



For Immediate Release

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**THIS VALENTINE'S WEEKEND, KIDS WORK WITH CHEF LOVE TO SERVE
THEIR FAMILIES A CELEBRATORY DINNER**

The James Beard House and Spoons Across America Bring Culinary Education to Kids

FORT WORTH, Texas (February 5, 2004) – To enhance kids' knowledge of food and nutrition and encourage home cooking, Chef Tim Love of the Lonesome Dove Western Bistro is working with Spoons Across America, a James Beard Foundation-sponsored charity, to bring food education to fifth-grade students in the YMCA after-school care program at W.J. Turner Elementary in Fort Worth. The program culminates on Sunday, February 15 with a celebratory dinner at 4 p.m. for the kids' families at the Lonesome Dove Western Bistro.

There is an epidemic of childhood obesity in America. Not only are children exercising too little, they are eating too much pre-prepared foods, both from grocery stores and fast food restaurants. There's a loss of connection with food that features fresh ingredients, with taste, with home-cooked meals and with family dinners. Spoons Across America is dedicated to reversing the trend.

In November 2003, Chef Tim Love hosted a fundraiser to raise the money to bring culinary education to Fort Worth kids. This season, he will work closely with W.J. Turner Elementary and YMCA to bring kids the Dinner Party Project. Kris Ackerman, a Dallas food stylist, will help teach the kids about nutrition, food safety, meal planning, table setting, etiquette and cooking. Through the experience, they learn about the value of community, family, teamwork, and sharing, while building self-esteem and having fun. Through food education, children can also come to appreciate that preparing delicious and nutritious foods is a way to create community when sharing meals with friends and family.

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Spoons Across America and Chef Love Bring Cooking to Kids

The Dinner Party Project supports and enhances existing curriculum. Learning how to plan and produce a party is a practical application of problem solving, critical thinking and organizational skills appropriate for 9-11-year-old children. The activities offer children structured opportunities to reflect on classroom experiences, write about these experiences and share them with parents in focused homework discussions. Through these activities children also discover connections about their family's food patterns. The team building and fun are a healthy social experience.

Lessons are Fridays at 4 p.m. for four weeks. The W.J. Turner Elementary students received an introduction to throwing a dinner party and made invitations for their families on January 23 (see attached photos). On January 30 the kids will learn about creating a balanced meal. Students will learn about etiquette on February 6. On February 13, they will be bussed to the Lonesome Dove Western Bistro to tour the restaurant and determine set up for the party. On Sunday, February 15 at 1 p.m., the kids will meet at the restaurant to prepare for dinner with their families at 4 p.m. On Monday, February 16 the kids will work on a photo essay project and thank you notes.

The James Beard Foundation is proud to be an active supporter and presenter of Spoons Across America: the source for children's culinary education. Spoons Across America provides and supports food and nutrition education to children, families, and teachers, through classroom, after-school, and other school- and community-based programs.

Chef Tim Love's vision of combining the feel of the Old West and elegant dining comes together in the Lonesome Dove Western Bistro, a critically acclaimed restaurant located in the historic Fort Worth Stockyards. When he's not at the restaurant cooking, he's leading cooking classes across Texas or working on his column for *Cowboys & Indians*, premier magazine of the West.

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