Jann Jencka, Ed.D., Interim Superintendent
Carol Greilick, Assistant Superintendent for Special Education
Jason Jeffrey, Ed.D., Assistant Superintendent for General & Career and Technical Education
Stephanie Murray, Assistant Superintendent for Ancillary Services

Traverse Bay Area Intermediate School District
1101 Red Drive, Traverse City, MI 49684
231-922-6200 FAX: 231-922-6270
www.tbaisd.org

Press Release

For immediate Release
April 10, 2018

Media may contact:
Heather Jewell
TBAISD Communication Services
(231) 922-6222
hjewell@tbaisd.org

Family Cooking Class

Farm to School program offers an extension to classroom learning

Traverse City, Michigan - The TBAISD Farm to School team collaborates with the region's learning community to plan and implement programming promoting student health and wellness through engaging learning activities centered on nutrition, fresh foods and local agriculture.

In the fast pace of today, families often find it difficult to plan and prepare meals, frequently opting for convenience foods to save time and satisfy appetites. Though convenient, fast food nutritional value is not always optimum. The Farm to School initiative is taking strides to help kids learn about healthy eating choices and nutrition through classroom learning activities. As an extension, Farm to School team members have planned several family cooking class events for partnering elementary schools in the weeks ahead to invite parents and students to learn tips on preparing and serving fresh whole foods they can cook and enjoy together at home.

Family Cooking Class Dates:

- Wednesday, April 11, 4-5:30pm - Courtade Elementary
- To be scheduled in May - Suttons Bay Elementary
- To be scheduled in May - Central Grade School

Each school listed will host a free family cooking class featuring Chef Adam McMarlin of Traverse City's Wren the Butcher. Students and their families register ahead of time to help Chef Adam prepare a nutritious dinner of roasted chicken and root vegetable salad. Participants will have the opportunity to learn new cooking techniques and enhance their knowledge about spices and pairings for winter root vegetables. In the end, everyone will share the delicious meal they helped prepare and each family will go home with a bag of groceries and recipe ideas to try in their own kitchen.

Each cooking class is facilitated by the TBAISD Farm to School team and Groundwork Center for Resilient Communities with generous funding from Lucky's Market.

Traverse Bay Area Intermediate School District serves Antrim, Benzie, Grand Traverse, Kalkaska, and Leelanau counties.
We are LEADING LIFETIME LEARNING to make the Traverse Bay Area THE BEST educational system in the world.
For more information visit the TBAISD website.

TBAISD Vision: To be the BEST educational system in the world.