

Moms Revamp Cafeteria Lunches

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Today the winners of the "Moms of the Revolution" contest were announced, an effort that celebrates mothers who have worked hard to change the way children in their communities eat.

Revolution Foods and KIWI Magazine joined together to sponsor a contest to inspire change in cafeterias across the nation.

"With one out of three children overweight or obese, and the numbers growing, we need to make available the resources that will spark change in our communities. Moms are an incredibly powerful force in shaping healthy eating in their children's lives and schools," says Neil Grimmer, of Nest Collective, which Revolution Foods is a part.

Grand prize winner Amie Hamlin of Ithaca, NY was awarded \$3,000 for her work as Executive Director of the New York Coalition for Healthy School Food, which educates students on nutrition and offers plant-based foods across New York schools.

The other four winners include: Liz Snyder of Sunnyvale, CA, who created a sustainable educational farm on a local middle school's grounds; Cynthia Walters of Powell, OH, an art teacher who built a two-acre organic garden and helped form a wellness team at her school; Dawn Walker of Stevenson Ranch, CA, who opened a healthy school "snack shack" and taught 7th graders to run it, and Dawn Gallusci of Bethel, CT who implemented after-school cooking classes to teach students to make their own snacks.

The winners received a year's supply of organic lunchbox snacks from Revolution Foods (which gives a percentage of earnings to supporting school lunch programs) and will be featured in the September/October issue of KIWI, a green lifestyle and parenting magazine.

Says Maxine Wolf, publisher of KIWI, "Each of these women is a true inspiration, and we're excited to share their stories with the hope that others will be motivated to create similar change in their own communities."

Photo via nj.com.