10 Sullivan School Students Learn “How Does Our Garden Grow?”

Marlena Williams, ASP Coordinator at Dr. M.H. Sullivan School in Newport, has invited Kids First Master Gardener Kim Korb to present a six-week series of garden related nutrition education programs. Students will learn about their own nutrition as it relates to the fruits and vegetables they will grow in their school gardens. Some topics included are the “Vitamin Alphabet”, “The Parts of the Plant We Eat” and “Fabulous Fiber”. Each one hour, hands on lesson features a recipe for a healthy snack that the children will prepare and eat. RI Grown produce will be used when available.

5/7/10 Paine School Students Dance for Better Health

Sally Smith, Reading Specialist at the Captain Isaac Paine Elementary School in Foster is inviting Kids First to take part in an afternoon of dancing! Students and staff will join Kids First Physical Activity Professional, Louis Moniz as he leads active dance sessions in the school gymnasium or outside if weather allows. “Mad Louis” will teach the students and their teachers how to do the Bus Stop, Electric Slide, Swing or any dance they want to learn.

5/7/10 Bailey School Students Dance for Better Health

John Turner, School Nurse at the Robert Bailey Elementary School in Providence is inviting Kids First to take part in a morning of dancing! Students and staff will join Kids First Physical Activity Professional, Louis Moniz as he leads active dance sessions in the school gymnasium or outside if weather allows. "Mad Louis" will teach the pre-teens and their teachers how to do the Bus Stop, Electric Slide, Swing or any dance they want to learn.

5/7/10 Rhodes Elementary School Students Learn about RINR

Jim Gemma, 5th grade teacher at Rhodes Elementary School in Cranston, is incorporating good nutrition into his civics class. He has invited Kids First Chef Heidi Carla to present a program to his students emphasizing the importance of whole grains, fruits and vegetables to a healthy diet. Chef Heidi will provide interactive stations for students to explore concepts of good nutrition and then provide project planning assistance to students for their civics class "Project Citizen".

5/7/10 Smoothie Event at Norton Elementary School

Lynne Conca, Food Service Director at the B.F. Norton Elementary School in Cumberland, knows that healthy eating can be delicious and fun. She has invited Kids First Chef Sandy Sepe and Johnson and Wales student Christina Leon to prepare tasty fruit smoothies for students to enjoy during the school lunch program.

5/7/10 Thornton School Students Prepare Seedlings for the School Garden

Linda Carpentier, 1st grade teacher at Thornton School in Johnston, has invited Kids First Farmer Hope Ryan to teach her students about farming and gardening in Rhode Island. Each student will plant pumpkin seeds in a recycled newspaper pot that they make themselves. On May 19 they will transplant their seedlings to their school garden and on May 20 they will conclude the lesson with a visit to Morris Farm.

5/7/10 Asian Stir Fry at the LaPerche School

Dustin O'Brien, Food Service Director at the Raymond C. LaPerche School in Smithfield, wants students to enjoy eating more fresh vegetables during the school lunch. He has invited Kids First Chef William McBride to prepare a delicious Asian veggie stir fry for students. What a great way to serve fresh veggies!

5/10/10 Prep Day for McCabe School Carrot Fest

Food Service Director Solange Morrissette has invited Kids First Chef Marisa Anand to prepare and teach food service staff at Jenks Jr. High School in Pawtucket to make a delicious carrot slaw to be served at the Curvin-McCabe School on May 11th.

5/10, 11/10 Asian Stir Fry at Exeter West Greenwich Jr. and Senior High School

Food Service Director Brenda Fogue wants students to enjoy vegetables in a whole new way. She has invited Kids First Chefs Katie Hopewood, Marisa Anand and Heidi Carla to

provide an Asian stir fry demo for students at the Exeter West Greenwich Jr. and Senior High Schools.

5/11/10 Students at State Street School Learn about RI Farming

Farm to School Specialist Kimberly Sporkmann, Organic Vegetable Farmer Uli Hence and Dairy Farmer Sylvia Panciera will visit Marcy Bunte's kindergarten class at State Street School in Westerly. They will teach the students all about farming in their community. The children will learn why farms are important to our environment, economy and community as well as our health. Farmer Sylvia will talk about dairy farming and lead a butter making activity. Farmer Uli will plant seeds with the students and then bring the seedlings back to her farm to start. At the end of the month, students will visit each farm to see the cows and transplant their lettuce seedlings into the field.

