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Chef Tim Love Develops Healthy School Lunch Menu

Celebrity Chef Creates Kid-Friendly, Nutritious Dishes at All Saints' Episcopal School

Fort Worth, TX, September 2008 – Tim Love, one of the country's top chefs and a proud father of three, has taken on a new project—updating the school lunch program at All Saints' Episcopal School in Fort Worth. Recognized for his popular restaurants The Lonesome Dove Western Bistro and The Love Shack, Love has championed this project for a number of reasons, including his work with the charity Spoons Across America, which provides food and nutrition education to children, families, and teachers through school- and community-based programs, and the fact that his son began attending All Saints' this year.

"I'm thrilled to be playing a part in both my children's education *and* their nutrition," says Love. "There's always been that stereotype that school food is awful and not always healthy, and we're trying to change that perception. I'm a chef and a concerned parent, so why wouldn't I want my kids and their classmates to eat well when they're at school? This is a great opportunity to raise awareness and introduce children to healthy nutrition and eating habits early on."

While the existing school lunch menu has not been completely overhauled ("Kids should still be allowed to have a cheeseburger on Fridays," says Love), there are numerous new, healthier options including a readymade sack lunch featuring sandwiches made with whole wheat bread, baked chips, fresh fruit; vitamin-rich steamed vegetables; turkey hotdogs; and 100 percent real fruit juice. Any fried dishes, such as the sweet potato french fries, are made using 100 percent canola oil, which has zero trans fats, while other ingredients like white flour and corn syrup have been completely removed from the menu.

All Saints' Headmaster Tad Byrd thinks what Love has done will be a great way to instill children with the tools to make positive food choices.

"Childhood obesity and early onset diabetes are too tremendously prevalent problems in this country, and we need to do everything we can to keep our children healthy. Tim Love and other concerned parents in the All Saints' family are doing their part to help this critical cause, and we're proud to be doing what we can to teach our children how to eat and live well."

In addition to the revamped school lunch program, All Saints' and Love will tie nutrition into the school's science curriculum, teaching classes in taste experiences, food origins, farming and agriculture. Depending on the success of this project, Love would like to take his program to Fort Worth's public school system, where his daughters have just begun kindergarten.

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