

Food for Thought, Food for Tummy

BY KAREN BOSSICK

Community School eighth-graders are making potato salad with the potatoes they grew in their school garden. They're readying an assortment of cheese from Ballard Farms—cheeses that traveled just 75 miles "from farm to arm."

And they're baking up plenty of Sophie's Oatmeal Cookies and Apple Crumble for people to try.

After all, what would National Food Day be without food!?

Samples of the eighth-graders' hard work will be given to those who attend a free screening of "What's On your Plate" at 5:30 p.m. Thursday at the Community School Theatre in Sun Valley.

Children attending the screening will be given Patrick/Polly the Potato plush toys. Attendees are invited to view The Community School's experimental garden before the screening at 5 p.m. And everyone will receive electronic copies of the recipe booklet Food Day Cookbook with healthy, affordable recipes from such chefs as Mark Bittman, Emeril Lagasse and Nina Simmonds.

Food Day 2013 is a year-round nationwide movement toward more healthy, affordable and sustainable food.



COURTESY PHOTO: COMMUNITY SCHOOL

The observance was created by the nonprofit Center for Science in the Public Interest to bring people closer to a food system with "real food" that is produced with care for the environment and animals.

Though free, attendees are asked to RSVP at http://www.foodday.org/16869/film_screening_of_what_s_on_your_plate?recruiter_id=50074, 208-788-9786 or at nurtureyourfamily.org.

The film, produced by Catherine Gund, whose aunt The Gund lives in Sun Valley, follows

two 11-year-old New York City kids as they learn the origin of the food they eat, how it's cultivated, how it's prepared and its effect on our health.

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.

The showing was organized by Nurture Idaho, which was founded by Kathryn Guylay a couple of years ago.

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Finding Nurture's Roots

STORY & PHOTO BY KAREN BOSSICK

The turning point for Kathryn Guylay came in 2008 while she was volunteering at a food pantry in Chicago where she was living then.

She looked at the quality of foodstuffs being handed out to families in need.

"Why are most of the foods given away to families in need processed and nutritionally inferior?" she asked.

"What are the effects of this sub-optimal diet, which is neither nourishing nor nurturing on the adults and kids of these families?"

"Why do we assume that families in need don't take the time to cook fresh, whole foods instead of processed foods?" she asked.

In pondering those questions, she began focusing on how important it is to nurture our communities.

She rallied like-minded friends to start the non-profit NURTURE, a non-profit organization which stands for Nutritional Upgrading Realized through Underwriting, Resources and Education.

With the local food pantry, they began teaching entire families how to cook whole grains, beans, lentils, fresh fruits, vegetables and other whole foods that could optimize their nutrition.

Then she brought the concept with her when she and her family moved to Sun Valley a few years ago.

Nurture Idaho, as it has become known, started a couple of years ago offering nutrition education to the Community School, where Guylay's own son and daughter attended. It expanded into Hemingway Elementary School last year and now has a presence in all the local elementary schools, teaching kids simple concepts about how good food makes our bodies run, just as gas makes cars run.

As Nurture Idaho expanded, Guylay began teaching Healthy Slow-Cooker Cooking classes



COVER AND ABOVE: Students helped prepare healthy food samples for a NurtureNosh last May celebrating the organization's work in the schools and with The Hunger Coalition.

to Hunger Coalition clients—something that was expanded to military veterans with post-traumatic stress disorder (PTSD) participating in a Higher Ground Wellness Camp this month.

This winter, Nurture is teaming up with the new I Have a Dream Foundation, which promises post-secondary education to Woodside Elementary School students whose parents may not have the resources to send them to college. And it is joining hands with the City of Ketchum on a Let's Move Ketchum campaign.

Guylay says interest in what she is trying to do grew as British chef Jamie Oliver went to the airwaves trying to get communities and schools to use more whole foods. First Lady Michelle Obama's focus on nutrition and exercise with her "Let's Move!" initiative has helped, as well.

"We've had some great exposure on a national level as part of the ever-growing movement around food and nutrition," said Guylay, who has a Master's degree in Business Administration and certification in Nutritional Counseling. "Recently, for instance, we were featured on Jamie Oliver's newsletter, as well as The Edible Schoolyard

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—KATHRYN GUYLAY

Project, which is Alice Waters' organization. Now, we're being asked to replicate our program in others areas of Idaho."

The organization now includes co-chair Kathleen McCabe, regional director Lisa Brewer, director of operations Stacy Whitman and instructors Amy Schlatter, Kami Miller and Misy Russell.

Partners include the Community School and Blaine County Education Foundation which, in conjunction with Nurture, were awarded a \$35,000 grant to expand the organization's Food and Fun program in local schools.

Information: nurtureyourfamily.org, or www.facebook.com/NurtureIdaho or www.facebook.com/nurtureyourfamily.

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