5/11/10 Carrot Fest at Curvin-McCabe School

Food Service Director Solange Morrisette has invited Kids First Dietitian Debra Vincent to participate in the Curvin-McCabe School Carrot Fest in Pawtucket. Debra will talk with students and encourage them to try the tasty carrot slaw that has been prepared for the day.

5/11/10 Students from Alfred Lima Elementary School Visit Morris Farm

The 4th and 6th grade classes of Joseph Dauray and Meaghan Davis at Alfred Lima Elementary School in Providence will join Kids First Farm to School Specialist Kimberly Sporkmann for a fun filled tour of Morris Farm in Warwick. Students will learn about the history of the farm, meet chickens, cows and horses and plant seeds in the greenhouse. This field trip is a follow up to classroom programs that each class had on agriculture in RI and the importance of supporting local farms.

5/11/10 Health Fair at Charlestown Elementary School

Food Service Director Annie Stoehr has invited Kids First to participate in the Charlestown Elementary School Health Fair. Kids First Chef Hope Ryan will present nutrition information through interactive stations and showcase all the great changes that are bringing new delicious and nutritious foods to the school lunch program.

5/12/10 John Wickes School Parents Learn about RINR

School Nurse Teacher Kathy Tipirneni has invited Kids First Chef Heidi Carla to present a program to parents during a workshop to be held at John Wickes School in Warwick. Chef Heidi will talk to parents about the healthy changes taking place in the school lunch program and will demonstrate preparation of a healthy snack for parents to sample.

5/12/10 Health Fair at Winman Jr. High School

Physical Education Teacher Gary McCoombs has invited Kids First Chef Heidi Carla to participate in the first annual Health Fair to be held at Winman Jr. High School in Warwick. An informational table will be set up with interactive stations for guests to learn

concepts of good nutrition. A healthy snack will be passed out as well as handouts and recipes.

5/12/10 Cranston High School West Students Learn about Whole Grains

Family and Consumer Science Teacher Sue Beck has invited Kids First Chef Jessica Williams to present an RINR program to students at Cranston High School West with a focus on whole grains. During this lively interactive program, students will learn about a variety of whole grains and will prepare a tasty whole grain snack that they will be able to make at home.

5/12/10 Mac & Cheese Tasting at William Davies Vocational School

Healthy Mac & Cheese? You bet! Food Service Director Jessica Patroia has invited Kids First Chef Sandy Sepe to prepare a delicious, healthy, whole wheat Mac & Cheese recipe for students to sample at the William Davies Vocational School in Lincoln.

5/12/10 Thornton School Students Learn about Gardening and Agriculture in RI

Cindy Joyce, 2nd grade teacher at Thornton School in Johnston, has invited Kids First Chef and Farmer Hope Ryan of Crosswinds Little Farm to visit her students to talk about gardening, agriculture in RI and the nutrition of the things we grow. The students are planning to put in a flower garden on the school grounds. Farmer Hope will teach the students how all of our fruits and vegetables grow from plants that flower.

5/12/10 Windmill Elementary School PTO Learns about Healthy Eating

School Nurse Susan Verrecchia has invited Kids First Chef Jessica Williams to present a program on healthy eating for the Windmill Elementary School PTO in Providence. Parents will learn about good nutrition and healthy eating through interactive stations and Chef Jessica will prepare a tasty snack for all participants.

5/12/10 Superintendents Wellness Workshop in North Kingstown

North Kingstown School Committee Member Kimberly Page has invited Kids First Staff Sandy Sepe and Karin Wetherill to presents a Wellness Workshop to school superintendents at the Administration Office in North Kingstown. Participants will learn about the RI Nutrition Requirements and changes in the school lunch program. Through interactive stations they will gain some knowledge about good nutrition and have the opportunity to examine their own wellness behaviors.

