



P H Y S I C I A N S  
C O M M I T T E E  
F O R  
R E S P O N S I B L E  
M E D I C I N E

5100 WISCONSIN AVE., NW • SUITE 400

WASHINGTON, DC 20016

TEL: 202-686-2210 • FAX: 202-686-2216

WWW.PCRM.ORG

## News Release

Contact: Jessica Frost, 202-527-7342; [jfrost@pcrm.org](mailto:jfrost@pcrm.org)

FOR IMMEDIATE RELEASE

Thursday, August 20, 2009

### Doctors Present 'Golden Carrot' to Honor Colorado Springs School's Community Approach to Healthy Nutrition

*National Award Celebrates Food Service Director and Innovative Lunch Program*

WASHINGTON—The Colorado Springs School chef Allison Thompson has won a national award for her “hands on” approach to serving healthy, low-fat, vegetarian food to the school’s developing students. The Physicians Committee for Responsible Medicine (PCRM), a national nonprofit organization that promotes healthy diets, has named Ms. Thompson a winner in the 2009 Golden Carrot Awards. A cash prize accompanies the award: PCRM will give \$500 to Ms. Thompson for her proactive stance and \$500 to benefit the school’s food service program.

One unique feature of the K-12 school’s program includes a farm-fresh fruit and salad bar, purchased locally and prepared daily by Ms. Thompson. Younger students are taught to make their plates as colorful as possible, creating a fun and healthy atmosphere. Older students looking for variety can find vegetarian stuffed peppers, Mediterranean veggie wraps, and curried tempeh in the lunch line. To complement the program, Ms. Thompson holds annual school nutrition seminars and hosts a parent-based “healthy-lunch” committee.

"By offering plenty of fruits, vegetables, and low-fat vegetarian meals, the Colorado Springs School is helping students understand the link between what they eat and their health," confirmed PCRM nutritionist Kathryn Strong, M.S., R.D. "Young people who develop good eating habits are more likely to choose carrot sticks and veggie burgers over chicken wings throughout life. Healthier choices can dramatically reduce their risk of obesity, diabetes, and heart disease."

PCRM established the Golden Carrot Awards in 2004 to recognize food service professionals doing an exceptional job of improving the healthfulness of school lunches. PCRM looks for programs that encourage kids to eat fresh fruits and vegetables and that offers plenty of vegetarian, low-fat, whole grain, and nondairy options.

For an interview with Allison Thompson or a PCRM dietitian, please contact Jessica Frost at 202-527-7342 or e-mail [jfrost@pcrm.org](mailto:jfrost@pcrm.org).

*Founded in 1985, the Physicians Committee for Responsible Medicine (PCRM) is a nonprofit organization that promotes preventive medicine, conducts clinical research, and encourages higher standards for ethics and effectiveness in research.*