

Recipe



for

Success

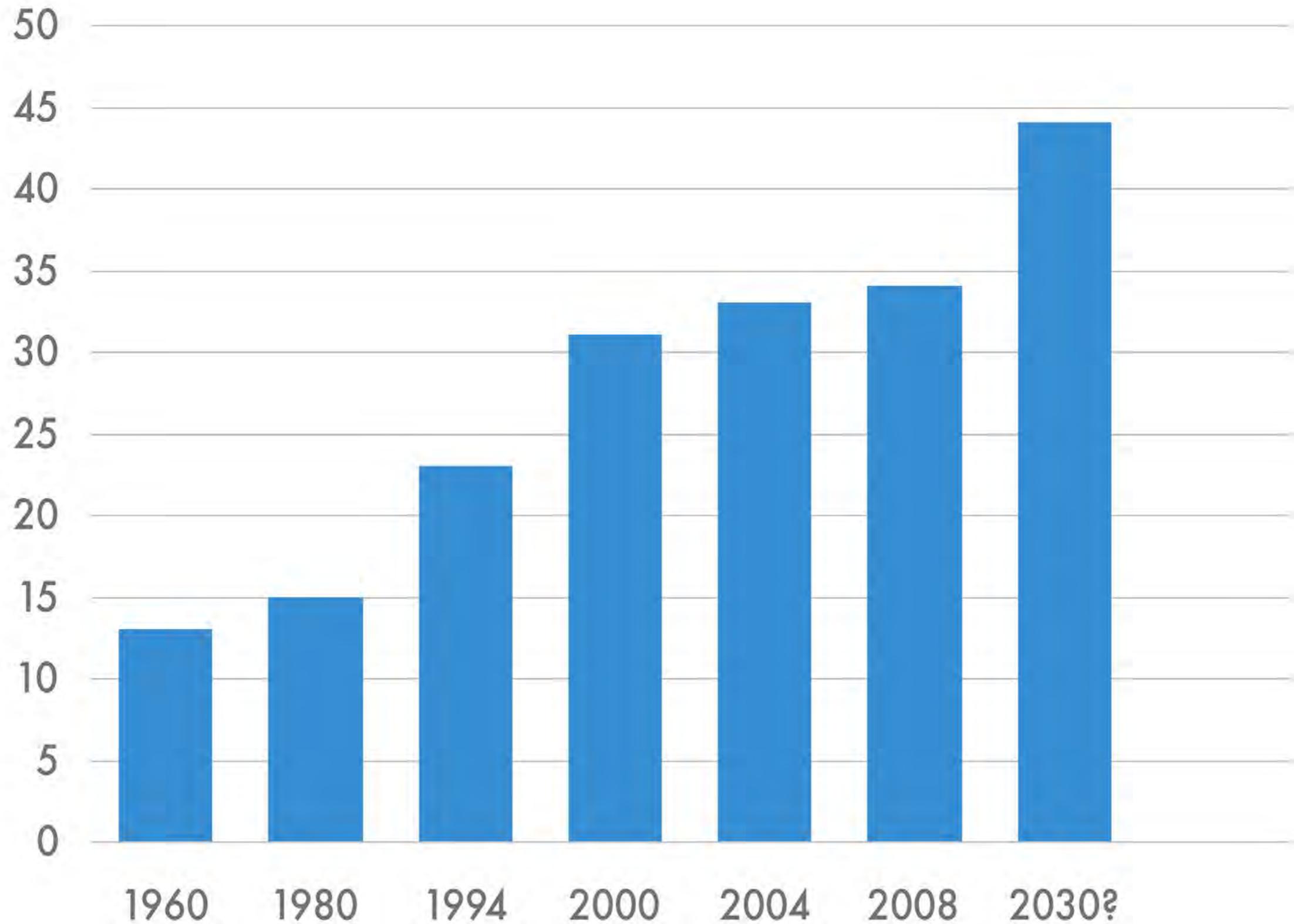
Changing the way our children eat

1956

22 million deaths

obesity

# obesity rates doubled



**obesity**

**#1**

# striking young

type II diabetes   hypertension

heart attacks   arthritis   liver disease

kidney failure   cancer   asthma   stroke

depression   sleep apnea

1 million



23 million kids

# skyrocketing costs

\$270 billion

16.5% of all medical spending

the way we eat

regulate

innovate

educate



# healthy food at school





The Big Steak Omelette

# Omelettes

Our hearty omelettes are made with a splash of our famous buttermilk and wheat pancake batter for extra fluffiness and are served with two buttermilk pancakes.

