

# NEWS RELEASE

## FOR IMMEDIATE RELEASE

May 28, 2013

### *Magical Cooking is Happening at Solana Beach's Skyline Elementary*

**Solana Beach, Calif.** – There is magic happening at Skyline Elementary!

Each student has been invited to participate in "healthy, happy cooking field trips" as part of a school-wide field trip program funded by the school's PTA.

To date, every class in the entire school has cooked healthy foods at the Boys & Girls Club next door three times over. No wonder! The Center for a Healthy Lifestyle, the wonderfully charming kitchen facility, was built specifically to teach children how to cook healthy foods that are harvested straight from the garden.

Here's how the field trips work: each class brings a basket of freshly harvested produce from Skyline's school garden and walks it over to the Center, just two blocks away. They are greeted by their smiling and silly cooking instructor, Amanda, from the kids cooking show *The Good Food Factory*. Amanda and two other teachers, Lencsi and Patti, take and wash the fresh produce from Skyline's garden (most recently fava beans and lettuce) and then the kids take their seats and start cooking!

With up to 30 kids at a time cooking, the kitchen is overflowing with laughter, joy, chopping, and tasting. For Food Revolution Day on May 17th, students made hummus from scratch! The class was split into 6 teams with each team making a classic hummus (tahini, olive oil, lemon, garlic, and chick peas) and then a "specialty" flavor: red pepper, cucumber-dill, parsley, spicy cilantro, fava bean, or black olive.

The six different specialty hummus flavors were then spread outside on the sunny patio tables where a "Hummus Buffet" was set up. The kids took the cleaned lettuce leaves from the school garden, spread on a dollop of hummus, and then topped it all off with grated sharp cheddar cheese and pepitas.

The kids got to eat, talk, laugh and explore all the different flavors each team has made. By the end of the class kids have tried new things, are begging to cook more, and are eagerly licking every last bit of the homemade hummus from their fingertips!

Magic happens when communities get together to offer cooking classes for children. And at Skyline Elementary in Solana Beach, healthy eating is alive, well, and really, really, REALLY FUN!

#### **About Skyline Elementary**

Welcome to Skyline School, home of the Waves! Located in Solana Beach, California, we are a unique school housing two outstanding educational programs, our 4th-6th grade program and our Global Education K-6 program. Our Parent Teacher Association and the Solana Beach Foundation for Learning provide substantial financial and volunteer support to our school, supporting specialized programs, technology, science, art, music, and physical education.

#### **About the Center for a Healthy Lifestyle**

A community gem – the Boys & Girls Clubs' Center for a Healthy Lifestyle is dedicated to inspiring children & adults to live healthier lives through cooking, gardening and fitness. The sunny yellow cottage offers a teaching kitchen, space for classes or entertaining, and is surrounded by an interactive organic garden with beautiful patios and places to ponder. Now in its third year, the Center is laying the groundwork to be a leader in the healthy lifestyle movement in San Diego. You'll be magically transported to a healthier world when you enter this loving, caring and daring place.

**About Boys & Girls Clubs of San Dieguito**

BGCSDTO is dedicated to providing positive activities to promote education, self esteem, health and character in young people. BGCSDTO offers quality programs through after school programs, summer camps, aquatics, and athletics for all ages including the county's only middle school sports leagues, in addition to sponsoring a Montessori school, the Youth Arts Academy, and the Center for a Healthy Lifestyle. Great Futures Start Here! For more information on the Boys & Girls Clubs of San Dieguito please visit [www.PositivePlaceSD.org](http://www.PositivePlaceSD.org)