5/12/10 Students at Thornton School Get to the “Root” of It All

Kids First Farm to School Specialist Kimberly Sporkmann and Farmer Kellie Deshane of Schartner Farms will visit Paula Ranucci’s 4th grade class to talk about root vegetables. Students will learn all about how these plants grow and the nutrition they give our bodies. The presentation will include a tasting of RI Grown carrots, turnips and potatoes.

5/13/10 Display Cooking Event at Westerly Middle School

Mary Piccolo, Food Service Director at Westerly Middle School has invited Kids First Chefs Sandy Sepe and Marisa Anand to offer a display cooking event for the student lunch program. Chefs Sandy and Marisa will prepare to order a delicious entrée featuring chicken and Great Northern beans over whole wheat pasta for the students. Nutrition and taste in one great dish!

5/13/10 Barnes Elementary School Students Visit Morris Farm

Three 2nd grade classes at Sarah Dyer Barnes Elementary School in Johnston will follow up their classroom education programs with a field trip to Morris Farm in Warwick. Classroom teacher Karen Peters has invited Kids First Farm to School Coordinator Kimberly Sporkmann to accompany the students on the tour where they will learn the history of the farm and meet cows, chickens and horses. Students will also work in the greenhouse to plant seeds. Each student will take home a six-pack of flowers to tend and grow.

5/14/10 Thornton School Students Visit Morris Farm

The 2nd grade class of Cindy Joyce at Thornton School in Johnston will join Kids First Dietitian Ellen Shaw for a farm field trip to Morris Farm. The students will tour the farm, meet the chickens, cows and horses and learn all about how the farm prepares for the growing season. Afterwards, the students will go into the greenhouse for a flower planting activity. Each student will leave with a 6-pack of nasturtiums to plant in their school garden.

5/14/10 Lunch Smoothies Served at Ashton Elementary School

Lynne Conca, Food Service Director at the Ashton Elementary School in Cumberland, knows that healthy eating can be delicious and fun. She has invited Kids First Chef Sandy Sepe and Johnson and Wales student Christina Leon to prepare tasty fruit smoothies for students to enjoy during the school lunch program.

5/17/10 Students at Birch Vocational School Focus on Fruits and Veggies

Laura Louth, School Nurse at Birch Vocational School in Providence, would like to see students eat more fruits and vegetables. She has invited Kids First Chef Marisa Almon to talk to special needs students about the importance of getting lots of fruits and veggies in the diet. Chef Marisa will also give students the opportunity to sample some fresh tasty produce.

5/18/10 Waterman School Parents Learn about RINR

Joanne Valk, Principal of the Daniel D. Waterman School in Cranston, has invited Kids First Staff members Heidi Carla and Karin Wetherill to speak to parents about the RI Nutrition Requirements and all the healthy changes that are being made to the school lunch program. Parents will also be invited to attend the student run Healthy Foods Fair.

5/18/10 Chef Demo at McCourt Middle School

Food Service Director Lynne Conca wants to present students with some new healthy recipes. She has invited Kids First Chefs Hope Ryan and Sandy Sepe to demonstrate preparation of a new entrée of Great Northern beans and chicken over whole wheat pasta.

5/18/10 Food Prep Day at Jenks Jr. High School

Food Service Director Solange Morrissette has invited Kids First Chefs Marisa Anand and Sandy Sepe to prepare some exciting new food items at Jenks Jr. High School. Dirty rice, black eyed pea salad and Cajun carrot salad will be prepared for the Varieur and Green schools in Pawtucket.

5/19/10 Mac & Cheese Tasting at North Scituate Elementary School

Healthy Mac & Cheese? You bet! Food Service Director Jessica Patroia has invited Kids First Chef Sandy Sepe and Dietitian Debra Vincent to prepare a delicious healthy whole wheat Mac & Cheese recipe for students to sample at North Scituate Elementary School in Scituate.

5/19/10 Nathanael Greene Students Learn a Power-Up Dance

Solange Morrissette, Food Service Director at Nathanael Greene Elementary School in Pawtucket, has invited Kids First to participate in the kick off of the new fruit and veggie bars. Kids First Chef Jessica Williams will join students during lunch and teach the Power-Up Alphabet Dance.

