



FOR IMMEDIATE RELEASE

Come and Eat It! Local Chefs Cook with Over 800 Students to Rally for Improved School Nutrition

Lewisville, March 20, 2024 – Come and EAT IT 2024, an innovative culinary program aimed at empowering children to make healthy food choices, is set to captivate over 800 elementary school students on March 28, 2024. Organized by Independence Gardens, this immersive event will be held in 8 elementary schools from 8:30 - 10:00 a.m., and will see renowned local chefs leading kids through a hands-on cooking experience using fruits, vegetables, and unique ingredients to spark their curiosity and creativity.

"At Independence Gardens, we believe in the power of culinary exploration to ignite a lifelong love for nutritious food," said Chonnie Richey, Founder and Executive Director of Independence Gardens. "While our overall mission is to provide children access to fresh food, part of the immersive fun in our programs is the opportunity for children to discover the incredible flavors and possibilities that fresh produce has to offer."

Executive Chef Alicia Rivera from Aramark and Independence Gardens Board Member, a key collaborator in the program, expressed her excitement for the event, stating, "As chefs, we use all our senses to create beautiful dishes. Come and EAT IT teaches children the value of fresh fruits and vegetables—how they taste, how they smell, and the endless possibilities for creating delicious meals."

"Children will have the chance to explore new ingredients and flavors in an exciting and dynamic way," Chef Rivera continued. "I am thrilled to partner with Independence Gardens to share my passion for cooking and fresh food with the next generation."

The event is hosted by Independence Gardens, an organization dedicated to providing children in schools access to fresh, healthy food. Independence Gardens Board Member added, "We are proud to support Come and EAT IT 2024 and empower children to make informed choices about their nutrition."

Sponsors of the program include Aramark, Wellpoint and Pediatric and Adolescent Center of Grand Prairie & Arlington. Come and EAT IT 2024 promises to be an unforgettable experience, inspiring children to embrace healthy eating habits and culinary creativity.

To learn more about the program and how to get involved, visit www.independencegardens.org.

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For press inquiries, interviews, or more information, please contact:

Name: Chonnie Richey

Email: chonnie@independencegardens.org

Phone: (214) 500-7206

About Independence Gardens: Independence Gardens is a nonprofit organization committed to ensuring every child has access to fresh food and transform the way children and communities understand, appreciate, and experience food. Through hands-on learning, cooking, and gardening programs, Independence Gardens empowers individuals to make healthier choices, fosters food education, and promotes sustainability.

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