



# Capital Hilton



## EMBASSY SUITES

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Washington DC Convention Center



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<http://www.gaithersburgrotary.org/>  
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# REAL FOOD festival



**Saturday, October 28, 2017**

**9:00 a.m.-1:30 p.m.**

**Concord St. Andrews United**

**Methodist Church**

**Bethesda**



Thank you to all of our sponsors!



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United Therapeutics  
Nicholas VanderKamp

## Session Descriptions 10:45-11:45

### **Cook it and Try it: Quinoa Salad with Gioconda Padovan (ages 8-12)**

*Classroom 3 (downstairs)*

Help make a quinoa salad, while hearing about this healthy seed and how versatile it is to eat it in salads, bowls, as a main dish, and even as a replacement for starchy foods like rice and potatoes. We will taste every ingredient separately and then assembled while hearing stories about every ingredient throughout the cooking process. Ingredients include peppers, corn, cilantro and avocado. We will also learn to make a simple dressing that works for almost any salad, then taste and give impressions about the dish.

### **Plants Sciences & Raw Foods with Hira Chowdhary (ages 12-16)**

*Upper room (upstairs)*

Workshop participants will complete a plant science lab that will include a fruit dissection. We will explore the anatomy of plants to learn about the parts of the plant that we eat.



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## GEPETTO CATERING

Thank you to the awesome planning team that made this event possible: Event Chair Nicholas VanderKamp, Rend Al-Mondhiry, Seth Grimes, Jill GrosPierre, Joe Hawkins, Jeanine Littrel, Jeffrey Slavin and Jenny Yang and to all the instructors, chefs and volunteers who are giving their time today!

## Real Food Festival Schedule

### **9:00-9:30 a.m. Registration**

### **9:30-10:30 a.m. First workshops** (see p. 4 for details)

Classrooms 1, 3 and 4 are downstairs; the game room and upper room are upstairs (via different stairways). See directional signs on walls or a volunteer for help locating the sessions. Children 9 and under must be dropped off by a parent.

- *Gray cooking team will meet in the kitchen*
- *Beige and white cooking teams will meet in the back of the social hall*

### **10:45-11:45 a.m. Second workshops** (see pp. 5-6 for details)

### **12:00-12:15 p.m. Presentation of school lunch entrée competition entries**

- *Capital Hilton Team (Beige):* Chicken & Harvest Grain Salad Bowl
- *TPSS Coop/TP Community Kitchen Team (Gray):* Pineapple Tomato Chicken Skewers with Spanish Rice and Parmesan Kale Salad by *Gypsy Diva Fresh*
- *Embassy Suites Convention Center Team (White):* Turkey lettuce wrap with tossed in hoisin sauce served on a bib lettuce cup and topped with a fresh cucumber and carrot salad, with a side cottage cheese, grape tomatoes & basil salad.

### **12:15-12:35 p.m. Tasting of entrées and voting** (children only vote)

### **12:35-12:40 p.m. Brief words about our work**

### **12:40 p.m. Announcement of winner**

### **12:45 p.m. Silent auction closes** - check out at registration table



## Session Descriptions 9:30-10:30

### **Raising Healthy Eaters: How to Win the Mealtime Wars with Jessica Braider, CEO of The Six O'Clock Scramble (for adults)**

*Game Room (upstairs)*

Do you dread family dinners? Do you find yourself saying “just two more bites?” Are you sick of your kids turning their noses up at the dinner you made? Are you limited to four or five meals that you know your kids will eat? In this workshop we will discuss the reasons behind kids and their limited tastes and we'll explore ways to make meals (and mealtime) more appealing and less frustrating for your children and yourself.

### **Back to the Basics: Eating a Whole Foods Diet with Melissa Brescia (for ages 12-adult)**

*Classroom 4 (downstairs)*

In a time where we have the greatest access to food, why is deciding what to eat so complicated? Join Certified Integrative Nutrition Coach Melissa Brescia as she goes back to the basics and highlights the importance of eating a whole foods diet. This workshop will provide you the blueprint on how to stock your kitchen with real ingredients to safeguard your overall health. You'll learn how to fill your plate with quality sources of protein, healthy fats and complex carbohydrates the whole family will love.

### **Basic Yoga and Meditation with Lauren Schultz (ages 16-adult)**

*Upper room (upstairs)*

Enjoy an all levels yoga practice where we connect to the breath and get grounded in our physical bodies. Yoga is a way we can slow down and get back to ourselves and what matters. When we release excess tension and stress from our bodies, we have increased capacity for healthy living and joy. No prior yoga experience needed; just wear comfortable stretchy pants.

### **Plants Sciences & Raw Foods with Hira Chowdhary (ages 4-11; under 5 must have a parent with them)**

*Classroom 1 (downstairs)*

Workshop participants will complete a plant science lab that will include a fruit dissection. We will explore the anatomy of plants to learn about the parts of the plant that we eat.

### **Fruit Salad for Kids with Dawson's Market's Darline Thomas (ages 4-11; under 5 must have a parent with them)**

*Classroom 3 (downstairs)*

Learn the techniques for making a fresh and tasty fruit salsa for lunch. Seasonal and local fruits will make for a delicious and cost effective snack any day of the week.

## Session Descriptions 10:45-11:45

### **How to Eat on the Go, But Still Eat Healthy with Risa Elias (ages teen-adult)**

*Game room (upstairs)*

Are your afternoons and evenings spent driving one carpool after the other? Are you racing home from work just in time for dinner? Do you spend your weekends racing from one activity to the next? If so, this workshop is for you. In this workshop, I will give busy parents and kids information on how to eat healthy on the go. I will provide simple solutions and strategies so busy families can eat nutritious meals that taste good and are easy to prepare.

### **Stakeholders Forum on School Food and Wellness with Marla Hollander (ages teen-adult)**

*Social Hall*

Come share your vision of healthy school food. We will break into small groups to discuss additional questions around school meals, a la carte foods and wellness, then come back together to share our responses with the whole group.

### **Heart Warriors Yoga with Beatrice Spadacini (ages 5-10)**

*Classroom 4 (downstairs)*

A Heart Warrior is someone who is committed to promoting peace in their communities and schools through mindful action, compassion, and lovingkindness. Heart Warriors are effective only as much as they take good care of their bodies, minds and souls. This means regular exercise, healthy eating and positive thinking. This one hour class will take you on a Heart Warrior's journey. Together, we will explore yoga poses that strengthen the body and increase concentration. We will do buddy work exercises to promote giggling and collaboration. And finally, we will practice mindful breathing and eating so that good feelings and sensation are amplified. Props: Please bring a yoga mat if you have one and wear comfortable clothing (leggings or baggy pants preferred). We will use some music and a few fun yoga tools.

### **Find Out Which Foods are Whoa, Slow and Go with Common Threads' Sigita Clark (ages 3-2nd grade)**

*Classroom 1 (downstairs)*

Whoa, Slow and Go Foods will teach kids how to recognize what foods are healthy and not so healthy for them as they grow. As a part of the lesson, the kids will be making fresh fruit parfaits.

**Continued on next page**