



## **Real Food 4 Life Education Foundation Joins Jamie Oliver's**

### **Food Revolution in Global Day of Awareness**

#### **Local event in Vaughan planned for Food Revolution Day 2013**

Real Food 4 Life Education Foundation, a not-for-profit organization based out of Vaughan, Ontario and run by Denise K. Livotti, Food Revolution Ambassador and owner of Petits Chefs Academy has joined thousands of other passionate foodies around the world in supporting Jamie Oliver's Food Revolution Day 2013 which this year falls on Friday 17<sup>th</sup> May.

Food Revolution Day is an annual day of awareness, begun by chef and campaigner Jamie Oliver, which aims to raise the profile of food education as a key to transforming the lives of millions of people across the world. The first Food Revolution Day was held in May 2012 and involved over 1,000 events globally in 62 countries (see [www.foodrevolutionday.com](http://www.foodrevolutionday.com)).

Real Food 4 Life Education Foundation already planning a fantastic event this year called "The Circle of Life" for Vaughan and is excited to be involved in a truly global event.

Denise K. Livotti says: "Anyone can support Food Revolution Day, even with something as simple as holding a dinner party with fresh cooked ingredients or if that's not possible just trying a new type of fresh food. I'll be holding an event in (location) and everyone is welcome to help or come and join in. It's a very friendly, welcoming day."

Jamie Oliver added: "It's fantastic that Denise and Real Food 4 Life Education Foundation is involved in this year's Food Revolution Day as it's already bigger and louder than last year. We want everyone who cares about food education to get together to show that this is a massively important issue. Our kids need to learn about food from an early age and we also need to help those adults who can't cook. It's all about inspiring people to get cooking and love fresh food."

The Jamie Oliver Food Foundation launched its first-ever Food Revolution Ambassador Program in 2012 to inspire, educate, and empower people everywhere to stand up for real food. The

voluntary Ambassadors are on the ground working towards a Food Revolution and they are the ones who will make Food Revolution Day 2013 that much stronger.

Food Revolution Day and the Ambassador Program aims to engage leaders throughout the year and reach communities worldwide. The monthly events and challenges will bring together an international community of foodies, chefs, parents, educators, companies and activists to arm people with the knowledge and tools to make healthier food choices.

People everywhere can visit [foodrevolutionday.com](http://foodrevolutionday.com) and [jamiesfoodrevolution.com](http://jamiesfoodrevolution.com) to find out how to get involved, download resources and toolkits and request to bring food education to their school or workplace. Visit [foodrevolutionday.com/teams](http://foodrevolutionday.com/teams) to see our growing army of global volunteers. More than 450 volunteers in 332 cities worldwide from New York City and Buenos Aires to Nairobi and Singapore, are taking action.

#### About the Ambassador and their community

Denise says: "I, and all the hard workers at Real Food 4 Life Education Foundation volunteer for the Food Revolution and give our spare time for free to further the mission of the Jamie Oliver Food Foundation. The Food Revolution has selected a number of volunteers from around the world who showed a deep commitment to real food and I'm thrilled to be one of them."

Real Food 4 Life Education Foundation is excited to be planning and facilitating the 2nd annual Food Revolution Day on Friday, May 17, 2013. We'll have the participation of schools, businesses and the community, allowing them to engage, connect and support 'real food'. At the event, many organizations within York Region will be participating in this great, worthy cause. You'll be in for hands-on, educational, FOOD FUN! We've called the event 'The Circle of Life' where we will focus on the 4 Elements of Life - Soil, Water, Fire, and Air and their importance in feeding the world and connecting us back to this natural process that is so integral to life.

The event will be designed around those 4 Elements of Life, with different stations featuring professionals whose discipline covers one of the 4 Elements. Each station will provide a hands-on educational component that will engage children, youth, adults, and seniors in the process that food undergoes, through farm to fork!

Where: Petits Chefs Academy, 9661 Jane Street, Unit 1, Vaughan

When: Friday, May 17, 2013, 10:00 AM- 3:00 PM

Admission: \$5

#### **Featuring:**

*Petits Chefs Academy-*

PETITS CHEFS ACADEMY INC. is an educational cooking school specifically designed for children, families, the culinary newbie and enthusiast.

A fun, interactive and safe environment where children will discover the value and joy of healthy nutritional cooking, a life skill that not only will enrich their academics such as math, science, reading, social studies and much more but one that will empower them to make wise, healthy food choices now and for a lifetime. When it comes to cooking — and learning to cook — everybody has to start somewhere and its best to start early.

Petits Chefs Academy is a get-back-into-the-kitchen school, a how-to guide that teaches and demonstrates the ABCs of preparing quick & simple yet delicious, healthy and nutritious meals.