## The Big Steak Omelette

Tender strips of steak, hash browns, green peppers, onions, mushrooms, tomatoes and Cheddar cheese. Served with salsa 10.59 (1490 Cal.)

## Colorado Omelette

A meat lover's delight. Bacon, pork sausage, shredded beef, ham, onions, green peppers and Cheddar cheese. Served with salsa 10.59 (1470 Cal.)

## Country Omelette

A delicious blend of ham, cheese, onions and hash browns. Topped with sour cream 9.99 (1380 Cal.)

## Garden Omelette

An abundance of fresh green peppers, mushrooms, onions, tomatoes and cheese 10.59 (1150 Cal.)

## Chicken Fajita Omelette

Seasoned chicken, onions, green peppers, tomatoes, mushrooms, salsa and a blend of cheeses. Topped with sour cream 10.59 (1360 Cal.)

## Corned Beef Hash & Cheese Omelette

Home-style corned beef hash and plenty of cheese 9.99 (1170 Cal.)

## Big Bacon Omelette

Loaded with six strips of chopped hickory bacon, onions, diced tomatoes, Parmesan and Swiss cheeses. Topped with sour cream 9.99 (1430 Cal.)

## Supreme Ham & Three Cheese Omelette

Our hearty omelette loaded with diced ham, Cheddar, Jack and Swiss 9.99 (1280 Cal.)

## Spinach & Mushroom Omelette

Fresh spinach, mushrooms, onions and Cheddar cheese rolled in a fluffy omelette. Topped with hollandaise and diced tomatoes 9.99 (1210 Cal.)

## Create Your Own Omelette

Begin with our hearty omelette and your choice of cheese 6.99 (920 Cal.)

Then add your favorite ingredients 1.59 each

- Ham (35 Cal)
- Pork Sausage (170 Cal)
- Mushrooms (15 Cal)
- Green Peppers
- Bacon (130 Cal)
- Extra Cheese (190-230 Cal)
- Tomatoes (20 Cal)





Chex Chex

GOOD SOURCE OF CALCIUM & VITAMIN D

\$2.79

Cinnamon Toast Crunch

Golden Grahams

Honey Graham Crunch

GOOD SOURCE OF CALCIUM & VITAMIN D

GOOD SOURCE OF CALCIUM & VITAMIN D



# innovate

new products

better distribution systems

healthy fast food

we change the way children eat



Recipe  
for Success

Recipe  
for Success



# learning to cook



Recipe   
for Success



Recipe   
for Success

I + Andrea  
T o m a t o  
T o m a t o  
t o m a t o





Recipe   
for Success

we make healthy food fun



Recipe  
for Success

# Recipe

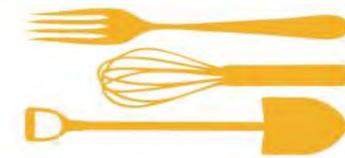
## for Success

**AFFILIATE PARTNER**

**CHANGING THE WAY OUR CHILDREN EAT**

with

**SEED-TO-PLATE NUTRITION EDUCATION™**



## TRAINING AND CERTIFICATION

### MODULE 8: BUILDING YOUR RECIPE GARDEN



This is a short text describing this module. Lorem ipsum pri ad everti fabellas, cum eripuit bonorum ei, suas movet nostro cum ad. Sumo rebum feugiat an eam, mel praesent efficiantur an. Nec te paulo salutandi, impetus dolorum eu eos. Altera vocibus nam eu, iusto aliquip ei usu. No ullum augue putent sea, te elitr sanctus has. Ne diceret constituam eam.

