SMALL BUSINESS INSIDER | PUBLIC SCHOOLS GUIDE | QUEENS EATS | MOTHER'S DAY GIFT GUIDE

DNAinfo.com New York neighborhood news

Comments

CITIES: NEW YORK | CHICAGO | | | Download iPhone App or Android App Light Rain 53°

**NEIGHBORHOODS** 

**NEWS** 

SEE MORE

NEW YORK'S PREMIERE Walk-in Urgent Medical Care

EVENTS FOOD & DRINK NYC KIDS HEALTH & WELLNESS WEATHER SWEEPSTAKES

print RECOMMEND

See next Upper West Side & Morningside Heights



# **Upper West Side & Morningside Heights**

See more: LIsa Suriano, Veggiecation, Cathedral School, PS 75, Whole Foods, after school cooking class, healthy eating for kids, kids

# **Cooking Classes Teach Kids to Love Veggies on** the Upper West Side Updated 2 hrs ago

April 18, 2013 4:48pm | By Emily Frost, DNAinfo Reporter/Producer

UPPER WEST SIDE - A handful of students at PS 75 on West 95th Street eagerly tore at stems of leafy, green kale, moving their way through "Veggiecation," an afterschool cooking class sponsored by the PTA.

"Kale is a type of leaf," one student in the group of 5 to 7-years-olds shouted triumphantly.

"Some people even consider kale to be a superfood," their teacher adds.

An educational cooking class that started on the Upper West Side and is rapidly expanding

nationally is setting out to prove that kids can learn how to cook — and even learn to love vegetables in the process.

Lisa Suriano, 30, developed her company, Veggiecation, in 2009 and 2010, starting by creating educational materials on healthy eating for New York City classrooms.

A common misperception of kids cooking classes is "that you need to [cook] something sweet with kids, that it needs to be cupcakes or sweets," said Suriano.

But kale and chickpeas is just as popular a dish, insists Suriano.

In January of 2011, she was offered the opportunity to offer healthy eating classes at the Upper West Side Whole Foods

"It was very successful. The parents really responded; the kids responded," she recalled.

By June of that year, her class had expanded to twenty-three Whole Foods stores in New York, Connecticut and New Jersey.

Parents started to ask Suriano if she could bring her classes to their child's Girl Scout troop, birthday party and classroom.

From there, Suriano introduced her company, which is for-profit, into New York City classrooms, with a pilot program at the Cathedral School on 110th Street and Amsterdam.

Veggiecation is now in 30 programs in the city, from YMCAs to schools, including on the Upper West Side, PS 75, PS 146 and the Manhattan Children's School.

"I saw how effective it was to have the kids give us their opinions and taste things." Suriano said, explaining a key component of the class.

Though Suriano wouldn't say how much her typical 8-week sessions cost because she said they're priced on an individual basis, she said they're affordable — in part because of their simplicity.

"The majority [of recipes] can be done in a classroom with a cutting board, a mixing bowl and a blender — that makes it very easy for moms and dads to replicate them," she said.

Upper West Side & Morningside Heights Newsletter

Email Address

I understand and agree that subscription and registration on this site constitutes agreemer to the site's Terms of Use and Privacy Policy

Submit

Zip Code

UWS where I can host a brunch

sure if they have the ability to accomodate that kind of party but the...

» Add your answer





There's an inventory of some 163 recipes, most of them vegan, that parents can look up at home online.

"The school food movement here is pretty powerful," said Veggiecation teacher Maurie Raphaely, 31, as she buzzed around the room at PS 75, asking for help from students pouring oil and measuring spices into their dish

As students dove into the mixture of kale and cannelloni beans, freshly whipped up using an electric wok, they obeyed one of the main ground rules: no one can shout out "disgusting" or "yuck," as they're

Parents are encouraged to try recipes at home with their kids.

One student, a second grader named Marcello, said he'd tried every recipe at home.

"It's healthy and it tastes so good," he said of the day's cooking.

#### Also on DNAinfo.com...

- Perfect Score No Guarantee of Top Choice After Gifted and Talented Changes
- Renovations Will Close Two Upper West Side Playgrounds
- 9/11 Memorial 5K Run Increases Security After Boston Attacks



Comment

Facebook social plugin

#### More stories

### MIDTOWN »



Fashionable Duct Tape Pop-Up Store Opens in...

HUDSON SQUARE »



'Whole Foods of Fast Food' Opens Hudson Street...

### **NEW YORK CITY »**



Parents Ditch Diapers for Au Naturel Toileting...

### **CLINTON HILL** »



Horses Strike a Pose in **Brooklyn For Pratt** 

### UPPER EAST SIDE



Street Performers Blast Rule to Stav Inside...



We're Closer Than You Think Just 40 minutes from NYC-Busing Available www.rocklandeds.org

#### Upper West Side Videos

#### NEW YORK CITY »

### **DNAinfo New York Weather Update**







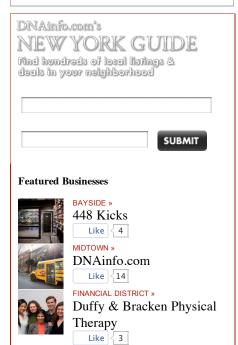




#### on Facebook

### facebook







### Upper West Side & Morningside Heights Events Calendar

APRIL 2013							
SUN	MON	TUE	WED	THU	FRI	SAT	
31	1	2	3	4	5	6	
7	8	9	10	11	12	13	
14	15	16	17	18	19	20	
21	22	23	24	25	26	27	
28	29	30	1	2	3	4	

#### Thursday, April 18, 2013

M. Clarice Sarraf Solo Exhibition at Gelabert Studios Gallery

Brazilian artist M. Clarice Sarraf will have her first solo exhibition in New York City at the Gelabert Studios Galllery on West 86th Street.

Time: 2:00 PM - 7:00 PM Location: 255 West 86th Street

## Upcoming Events

Understanding the Middle School Choice Process Date: May 7, 2013 - May 7, 2013 Location: 154 West 93 Street Time: 5:30 PM - 7:30 PM



# 3rd Annual Shakespeare's Birthday Sonnet Slam

Date: Apr 23, 2013 - Apr 23, 2013 Location: Central Park Naumburg Bandshell Time: 1:00 PM - 4:00 PM



# Bilingual Fest Celebrates Chinese and Latino Culture

Date: Apr 20, 2013 - Apr 20, 2013 Location: 150 West 83rd Street Time: 3:00 PM



# Riverside Park's 30th Annual Spring Fair

Date: May 5, 2013 - May 5, 2013

Copyright © 2009-2013, DNAinfo.com. All Rights Reserved.

About Us | Advertise with Us | Terms of Use | Privacy Policy | RSS | Apps | Newsletters | New York Guide | Media Kit