Think of us as your own private cooking school. Whether you've never cooked before, just starting out or have been "winging" it for years, here's your chance to learn all the basic tips, terms and techniques you'll need to know to really get cooking.

Get-back-into-the-kitchen and see how much fun cooking can be! Grab a friend and grab your apron — it's time for petits chefs everywhere to discover the value and joy of healthy nutritional cooking. Not only will Petits Chefs Academy be feeding your bodies but also their minds.

Petits Chefs Academy will be providing cooking lessons and demonstrations at the event.

#### *You're A Peach Holistic Nutrition & Wellness-*

After years of struggling with digestive issues and the subsequent ailments that go along with it with no answers, Ti-An sought the help of holistic practitioners. While finally getting good results through natural therapies and diet, Ti-An became passionate about learning more about these therapies, and more specifically, nutrition, so that she could help others find solutions as well. This led Ti-An to study holistic nutrition at the Canadian School of Natural Nutrition. Ti-An has also found tremendous health benefits in practicing yoga, and completed a restorative yoga teacher training course in 2012.

Ti-An's personal experience with health struggles is an asset to her clients who seek the guidance of someone who can relate to their issues and provide solutions based on research as well as experience. Whether it be health or lifestyle related, Ti-An understands the importance of working with your individual needs for the best results. Her goal is to be your mentor and teacher, guiding you through the process of becoming educated in food, nutrition, and health, so that you can become empowered to be your own healer. She is also the assistant director of the Real Food 4 Life Education Foundation, a non-profit organization whose mission is to educate people, especially children and marginalized populations about the importance of real, whole foods, the life skill of cooking and nutrition.

You're A Peach Holistic Nutrition & Wellness will be providing nutritional information at the event.

#### *Monkeynastix-*

Monkeynastix is a fun and challenging non-competitive movement education program for children ages 1 to 8 years. Monkeynastix assists children develop, physical, cognitive and social skills.

With over 15 years experience in the children's fitness industry, Monkeynastix is the pioneer of Movement Education for children.

Monkeynastix is currently being offered in over 15 countries globally, including Canada, USA,

Australia, the UK, the Republic of Ireland, South Africa and others. Designed by specialists, endorsed by teachers and parents and loved by kids, Monkeynastix will take your child on a journey of discovery that will not only shape the body, but wire the mind for academic success.

Striving to develop confidence and a positive self image, Monkeynastix will challenge your child while developing strength and flexibility, cardiovascular fitness, gross and fine motor skills, balance and co-ordination, eye hand and eye foot co-ordination and speed and agility.

Children enjoy each lesson which consists of a fun Monkeynastix warm up song, followed by stretching positions and locomotion then main activity (i.e. balance beam, trampoline, ball skills, floor work etc.) which changes weekly. At the end of each class children are rewarded with a Monkeynastix sticker. Children leave Monkeynastix lessons feeling happy, confident and energized!

Monkeynastix will be providing children's physical education activities at the event.

### *Edible Wild Food-*

Edible wild food is all around us: edible weeds and wild edibles are out there to be foraged. Nutrition levels in many wild edibles is higher than grocery store produce. Learn what they are (see our wild food recipes) and better your health - for free! Edible wild food is dedicated to helping people quickly identify the edible weeds that surround us. Edible wild food offers numerous edible weed pictures and descriptions for fast and easy identification of edible plants. We also have many wild food recipes at our web site.

Edible Wild Food will be speaking about edible wild plants, their nutritional value, and how we can prepare them.

### *Cathy's Crawly Composters-*

Cathy Nesbitt is a Worm Advocate and Founder of Cathy's Crawly Composters. Established in 2002 this environmental business specializes in vermicomposting (indoor composting with worms) and organic diversion. Vermicomposting is a leading edge answer to our organic waste problem.

Cathy's Crawly Composters endeavours to reduce the amount of waste going to the landfill. We recycle organic material by vermicomposting with worms and produce beautiful black castings. Castings are a high grade natural soil enhancer, one of the best fertilizers available anywhere.

In addition to Red Wiggler Worms, we also offer worm workshops, complete vermicomposting systems, educational books and videos.

Through inspirational story telling and an incredible sense of humour, Cathy has raised the level of awareness about environmental conservation. Cathy's thought-provoking style of speaking inspires individuals to take action and do something. Over 50,000 students have seen her presentation! Cathy has spoken on vermiculture at provincial and national conferences. She has also been featured in a variety of media including print, television and radio.

Cathy's Crawly Composters will be speaking about composting and soil health, and the importance of nutritious soil for growing nutritious food.

*Rachel Parent-*

13-year-old, Rachel Parent, is the founder of Toronto Kids Right to Know GMO rally, an environmental awareness campaign.

From a very young age, Rachel learned that GMOs are affecting the entire eco system, from Kids health to bees, soil, and the farms she wants to make kids and parents aware of what may be in their everyday diet.

