



POB 737, Mamaroneck, NY 10543  
(631) 525-3650 – cell

[amie@healthyschoolfood.org](mailto:amie@healthyschoolfood.org) \* [www.healthyschoolfood.org](http://www.healthyschoolfood.org)

**Contact:**

Amie Hamlin, Executive Director  
631-525-3650 (cell) \* [amie@healthyschoolfood.org](mailto:amie@healthyschoolfood.org)

## **NYCHSF Recipes distributed to 14,000 Schools Nationwide through Alliance for a Healthier Generation**

**Mamaroneck, NY, July 16, 2012** – Recipes developed by and for the New York Coalition for Healthy School Food (NYCHSF) are being released to over 14,000 schools nationwide, through a joint effort with the Alliance for a Healthier Generation. NYCHSF is a non-profit that introduces plant-based foods and nutrition education in schools to educate the whole school community. Founded in 2005 by the American Heart Association and William J. Clinton Foundation, the Alliance works to positively affect the places that can make a difference in a child's health: homes, schools, doctor's offices, and communities.

The Alliance for a Healthier Generation has approved "Healthy and Delicious Plant Based Entrees" to be included in the resource database used by the 14,000 schools enrolled in their Healthy Schools Program.

The recipes were developed for NYCHSF's signature program, Cool School Food, in both New York City and Ithaca, NY, and are kid approved, having been tested by and served to thousands of children. The recipes are made from scratch, unprocessed, plant-based entrees which contain no cholesterol, are low in total and saturated fat, and high in fiber and phyto-nutrients. They are currently served in 24 different schools. The recipes were created by NYCHSF partners and through a recipe contest, and the author is credited on each recipe. They are available at: [www.healthyschoolfood.org/recipes.htm](http://www.healthyschoolfood.org/recipes.htm). "We are very happy that these delicious – and healthy recipes will be made available to so many children, and grateful to the Alliance for working with us to make it happen," said Amie Hamlin, Executive Director for NYCHSF, "and it is exciting that many of the recipes provide a chance to learn about other cultures."

In New York City, Cool School Food is a partnership of New York Coalition for Healthy School Food, New York City Office of School Food, Candle Cafe/Candle 79, the James Beard Foundation, Food and Finance High School, and Henry's.

In Ithaca, Cool School Food is a partnership of New York Coalition for Healthy School Food and the Ithaca City School District Child Nutrition Program (ICSD CNP), Moosewood Restaurant, and Cayuga Pure Organics – growers of local organic beans and grains. Denise Agati, Food Service Director of the ICSD CNP, said "I am so proud of our staff and thrilled that the recipes, which are well liked by the students, are going to be able to benefit so many other children around the country."

With childhood obesity and poor health continuing to worsen, these recipes introduce children to multi-cultural tastes and various kinds of beans that will help them more easily reach the recommendations for healthy eating.

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