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MEDIA CONTACT: Nancy Rodriguez
Office: (502) 564-2000, ext. 4610 | **Cell:** (502) 330-5063 | **E-mail:** nancy.rodriguez@education.ky.gov

STUDENT RECIPE ON THE SCHOOL LUNCH MENU FOR FOOD DAY

(Frankfort, Ky.) – Next week, many Kentucky students will see a new offering on the school lunch menu – a tasty dish devised by fellow students.

Commissioner of Education Terry Holliday issued a challenge to local school districts to serve the winning recipe from the first Kentucky Farm to School Junior Chef Competition on October 24 in recognition of Food Day, a nationwide celebration of healthy, affordable and sustainably produced food. As an alternative, if a school competed in the Junior Chef finals during the 2014 Kentucky State Fair, the district may serve its local team recipe on Food Day.

“We have some very talented students who know how to combine fresh, high quality, locally produced ingredients into a healthy dish,” Holliday said. “This gives them an opportunity to showcase their talents as well as prove to their peers and others that certain foods are good for you and can taste good, too.”

The *Cuisine Rebels of Owen County High School* won the 2014 Farm to School Junior Chef competition with their Potato Crusted Bacon Cheeseburger Quiche recipe. The recipe meets all the standards for the national school meal program. A family-sized version of the recipe along with nutrition information is available here.

The Junior Chef competition encourages high school students to learn how to cook by using local ingredients to prepare healthy meals while at the same time teaching students about agriculture, marketing, organization, teamwork, and community involvement. The contest is part of the Kentucky Department of Agriculture's Farm to School Program, which is designed to bring high quality, fresh, Kentucky Proud products to local schools.

The goal of Food Day is to promote safer, healthier diets based on real and sustainable food. Real food is food that has healthy, tasty, whole ingredients and provides essential nutrients for human health. Sustainable food is defined as food that is affordable, accessible, and produced with care for the environment, animals, and the women and men who grow, harvest, and serve it. Food Day also is meant to encourage food policies that solve food-related problems such as hunger in our communities.

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