



# NEWS RELEASE

## FOR IMMEDIATE RELEASE

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### Boys & Girls Clubs of San Dieguito's Center for a Healthy Lifestyle Introduces the Youth Culinary Academy!

Solana Beach, Calif. (February 8, 2014) – Starting on February 24<sup>th</sup>, The Boys & Girls Clubs of San Dieguito's Center for a Healthy Lifestyle is thrilled to announce the new Youth Culinary Academy, a culinary school for kids! The Youth Culinary Academy (YCA) aims to provide realistic, innovative and entertaining culinary school training for youth ages 12 and under at the Center for a Healthy Lifestyle in Solana Beach.

With a skills-based and hands on approach to learning, YCA students will learn traditional cooking techniques, theories, history and practice, in a working kitchen, with chef teachers. The program has a strong emphasis of "garden to table" and will also incorporate freshly harvested produce from the working organic garden at the Center. Some classes will also feature a gardening portion to learn growing techniques, theory and practice. Chef students will walk away from these classes with a working knowledge of culinary techniques and the foundation for being chefs their entire lives.

"We are incredibly excited for this school in our community, for there's nothing like it out there," stated Amanda Mascia, children's cooking instructor at the Center. Inspiration hit when she was teaching one day: "These kids could easily go to culinary school!" she thought, and the idea for the Youth Culinary Academy was born: a program where youth have the opportunity to learn step-by-step methods for being a master chef. "However, there is only one rule," Amanda claims, "The only thing we take seriously is the food."

Each course is designed to advance each individual student's skills, while exploring a new type of cuisine. Students can both advance through the levels, as well as experience different cuisines through different courses and level offerings. Each course will offer graduation to the next level through a test of learnings at the last class. There are currently three levels to the Youth Culinary Academy and in each level focus will be on: knife skills, kitchen tools, safety, cooking techniques, ingredients, history, terminology, nutrition, and traditional recipes.

In addition to the YCA, a six week gardening class will also be available. In this course, students will have hands-on instruction concentrating on the science of the composting life cycle. This will include the creation and maintenance of both compost bins and worm bins. Students will record their observations, create their own diagrams, learn the history and growth patterns of five different culinary herbs, and have the opportunity to both plant and harvest the herbs.

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The Youth Culinary Academy will be taught by chef Amanda Mascia. Chef Amanda has been teaching children how to cook at The Center for a Healthy Lifestyle for over four years with after school classes, field trips, assemblies, birthday parties, and cooking camps, and through her Emmy Award winning television show, *The Good Food Factory*. Her food philosophy focuses on “good food, from scratch” and her classes have been described in the 2012 issue *Best of San Diego Magazine* as “the best way to get your kids to eat their veggies.” Amanda has always taught ‘real’ cooking to children with wholesome meals that involve plenty of chopping, grating and peeling, as well as fresh herbs, fruit and vegetables from the garden. Her students return time and time again to take more classes and it was through their dedication to learning and their hunger for advanced skills that she realized they were ready for more.

If interested in learning more about the Youth Culinary Academy, please visit [www.centerforahealthylifestyle.com](http://www.centerforahealthylifestyle.com) or call (858) 436.7502.

### **About the Center for a Healthy Lifestyle**

A community gem – the Boys & Girls Clubs’ Center for a Healthy Lifestyle is dedicated to inspiring children & adults to live healthier lives through cooking, gardening and fitness. The sunny yellow cottage offers a teaching kitchen, space for classes or entertaining, and is surrounded by an interactive organic garden with beautiful patios and places to ponder. Now in its third year, the Center is laying the groundwork to be a leader in the healthy lifestyle movement in San Diego. You’ll be magically transported to a healthier world when you enter this loving, caring and daring place.

For more information on the CHL, please visit us at [www.centerforahealthylifestyle.com](http://www.centerforahealthylifestyle.com)

### **About Boys & Girls Clubs of San Dieguito**

The Boys & Girls Clubs of San Dieguito, founded in 1966, is a non-profit organization dedicated to providing positive activities to develop the education, health, self-esteem and character of youth. Today, the organization is one of the most successful Clubs in the country serving more than 21,000 youth in the San Dieguito community to include Carmel Valley, Del Mar, Encinitas and Solana Beach. Our various branches offer exceptional programs for youth to include:

- Personal development through six Core Program Areas
- Clean facilities with dedicated, caring staff members who provide a safe environment for youth
- Quality after-school programs and activities at affordable prices
- Diverse summer camps to fit the needs of all campers
- Innovative specialty programs in academics, music and arts, athletics, and healthy living

For more information on Boys & Girls Clubs of San Dieguito, please visit us at [www.bgcsandieguito.org](http://www.bgcsandieguito.org)

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