

Communique, November 2015

R&DE Stanford Dining Launches First in the Nation Culinary Program with the Jamie Oliver Food Foundation

On Oct. 6, Residential & Dining Enterprises (R&DE) Stanford Dining launched *Jamie Oliver's Cook Smart Program*, a groundbreaking new culinary education program for Stanford University students, in partnership with the Jamie Oliver Food Foundation, the first of its kind in the nation. *Jamie Oliver's Cook Smart Program* is a customized nine-week, hands-on cooking curriculum, aimed at inspiring change through food education. The program is exclusively taught by R&DE Stanford Dining chefs who have been trained and certified by the Jamie Oliver Food Foundation. Students in the classes are learning about healthy eating and the fundamentals of cooking delicious meals, while gaining confidence in cooking for themselves and others.

“We are very pleased to announce R&DE Stanford Dining’s new culinary education course, *Jamie Oliver's Cook Smart program*, in the *Teaching Kitchen @ Stanford*,” says Eric Montell, executive director of Stanford Dining. “We fundamentally believe in educating students in the use of healthy cooking techniques and sustainable ingredients, and we passionately believe that this knowledge can help them live healthier lives—at Stanford and beyond.”

The nine-week program is designed to teach even the most inexperienced student cooks how to make a meal from scratch, while instilling basic kitchen and food skills in a fun and engaging way.



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Classes are offered to Stanford students on Tuesdays, Wednesdays and Thursdays, during the fall quarter. Each eight-student class meets once a week, with the first class focusing on basic kitchen and knife skills, then subsequent classes building upon each other until students have mastered core cooking skills.

“I believe that *Jamie Oliver’s Cook Smart Program* is the absolute best cooking curriculum for Stanford undergrads. Both Stanford and the Jamie Oliver Food Foundation are committed to groundbreaking innovation, seeking creative and effective solutions for the well-being of the students. The menus for this program have been developed by one of the world’s leading chefs to enable students to build important life skills,” says Dafna Bonas, trustee of the Jamie Oliver Food Foundation and Stanford alumna, class of 1990. “As a trustee of the Jamie Oliver Food Foundation, I have seen the impact our Ministry of Food program has on participants and the healthy changes they have been able to make. I have no doubt that the impact of this partnership will be even more significant with Stanford students, changing the way they cook and feel about healthy eating, and building a foundation for them to make better food choices throughout their lives.”

Along with teaching cooking skills, the classes focus on core nutritional messages and food sustainability, empowering students to make healthier food choices.

“We are very excited about launching this program in partnership with Stanford University. Our goal is to help Stanford students develop healthy eating habits over their life time,” says Eric Archambeau, chairman of the Jamie Oliver Food Foundation USA. “This important program will also



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drive the next phase of the Jamie Oliver Food Foundation's understanding of how to change and ensure sustainable behavioral attitudes toward healthy nutrition and cooking—choices fundamental to young generations to come.’’

In addition to providing meals that are healthy, delicious, and sustainable, R&DE Stanford Dining believes that food knowledge and cooking skills are fundamental to health and wellness. Cooking classes provide an opportunity to build life skills, support community building, create a culture of health and wellness, and develop a joy for cooking. In support of these mission objectives, R&DE Stanford Dining is leveraging the expertise of the Jamie Oliver Food Foundation and its powerful food education modules.

"The partnership between Stanford Dining and the Jamie Oliver Food Foundation is incredibly exciting because it allows my team to really make an impact with Stanford students where better nutrition is concerned," says Jamie Oliver of the partnership. "I'm extremely grateful to Stanford Dining for working alongside us – they have a true passion for food education and I'm honored that they're adopting our educational cooking class program."

As the first university students to take part in the program, students in the current classes are helping to shape its future by providing valuable feedback on their experiences, ensuring that the classes are meeting the needs of students and helping the program to become even better as it moves forward.

The second round of *Jamie Oliver Cook Smart Program* classes will take place at the *Teaching Kitchen @ Stanford* in the award-winning Arrillaga Family Dining Commons at Stanford University



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during the winter quarter beginning January 2016. For more information on the *Jamie Oliver Cook Smart Program*, visit dining.stanford.edu/teaching-kitchen.