5/19/10 Healthy Cooking Demo at the Hispanic United Development Organization

Lead Organizer Amelia Rose has invited Kids First Chef Jessica Williams to present a workshop on healthy eating to community members of the Hispanic United Development Organization in Providence. The workshop will provide participants with the basics of good nutrition through interactive activities and provide useful information on preparing healthy economical meals. Chef Jessica will demonstrate preparation of a tasty dish that participants can make at home.

5/20/10 Thornton School Students Visit Morris Farm

Linda Carpenter's 1st grade students at Thornton School in Johnston will conclude their lessons on farming and gardening in RI with a field trip to Morris Farm in Warwick with Farmer Hope Ryan. On May 19th they will have transplanted their pumpkin seedlings to their school garden.

5/20/10 Display Cooking Event at North Cumberland Middle School

Lynne Conca, Food Service Director at North Cumberland Middle School in Cumberland, has invited Kids First Chefs Marisa Anand and Sandy Sepe to offer a display cooking event for students in the school lunch program. Chefs Marisa and Sandy will prepare Great Northern beans and chicken over whole wheat pasta for students.

5/21/10 Smoothie Event at the Community School

Lynne Conca, Food Service Director at the Community School in Cumberland, knows that healthy eating can be delicious and fun. She has invited Kids First Chef Sandy Sepe to prepare tasty fruit smoothies for students to enjoy during the school lunch program.

5/21/10 Ella Risk School Students Request Changes in the School Breakfast

Fourth grade teacher Joanne Furtado knows that good nutrition begins with a good breakfast. She has invited Kids First Chef Jessica Williams to present a program on good nutrition and the importance of eating a healthy breakfast. She will help students prepare a list of healthy breakfast foods that children prefer to present to the food service director. Students also will be writing and performing a play on the importance of eating a healthy breakfast.

5/24, 25/10 Barnes Elementary School Students learn the A, B, C's of Vitamins

Barnes Elementary School teacher Karin Peters has invited Kids First Master Gardener Kim Korb to present a program to 1st grade students at Sarah Dyer Barnes Elementary School in Johnston about how vitamins A, B, C, D, and E relate to the fruits and vegetables that grow in their gardens and at local farms. Children will have the opportunity to taste samples of local produce that contains these vitamins.

5/25/10 Farm Tour for State Street School Students

As part of a unit on farming, Marcy Bunte's kindergarten class at State Street School in Westerly will visit two farms in their community with Farm to School Specialist Kimberly Sporkmann. Students will go to Ocean Breeze Farm to see Farmer Sylvia Paniera and meet her herd of dairy cows. Afterwards, they will go down the street to Farmer Uli Hence's organic vegetable farm. The class had a visit from these two farmers earlier in the month and started lettuce seedlings in the classroom. They will have the opportunity to transplant their seedlings into the field when they visit the farm.

5/25/10 Health Day at Thornton School

Physical Education Teacher Mark Capaldi has invited Kids First Chef Heidi Carla to participate in school wide activities during Health Day at Thornton School in Johnston. Chef Heidi will set up interactive stations to give students information about good nutrition featuring the importance of whole grains, fruits and vegetables and prepare a healthy snack for students to sample.

5/26/10 Food Prep Day at Jenks Jr. High School

Food Service Director Solange Morrisette has invited Kids First Chef Marisa Anand to prepare a new dish at Jenks Jr. High School. Chef Marisa will create a colorful Asian inspired mango and vegetable summer slaw for students at the Baldwin and Cunningham Schools in Pawtucket.

5/26/10 LaPerche School Students Learn about Gardening in Rhode Island

Laura Zucket, teacher at Raymond C. LaPerche School in Smithfield, has invited Kids First Master Gardener Kim Korb to present a program on gardening in RI to her students. Master Gardener Kim will talk about the parts of plants, how plants grow and the seasonal crops now growing on RI farms. This will help students choose plants for a mini garden on the school grounds.

5/28/10 Lunch Smoothies at Garvin Memorial School

Lynne Conca, Food Service Director at Garvin Memorial School in Cumberland, knows that healthy eating can be delicious and fun. She has invited Kids First Chefs Sandy Sepe and Kerry Clougher to prepare tasty fruit smoothies for students to enjoy during the school lunch program.