#### COMMENTS

Ortografika's comment is:

Altera vocibus nam eu, iusto aliquip ei usu. No ullum augue putent sea, te elitr sanctus has. Ne diceret constituam eam.

On Jul.15.2011 at 07:11 AM

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Mike Scott's comment is:

Lorem ipsum pri ad everti fabellas, cum eripuit bonorum ei, suas movet nostro cum ad. Sumo rebum feugiat an eam, mel praesent efficiantur an. Nec te paulo salutandi, impetus dolorum eu eos.

On Jul.15.2011 at 07:26 AM



### TOOLS

- > Building a Recipe Garden Checklist
- > Existing Garden Checklist
- > About Bed Size
- > Garden Budget Worksheet
- > Additions to Your Dream Garden
- > Site Considerations
- > Recipe Garden Build Workday



### GOOD IDEAS!

*Don't be afraid to ask! Landscape architects and other design professionals may be willing to donate their time to help design the garden.*

*Cement blocks make great garden bed perimeters. They are sturdy, last a long time, and don't leach chemicals into the soil. Not so good: pressure-treated woods that leach chemicals into the garden. Non-pressure-treated wood is ok, but will rot and need to be replaced.*

*Get the hard part over early, especially heavy-lifting tasks. Volunteers are less inclined to resume these kinds of duties after they've had lunch and rested a bit. Leave fun jobs, such as planting butterfly habitat plants, for the afternoon.*



Recipe  
for Success 





**VEGGIES!**  
**30 WAYS IN 30 DAYS**  
**TAKE THE CHALLENGE!**

SIGN IN OR SIGN UP!

HOME ▾

GET INVOLVED ▾

RECIPES ▾

EVENTS & PARTNERS ▾

BLOG

CONTACT

**VEGGIES!**  
**30 WAYS IN 30 DAYS**  
**TAKE THE CHALLENGE!**  
**MARCH 1**



SHARE!





# farmers market KIDS days

Another Food Adventure with  
Recipe for Success Foundation



# EAT IT!

*Food adventures with Marco Polo*



**VOLUME ONE: LEAVING HOME**

**GRACIE CAVNAR**

Illustrated by Anni Matsick

fight marketing with  
marketing

making healthy food fun

making healthy food  
accessible

in the shadow of skyscrapers



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Change is in the air...



Search bar with a magnifying glass icon.

Traffic, Bicycling, Terrain, Directions

Total area: 216,951.52 ft<sup>2</sup> (20,155.46 m<sup>2</sup>)



Meat  
Cullen Blvd  
865  
865  
Cullen Blvd  
Standard Mission

Kandy Stripe Academy-Day Care  
Kandy Stripe Academy

Family Fellowship Missionary

Delilah St





1 Entry road

2 Drop off and autocourt

3 Educational building

4 Barn animals and storage

5 Animal runs

6 Equipment barn

7 Educational gardens

8 Orchard

9 Dock at lake

10 Lake, for water collection and irrigation

11 Wind power generation

13 Allee, fruit trees

17 Hope Farms Event Pavilion

18 Bunk house

19 Caretaker's house

23 Staff parking



A pair of well-worn, tan leather work boots is the central focus of the image. One boot is standing upright on the right, while the other lies on its side on the left. The boots are set against a background of tall, green grass, with a blurred tree trunk visible on the far left. The text 'veterans to farmers' is overlaid in the center, with 'farmers' in green and 'veterans to' in white.

veterans to farmers

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# Farm stand



Affordable produce



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education



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A yellow truck-shaped graphic with a pattern of various fruits and vegetables. The text "Rolling Green Market" is prominently displayed on the side. The word "Rolling" is in green, "Green" is in orange, and "Market" is in green. There are two grey circular placeholders for wheels. A rectangular box on the side of the truck contains the text "Sponsor logo here". On the front of the truck, there is a logo for "Hope Farms" with a red tomato icon and the tagline "A Recipe for Success".

# Rolling Green Market

Sponsor logo  
here

Hope  
Farms  
*A Recipe for Success*

food

we can do this

Recipe



for

Success

Changing the way our children eat