About Residential & Dining Enterprises Stanford Dining

Residential & Dining Enterprises (R&DE) Stanford Dining provides meals for 4,000 undergraduate students and the *Teaching Kitchen @ Stanford* is a resource for 7,000+ undergraduates. These students will consume approximately 200 million meals throughout their lifetime, and one of Stanford Dining's goals is to positively influence these meal decisions. As these students go on to become leaders in business, communities and their own families, this impact can be much greater than the meals these students will consume as individuals.

R&DE Stanford Dining supports the academic mission of the University, which along with the dining halls, are living and learning environments where research can thrive. Stanford's seven undergraduate and graduate schools (Business, Earth Sciences, Education, Engineering, Humanities and Sciences, Law, and Medicine) perform interdisciplinary research, which addresses business, educational, environmental, social, legal, and medical issues relating to food. R&DE Stanford Dining believes that food is a function of this multidisciplinary educational experience, and collaborates with a variety of schools and academic disciplines across campus to engage in food issues. Of particular interest are food issues related to health, the environment, social equity, and behavioral science.

Its operations include 11 undergraduate dining halls, two late-night dining operations, [Schwab Executive Dining](#), an athletic training table program, the [Teaching Kitchen @ Stanford](#), *BeWell* Community Gardens, and summer conference dining. R&DE Stanford Dining has been recognized for its culinary excellence by awards such as the prestigious industry Ivy Award by Restaurants and Institutions for its environmental leadership role, *Financial Times* #1 ranking nine of the past 10 years for executive dining, and the Acterra Award for Sustainability. In 2015, the program received the [Hobart Center for Foodservice Sustainability](#) Grant for being the most innovative and best-executed foodservice sustainability organization of the year, was certified by the United States Healthful Food Council as a Responsible Epicurean and Agricultural Leadership (REAL) restaurant for its use of nutrition and sustainability best practices, was named Most Vegan-Friendly Large College by *peta2* for its vegan and vegetarian offerings, and became the third university in the country to receive a 4 Star Green Restaurant Certification by the [Green Restaurant Association](#) for environmental accomplishments at its Florence



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Moore Dining Hall. For more information, please visit www.dining.stanford.edu.

About Jamie Oliver Food Foundation

The Jamie Oliver Food Foundation is a non-profit on a mission to shape the health and wellbeing of current and future generations and contribute to a healthier world, by providing better access to food education for everyone. The foundation brings food education to schools, business, communities and universities and raises awareness to galvanize policy changes at a local and national level, offering hands-on training to install food skills and knowledge. The foundation believes that food skills are among the most valuable life skills you can even learn. Every child should learn about food, where it comes from and how it affects their bodies. And everyone should be able to learn lost or forgotten food skills whether at home or at school, in the community or in the workplace. For more information please visit www.jamieoliverfoodfoundation.org.

About Jamie Oliver

Jamie Oliver is a phenomenon in the world of food. He is one of the world's best-loved television personalities and one of Britain's most famous exports. Jamie has had huge success with television series including The Naked Chef and the Emmy Award-winning Jamie Oliver's Food Revolution (ABC). Jamie has inspired people to spend more time enjoying cooking delicious food from fresh ingredients – and even start growing their own food. His programs have now been broadcast in over 100 countries including the USA, Australia, South Africa, Brazil, Japan and Iceland. Having been translated into over 30 languages, the accompanying cookbooks are bestsellers not only in the UK, but across the world. He has sold over 36 million cookbooks worldwide since 1999. Jamie is also a restaurateur with branches of his successful Jamie's Italian collection across the world. He's also known as a global campaigner for better food education for everyone and is the founder of the annual Food Revolution Day, which has been held in May for the past 3 years to inspire people all over the world to cook using fresh ingredients. Jamie lives in London and Essex with his wife, Jools and his kids, Poppy, Daisy, Petal and Buddy. For more information please visit www.jamieoliver.com.

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