Rachel is often invited as a guest speaker to do Environmental awareness presentations for Schools, Libraries, Magazines, Conventions, as well as Radio and TV Interviews.

Rachel is a regular contributor to "The Canadian Daily", and the designer of the largest environmental greeting 10'x4' card with a message for the Minister of The Environment "Get well soon Canada" "Canada Don't eat GMO foods", and the baker of a 48" Non GMO fresh Apple pie, that she shared with those less fortunate.

*Adriano Filice-*

Adriano has been cooking since he was tall enough to stand on a stool and reach the stove. He truly has a passion for this necessary life skill. He not only cares about how it tastes, but also where it comes from and how it is produced. He loves being in the kitchen, but also loves being in the garden during the Southern Ontario growing season.

Adriano is also a junior chef at Petits Chefs Academy.

Adriano will be demonstrating his cooking skills and speaking about the importance of learning the life skill of cooking whether you are young or old!

*Rose A. Weinberg-*

Homeopathic Doctor, Nutritionist, Reiki Master and Certified Reiki Educator, Author, Workshop Leader

Rose has founded her practice on several disciplines **achieving empowerment with life transformation, her intuitive awareness is distinct in** inspiring others to find their purpose!

Rose epitomizes what it means to be alive and well. She empowers and inspires others to 'feel good'! She is a greatly admired and respected member of Toronto and her community in Richmond Hill, Ontario, Canada where she lives with her family. Rose currently has a highly successful natural health practice through which she is known and celebrated for her profound and life altering results. Rose has a multifaceted resume of skills, talents and competencies. She is a natural entrepreneur and has a Business and Marketing Degree, leading her to success in

building and selling various businesses prior to her holistic education. She is an acclaimed and sought after Homeopathic Doctor, Holistic Nutritionist, Reiki Master and International Teacher and Acupuncturist. Her gifts are shared with love and honour and all create a fresh, fun and educative approach to vitality and well-being.

Rose turned her challenges with personal illness; anxiety, panic disorder, Celiac Disease into a journey of spiritual guidance and well-being, with a global following. Rose has an evident and lasting impact through shifting people's views and inspiring them to achieve the life and health they want.

Rose A. Weinberg will be speaking about the importance of eating real food to obtain the necessary nutrition to promote health and wellbeing.

### *Avia Eek-*

Avia Eek, councilor for Ward 6 council in King is passionate about farming in the Holland Marsh and is an advocate for promoting the importance of the Holland Marsh for the economy of Ontario, and the production of SAFE, local food for the people of Ontario, Canada and some of our trading partners.

Currently Avia works with her husband and family at Eek Farms, where she is also Treasurer. Avia enjoys being active in the community and making this ward a better place for its citizens to live. She is also involved with: The Holland Marsh Growers Association and the Catholic Womans League.

Avia Eek will be speaking about farming and agricultural practices.

### About the Food Revolution

The Food Revolution is a global movement that allows people who love food to come together to share information, talents and resources and also to pass on their knowledge and highlight the world's food issues. All around the globe, people work together to make a difference. The Food Revolution is about connecting with your community in schools, restaurants and local businesses. We want to inspire change in people's food habits and to promote the mission for better food and education for everyone.

### About Jamie Oliver and the Food Revolution

Jamie Oliver is the founder and driving force who inspired millions around the world to join the Food Revolution. (May be changed according to location) In 2010, as part of the ABC TV series, *Jamie's Food Revolution*, Jamie worked to improve school food and set up a community kitchen in Huntington, West Virginia to teach people how to cook from scratch. Although difficult at first, it received a great response and a second series followed tackling school food and eating habits in Los Angeles. Jamie set up the Jamie Oliver Food Foundation, a 501c3 non-profit organization, to continue this work across America and inspire people everywhere to stand up for real food. The Food Revolution is now a global movement, reaching communities around the world through a network of volunteers, tackling the obesity epidemic and diet-related diseases with better food education and cooking fresh, real food from scratch.

### About Jamie's other foundation projects

Jamie's Food Foundation (JOFF) is a US non-profit organization and forms part of Jamie's global family of foundation projects, including the Better Food Foundation in the UK and our partners, The Good Foundation in Australia. The Better Food Foundation has a number of activities, from providing unemployed and disadvantaged youth with professional training in the Fifteen apprentice program to teaching adults to cook in Jamie's Ministry of Food centres to campaigning for better school food to teaching kids to grow and cook food as part of The Kitchen Garden Project. In Australia, The Good Foundation has teamed up with Jamie and the Good Guys to open and run Jamie's Ministry of Food centres as part of a community-based campaign to teach adults and youth how to cook from scratch.

All of Jamie's foundation projects aim to educate, empower and inspire people through food and support the global Food Revolution, joining forces on our annual day of action, Food Revolution Day.