

## PRESS RELEASE

**COOKING UP CHANGE®**  
Students Transforming the Future of School Food



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Media may contact:

Jeremy Borling, Healthy Schools Campaign

[jeremy@healthyschoolscampaign.org](mailto:jeremy@healthyschoolscampaign.org)

708-446-0225

Tatum Wan, The Tatum Wan Co.

[tatum@tatumwanco.com](mailto:tatum@tatumwanco.com)

818-590-1530

### **High School Students from Across the Country Head to Washington, D.C., to Compete in Cooking up Change National Finals**

*Dynamic Cooking Competition Challenges Student Chefs  
to Prepare Healthy and Delicious School Meals*

CHICAGO – After an eight-month, nationwide tour, Healthy Schools Campaign is pleased to announce that the 10 winning teams from Cooking up Change competitions across the country will travel to Washington, D.C., on June 9 to compete in the Cooking up Change national finals. Cooking up Change is a dynamic culinary competition that challenges student chefs to create healthy and delicious school meals their peers will enjoy, while meeting strict nutritional standards and a tight budget—constraints schools deal with every day. The contest will be held at the U.S. Department of Education, where the high school students will prepare and present their winning meals to a panel of judges, including national policy leaders, nutrition experts and celebrity chefs.

Created in 2007 by Healthy Schools Campaign, Cooking up Change puts student voices front and center in the national conversation about school food. In addition to Monday's competition, the student chefs will prepare their award-winning meals for Congress and speak at a congressional briefing on Tuesday, June 10. Each student will also have the opportunity to meet his or her local representative. In speaking with congressional leaders, students will share their Cooking up Change experience and advocate for the importance of healthy school food, which is proven to have a direct impact on success in the classroom.

"Cooking up Change plays a critical role in adding student voices to the national dialogue about school food," said Rochelle Davis, Healthy Schools Campaign president and CEO. "Currently, there is a political debate about school nutrition with an attempt by Congress to roll back the new healthy school food standards because of concerns about student acceptability. Cooking up Change students are creating healthy meals that their peers

enjoy, and they serve as a valuable resource that can help schools meet updated nutrition standards in a way that's appealing to kids."

"Everybody finds something they care about doing in life—something that empowers them and brings out their talent. I admire that these students have found such passion, creativity and vision for making good food," said Karen Duncan, Cooking up Change national honorary co-chair and wife of Secretary of Education Arne Duncan. "I am happy to be working with these students in Cooking up Change to help make their vision for school food a reality in their schools and in schools across the nation."

Meet the 2014 Cooking up Change finals competitors and their meals:

- Chicago Vocational Career Academy (Chicago, IL)  
*Menu: Curry Chicken, Caribbean Garden Salad, "Plantains"*
- Westside High School (Houston, TX)  
*Menu: Lonestar Chicken Chili Sub, Grilled Veggies, Fruit and Yogurt Parfait*
- Sandalwood High School (Jacksonville, FL)  
*Menu: Thai Chicken Wrap, Bleu Slaw, Grilled Pineapple Yogurt Shortcake*
- Metropolitan Career-Technical Center (Little Rock, AR)  
*Menu: Chicken Flatbread Sandwich, Sweet Potato Fries, Yogurt Parfait*
- Manual Arts High School (Los Angeles, CA)  
*Menu: BBQ Chicken Pizza, Spicy Bean Dip, Tropical "C" Burst*
- Memphis Health Careers Academy (Memphis, TN)  
*Menu: Spicy Chicken Tortilla Wrap, Baked Potato with Sautéed Veggies, Exotic Island Pears*
- Valley High School (Orange County, CA)  
*Menu: Kickin' Taco, Zesta Fiesta Salad, Yummy Tummy Bananas*
- Westside Tech Center (Orlando, FL)  
*Menu: Beef Empanadas, Tex Mex Fries, Fruit Salad*
- West High School (Wichita, KS)  
*Menu: Buffalo Mac & Cheese, Special Veggie Coleslaw, Pear Crisp with Granola*
- Career Center (Winston-Salem, NC)  
*Menu: The Best Chicken Stir Fry, Veggie Boost, Super Stewed Apples*

Each student-prepared meal complies with updated federal U.S. Department of Agriculture (USDA) nutrition guidelines, as they pertain to calories, fat and sodium content, fruits, vegetables, and whole grains, including side dishes, which meet USDA Smart Snacks in Schools standards. Meals are judged on their originality, taste, texture and appearance. Teams score additional points for the quality of their presentation to the judging panel.

Cooking up Change is supported by National Partner [Kids' Safe & Healthful Foods Project](#), National School Nutrition Partner [Aramark](#), Official Travel Partner [Southwest Airlines](#),

Official Culinary Partner [James Beard Foundation](#), National Silver Sponsors [American Federation of Teachers](#) and [T-fal](#), and National Bronze Sponsor [Asian Food Solutions](#), Inc.

For more information about the Cooking up Change national finals, visit [cookingupchange.org](http://cookingupchange.org).

### **About Healthy Schools Campaign**

Healthy Schools Campaign (HSC) is a nonprofit organization dedicated to making schools healthier places for all students. HSC believes that health and wellness should be incorporated into every aspect of the school experience. Founded in 2002, HSC advocates for children to have better access to nutritious school food, physical activity, school health resources and clean air to shape their lifelong learning and health. HSC facilitates collaboration between students, parents, teachers, administrators and policymakers to help prepare this diverse group of stakeholders to lead change for healthier schools at the school, district, state and national levels. For more information, visit HSC on the web at [healthyschoolscampaign.org](http://healthyschoolscampaign.org), [facebook.com/healthyschools](https://facebook.com/healthyschools) and via Twitter [@healthyschools](https://twitter.com/healthyschools).

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