

# Food Day 2013 Taking Root in Central Idaho

Posted by [Stacy Whitman](#) on October 08, 2013



Say “Idaho” and the first thing many non-residents think of is potatoes (we are known for them!). But our sprawling state is actually rich with diverse agricultural farmland, including many small family run farms, that produces a bounty of fresh fruits and veggies, grains meat and dairy. While days are quickly growing shorter and colder, **October** is still a highly productive month for fresh apples, pears, peaches, carrots, winter squash and, of course, those famous ‘taters.

Here in the central Idaho ski resort town of Sun Valley, we have a deep appreciation for fresh, wholesome and sustainably produced food. The food movement is alive and well in our community, as evidenced by our popular **biweekly farmers’ markets**, thriving **local food co-op**, **organic vegan** and **real food restaurants**, school and **community gardens**, and organizations including **The Hunger Coalition**, the **Idaho's Bounty** and more. And we are working together to get Food Day 2013 on the map in a major way.

Nurture Idaho’s Food Day 2013 events kicked off in late September with a **school field trip to Ballard Farms**, a local family owned farm producing some of the best cheeses around. Throughout October, we will be



bringing Food Day to four local elementary schools through our signature **Food & Fun classes** and food tastings. This month, we also are very excited to teach **two healthy cooking classes to military vets** and their spouses in Stanley, Idaho, as part of a Wellness Camp being offered by **Higher Ground**



**Sun Valley**, a non-profit that provides inclusive therapeutic recreational and educational opportunities to individuals with disabilities.

Nurture Idaho’s Food Day 2013 events will culminate with a free screening of the documentary **WHAT’S ON YOUR PLATE?** on October 24 at the **Community School** (find out more about the documentary

at [www.whatsonyourplateproject.org](http://www.whatsonyourplateproject.org)). This provocative film by Catherine Gund follows two 11-year-old city girls as they explore where their food comes from and how it affects their health. Thanks to the generosity of local resident Theo Gund, we will be providing copies of the book WHAT'S ON YOUR PLATE? to Kindergarten through 8<sup>th</sup> grade students at the Community School and to all 5<sup>th</sup> graders in our local public school district.

**The Hunger Coalition**, a local non-profit dedicated to combating hunger, will be holding three Food Day events in October as well. They include screenings of the film **A Place at the Table** at The Community Library in Ketchum on October 2 and at the Community Campus in Hailey on October 23. On October 24, The Hunger Coalition, in partnership with The Sage School, to **go door-to-door** to collect healthy non-perishable food for its food pantry.



We're so excited about all the energy and enthusiasm surrounding Food Day 2013 and are thrilled to be part of this national celebration of healthy affordable and sustainable food. THANK YOU, CSPI and Food Day!!