



**FOR IMMEDIATE RELEASE**

*For more information, contact:*

Ken Valenti

914-576-4305

[kvalenti@nredlearn.org](mailto:kvalenti@nredlearn.org)

**New Rochelle High School Food Ed Students  
Serve Schoolmates 'Mindful' Lunch**

**NEW ROCHELLE, N.Y. (January 28, 2019)** – Forty New Rochelle High School students were treated to healthy dishes including beet bruschetta with hummus and sweet potato and parsnip soup served by their schoolmates recently.

The student cooks in the Science of Food class whipped up dishes from their own recipes with farm-to-table, sustainable ingredients as the culmination of a semester-long "Food Ed" program with the Stone Barns Center for Food and Agriculture.

They studied personal and cultural connections to food as well as topics of sustainability. The lessons focused on many facets of agriculture, even caring for the soil itself.

"They studied how to maintain healthy soil, how to restore depleted soil and how the foods that you choose to grow have an impact on that living skin of the earth," teacher Julia Chillemi Kouyoumdjian said.

For the lunch event, Chillemi Kouyoumdjian's 30 students prepared, cooked and served the meal to two other classes in Room 207. The focus was "mindful eating," which "increases your awareness of the positive and nurturing opportunities that are available through food selection and preparation," their menu explains. It continues, "Eating mindfully is a practice that uses all your senses in choosing to eat food that is both satisfying to you and nourishing to your body."

They chose ingredients from the Stone Barns farm; others were sustainably sourced. In addition to the bruschetta and the sweet potato soup, there was kale risotto, "classic farm soup" and a seasonal salad. With each course came a story about how people can share their cultures by

sharing foods, how food can be a form of medicine and how healthy soil leads to more nutritious ingredients.

Students who took the class said they planned to eat healthier and to spread the word about the connection between how we grow food and the world around us.

"I commit to eating healthy foods and staying away from bad foods that may be detrimental to my health," Gillian Okaiteye wrote in an action plan questionnaire.

Several said they would start their own gardens or join a community garden. Nick Calderone said he would like to help his mother cook and perhaps even make the family dinner on his own. Colin Logan, like many others, said he would let others know what he had learned.

"I will spread awareness about issues with the food system, such as unfair distribution and non-ethical production practices," Logan said.

### **About the City School District of New Rochelle**

With nearly 11,000 students in 10 schools, the City School District of New Rochelle, through an active partnership amongst community, parents, staff and students, provides a high-quality and challenging education for every child, in a safe, nurturing environment that embraces rich diversity and drives success.

###