

100 Men Who Care Hold Last Meeting of the Year

BY KAREN BOSSICK

The year-old 100 Men Who Care will have its final meeting of the year at 5:30 p.m. Tuesday, Oct. 22, at the Sawtooth Botanical Garden a few miles south of Ketchum.

This year the organization has donated \$1,600 to Ketchum Community Dinners, \$1,600 to National Alliance for the Mentally Ill and \$2,200 to Wood River Fire and Rescue for a total of \$5,400.

Founder Marty Lyon says he hopes to get 46 men to participate in the final event this month so the organization can reach \$10,000 in its first year.

Men select a local non-profit to be the beneficiary at each meeting. Then each man donates \$100 for that organization. There are no handling fees involved so all the money goes to the organization.

One of the organization's members—Mark Miller—has already started a new chapter of 100 Men Who Care in Boise. He will offer a brief presentation on how he was inspired to found it and how much money they raised at their inaugural meeting.

Bart Lassman, fire chief of Wood River Fire and Rescue, will also offer a brief presentation of how last meeting's donations were used.

For more information, contact Lyon at 208-788-7462 or marly@lyonla.com

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What's On Your Plate to Challenge Childrens' Thoughts About Food

BY KAREN BOSSICK

Our unhealthy diet and lack of education surrounding our food supply is combining to foment a perfect storm taking us toward extinction, says Ann Cooper, author of "Lunch Lessons: Changing the Way We Feed Our World."

If we don't change what we feed our children and teach them about their food supply and the symbiotic relationship between a healthy planet, healthy food and healthy bodies, this path will become a reality, she adds.

New York film producer Catherine Gund, whose aunt Theo Gund lives in Sun Valley, is trying to make sure that doesn't happen.

She's trying to educate the children of America with the film, "What's On Your Plate?" The film was made by two 11-year-old New York City kids, who took a camera with them as they learned the origin of food they eat, how it's cultivated, how many miles it travels from ground to plate, how it's prepared and its effect on our health.

Nurture Idaho, which offers nutrition education in local schools, will offer a free screening of the film from 5:30 to 7 p.m. Thursday, Oct. 24, as part of the national Food Day 2013.

The screening, appropriate for kindergarteners through eighth-graders, will be held at the Community School Theater.

Viewers are invited to come at 5 to see a garden that Community School students are growing. It includes a vertical garden made of recycled bottles and experiments that will test whether vegetables grow best via heat coils put under beds, solar power or LED lights.



Kathryn Guylay says Patrick/Polly the Potato plush toy will be given to each child who attends "What's On Your Plate?" The toy is actually Olivia the Onion, a character from the movie. But Guylay's daughter Elena theorized that kids don't like onions and onions make kids cry so she asked benefactor Theo Gund if she could rename the toy to make it Idaho specific.



(l-r) Isabella Bourret, Grace Hoffman, French teacher Nancy Parson-Brown, and Ella Viesturs. COURTESY PHOTO: COMMUNITY SCHOOL

Nurture volunteers will offer samples of recipes made with locally grown foods following the movie. And children attending the film will receive a Patrick/Polly the Potato plush toy.

The event is free. But viewers are asked to RSVP since the theater has only 206 seats.

"The movie talks about things like food insecurity, food deserts—places where people don't have a lot of healthy food available to them. It definitely will get kids thinking. And it'll get them thinking that even little kids can do big things—they can make change happen," said Kathryn Guylay, who founded Nurture in Chicago and Sun Valley.

Catherine Gund says her goal with "What's On Your Plate?" is to address the shortcomings of our awareness about the relationships between food, its origins and our quality of life.

"Most of our food is so processed that we can't pronounce the long list of ingredients. On average, our food is trucked over

1,500 miles before we bite into it. And seeds are engineered to die out after one season in order to ensure corporate control of the food chain. In this environment, how can any of us feel a harmonious, life-affirming connection to what we eat?" said Gund, who has watched friends in their 40s suffer heart attacks, Type 2 diabetes and high cholesterol—all likely caused or exacerbated by food choices.

"What's On Your Plate?" is exactly the film we need now, according to Michael Pollan, author of "In Defense of Food: An Eater's Manifesto" and "The Omnivore's Dilemma."

"The movie can have a real impact on the way we think about what we're eating," added Alice Waters, chef, author and founder of the Edible Schoolyard.

The screening was made possible through Catherine Gund and Theo Gund, an advocate for Idaho's Bounty and The Hunger Coalition.

Theo Gund gave Nurture a \$20,000 grant to provide the potato toys and 650 books accom-

panying the movie that will be given to students in the Valley.

The book features activities to get kids to think about what they eat and why it matters and how to make over food so it's more nutritious. It features games educating kids about how far food travels to get on their plate and how to compost kitchen leftovers.

And it features recipes for such dishes as Sweet Potato-licious, Coconut Peach Ice Cream, Pesto Sandwiches and Leftover Kale Croquettes.

IT'S FREE, BUT RSVP

What: Free screening of "What's On Your Plate?" accompanied by samples of nutritious foods

When: 5:30 p.m. Thursday, Oct. 24

Where: Community School Theater off Dollar Road in Sun Valley

Optional pre-film tour: Of eighth-grader's "Grow Unit" garden at 5 p.m. outside theater.

RSVP: Though free, RSVPs are required at http://www.foodday.org/16869/film_screening_of_what_s_on_your_plate?recruiter_id=50074

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