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Touro College’s *Project Aspire* and The Palette Fund Host “Healthy Home Cooking Night”

New York, N.Y., March 24, 2010 – Touro College’s *Project Aspire* and The Palette Fund instructed Harlem’s P.S. 197 students, grades pre-kindergarten to 2nd grade, and their parents, how to prepare healthy meals using whole foods at “Healthy Home Cooking Night”. Professional chefs, trained by the Natural Gourmet Institute, showed families how to prepare fresh guacamole, vegetarian black bean chili, and homemade corn tortillas. *Project Aspire*, a public health initiative of the Children’s Health Education Foundation at Touro College, brings real-life, interactive health education lessons and demonstrations into schools to encourage students to lead healthy lifestyles and to explore health careers.

L-R: Johanna Santa and her son Jayrion Cruz, a kindergartner at P.S. 197. Photo credit: Touro College.

Touro is a system of Jewish-sponsored non-profit institutions of higher and professional education. Touro College was established in 1971 primarily to enrich the Jewish heritage, and to serve the larger American community. Approximately 17,500 students are currently enrolled in its various schools and divisions. Touro College has branch campuses, locations and instructional sites in the New York area, as well as branch campuses and programs in Berlin, Paris, Jerusalem, Moscow, and Florida. Touro University California and its Nevada branch campus, as well as Touro College Los Angeles, are separately accredited institutions governed in common by the same Board of Trustees as Touro College. For further information on Touro College, please go to:
<http://www.touro.edu/media/>.
