



**FOR IMMEDIATE RELEASE**  
August 3, 2016

**CONTACT:** Jenny Hein  
703-509-4095; [jennifernhein@hotmail.com](mailto:jennifernhein@hotmail.com)  
Katherine Newell Smith  
301-907-7590; [kns4pr@erols.com](mailto:kns4pr@erols.com)

**REAL FOOD FOR KIDS CHEFS' ACADEMY EXPANDS WITH LIFE TIME FOUNDATION GRANT**

**Ashburn, VA, August 3, 2016**—More than 100 kitchen managers from Fairfax County and Loudoun County Public Schools are attending [Real Food for Kids](#) Chefs' Academy this week at [Willowsford Farm](#) in Ashburn, Va. thanks to a \$30,000 grant from the [Life Time Foundation](#). The week-long program is designed to help the kitchen staff learn how to use more fresh-from-the-farm ingredients in school food and reduce the amount of processed foods served. The course will include hands-on sessions to create salad dressings, spice blends and soups as well as training in knife skills and writing recipes.

The Life Time Foundation is a public charity created by Life Time Fitness and devoted to helping schools eliminate [seven harmful ingredients](#), including trans fats and artificial additives, from the foods they serve. Real Food for Kids' board member and Willowsford Culinary Director, Chef Bonnie Moore, developed the Chefs' Academy with Dr. Becky Bays, Loudoun County Public School's School Nutrition Services Supervisor in partnership with Real Food for Kids. Including this class, the program has reached nearly 300 school culinary staffers.

"With the generous funding from Life Time Foundation, we can offer Chef's Academy to more school cafeteria staff, touch more student's lives and support the efforts of public school Food and Nutrition Service directors in Fairfax and Loudoun counties," says Jenny Hein, President of Real Food for Kids, a 501 (c)(3) organization that works to improve school food and students' health.

Chef's Academy is an integral part of Real Food for Kids' Healthy Habits initiative where it works with public schools to help students learn about the importance of eating whole foods, limiting highly processed foods in their diets and incorporating healthful activity into their daily lives.

*-more-*



“Since 2010 we’ve been working hard to remove highly processed and artificial ingredients from school food menus,” says Barbara Koch, Executive Director, Life Time Foundation. “We see great alignment working with the Real Food for Kids’ culinary education program to train cafeteria staff to prepare school food using fresh, wholesome ingredients and nourish our children’s bodies and minds, and ultimately, we’re excited that the work being done this week will effect over a quarter million students and directly impact their health and well-being.”

###

**About *Real Food for Kids*** - As the local face of the national school wellness movement, Real Food For Kids is committed to working collaboratively to increase the quantities of healthy foods in public schools and supporting programs that educate students and their families to make healthier lifestyle choices. Real Food for Kids aims to find innovative ways to bring more fresh, less processed foods to students. Go to [www.realfoodforkids.org](http://www.realfoodforkids.org) for more information.

**About the Life Time Foundation**

As a public charity created by Life Time<sup>SM</sup> – The Healthy Way of Life Company, the Life Time Foundation’s mission is to help schools eliminate seven harmful ingredients from the food they serve so every child can receive the healthy food they deserve. The Life Time Foundation is focused on improving children’s nutrition through education and the elimination of highly processed and artificial ingredients from school menus, ensuring every child has a healthy start in life. Unlike many other charitable organizations in which a portion of donations is consumed by administrative costs, 100 percent of every dollar donated to the Life Time Foundation directly supports its mission because all administrative costs are contributed by Life Time. For more information, visit [www.lifetimefoundation.org](http://www.lifetimefoundation.org).

**About Life Time<sup>SM</sup>, The Healthy Way of Life Company**

Life Time is a privately held, comprehensive health and lifestyle company that offers a personalized and scientific approach to long-term health and wellness. Through its portfolio of distinctive resort-like destinations, athletic events and corporate health services, the Healthy Way of Life Company helps members achieve their goals everyday with the support of a team of dedicated professionals and an array of proprietary health assessments. As of August 2016 the company operates 121 centers in 26 states and 35 major markets under the LIFE TIME FITNESS® and LIFE TIME ATHLETIC® brands in the United States and Canada. Additional information is available at [www.lifetimefitness.com](http://www.lifetimefitness.com).