

What's Cooking? Tune in Tonight with Jamie Oliver

If you haven't tuned in yet to Jamie Oliver's Food Revolution, you can catch last's week episode at 8pm followed by a new show at 9pm/8 Central on ABC today, Friday April 8th. You can also catch back episodes on <http://www.hulu.com/> just search using the key word, "Jamie Oliver". You can't afford to miss his passion, drive and unique style to help create a healthier world. His approach may help many viewers kick their junk food habits.

Over the years, I've also seen good changes to school food service happen with creative budgeting, especially in California where we have the farm to school movement. We're seeing more brown rice, whole grains, and fruits and vegetables. Just a couple weeks ago, the school district one block away from my house, went to Sacramento to fight for more funding for increased fruits and vegetables for their school's kids. But we need more change, more funds, open minds, and a strong commitment. Jamie Oliver is shaking things up and I commend him! I enjoy watching his interaction with the students. Kids need to learn what food is, where it comes from, and how to prepare it.

Watching kids go through the check-out line and hearing that French fries count as a vegetable can be disheartening but also eye opening for moms and dads. It took me back to the days when I did a rotation in a school cafeteria during my junior year of college. I'll never forget the government subsidized pork. I opened can after can separating out all the fat, grease and grind from the meat. Even at 20, I felt so fortunate that my mom always served healthy foods growing up. She knew that kids will eat it if that's what you eat and that's what served in your home. Fresh fruit, vegetables, whole grains, real cheese, and lean meats were the norm in my house.

The show gives parents a new perspective with the personalized stories of these kids. A hands-on approach is key for people to put new knowledge into practice and stick with it. Watching Jaime cook with the kids was fantastic! Learning to cook has tremendous value for children of all ages. It teaches them independence, responsibility, math, following directions, staying on task, time management, organization and the list continues...

I look forward to catching the show tonight and hearing your comments!