



FOOD REVOLUTION DAY 2015: Fighting for Food Education

*An in-classroom "sprout growing" project.
A mystery box vegetarian culinary challenge.
Cooking with less-than-perfect "wonky veg".
A hands-on parent-child cooking class.
A chance to win a family cooking class with Matt Basile at Lisa Marie Restaurant.
Parents cooking with their kids and their friends at home and sitting down to enjoy a meal together.*

What do all these things have in common? They're some of the ways Toronto Food Revolution Ambassadors will be marking [Food Revolution Day 2015](#).

Friday May 15th 2015 is the fourth annual Food Revolution Day – a day of global action created by Jamie Oliver and the Jamie Oliver Food Foundation **to engage and inspire people of all ages to learn about food and how to cook it.**

Elementary school teacher and Toronto Food Revolution Ambassador Mardi Michels can't wait can't wait to participate in her fourth Food Revolution Day, because the focus – ***fighting for food education*** – is something she has been passionate about for years. Michels is a full-time French teacher and the author of the blog [eat. live. travel. write.](#) and for her, the Day is a natural extension of the after-school cooking clubs for boys, which she began in 2010, after hearing Jamie Oliver speak about the importance of passing on our food knowledge to the next generation. Five years later, she's still cooking with her students and Oliver is still fighting for food education:

"My wish is to create a strong sustainable movement to educate every child about food, inspire families to cook again and empower people everywhere to fight obesity." - Jamie Oliver

The entire Toronto Food Revolution Ambassador team has organized a variety of activities to mark Food Revolution Day 2015. This year, [Sobeys](#) and [A.Vogel Canada](#) have offered support and donations to Food Revolution Day Ambassadors in Canada.

Food Revolution Day 2015 events in Toronto:

- Dorothy Pang will host a [vegetarian "mystery box" culinary competition for adults](#) at Nella Cucina (*Saturday April 25th, 5-6.30pm, free, open to the public, requires registration*).
- Mardi Michels will be **preparing the official Food Revolution Day Squash-it Sandwich with her Grades 3-6 French classes at Royal St George's College in the week of May 11th** using sprouts the boys will be growing in class specifically for use in the sandwiches!
- Susan Ng and teachers at Northview Heights Secondary School will be **preparing the official Food Revolution Day Squash-it Sandwich with 1500 students** on Friday May 15th.
- Mardi Michels and Mary Catherine Anderson will host a [parent-child cooking class](#) (*Friday May 15th 2015, 5.30 – 7.30pm, \$5, open to the public, registration required*) where participants will prepare a number of Jamie Oliver's Food Revolution recipes then sit down to enjoy them together.
- Linda Matarasso will host a [healthy cooking demo featuring "wonky veg"](#) at Hendrix Restaurant Equipment and Supplies (*Saturday May 16th 2015 12pm – 3pm, free, open to the public, registration required*).

- Jen Farr will be hosting a **Food Revolution Day Party at home on May 16th** where she will teach over 30 children (aged 8- 12) to make Jamie Oliver's Squash-It Sandwich.
- Carol Harrison (RD) will be **cooking with children at Bowmore Road Child Care Centre (Friday, May 15th)**.
- Mary Hulbert will lead a **cooking class for 20 children as part of the after school program at [St. Alban's Boys and Girls Club](#)** in west Toronto in the week leading up to Food Revolution Day.
- Christine Barisheff has partnered with the Jean Augustine Centre for Youth Empowerment and Cirillos Culinary Academy for **two exciting cook-off challenges in May!** On Food Revolution Day she will be in Ontario farm country educating two primary school classes on the importance of healthy eating!
- Matt Basile of Lisa Marie restaurant has offered a family cooking class as a prize for a photo contest leading up to the Day. Between April 20 and May 13, **people are asked to share photos of their family cooking together** using the hashtag #FRDLisaMarie. Matt and his partner, food photographer, Kyla Zanardi, will choose their favourite and host a cooking class for the lucky family at Lisa Marie Restaurant.

For further information about Toronto Food Revolution Day 2015 events and media coverage, please contact: Mardi Michels mardi@eatlivetravelwrite.com

About Food Revolution Day

This year, **Food Revolution Day is a global campaign to put compulsory food education back on the school curriculum.** Jamie believes that by educating children about food and cooking in a fun and engaging way, we can equip them with the basic skills they need to lead healthier, happier lives, for themselves and their future families.

With overweight and obesity statistics increasing at an alarming rate, and preventable diet-related disease claiming more lives earlier than ever before, it has never been more important to educate children about food, where it comes from and how it affects their bodies. Food Revolution Day is about getting kids food smart and setting them up for a long, healthy life.

How can YOU get involved in Food Revolution Day 2015?

Sign the petition. In late March, Jamie launched a global petition calling on the leaders and governments of G20 countries to make food education a compulsory part of every school curriculum. Sign up and spread the word at change.org/jamieoliver. **(See Jamie's letter to the press, attached)**

Do your bit. Find a [local Ambassador](#) to see what's being organized in your area (see over for more details on what the Toronto Ambassador team is planning)! Cook a meal from scratch with your kids using one of the official [recipes](#). There are lots of ways to [get involved!](#)

Register a school. Get your local school to register online where they can download useful teaching materials and get involved in Jamie's online cooking lesson on Food Revolution Day.

Share your photos and plans on social media #FoodRevolutionDay.