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Noted Chef Teaches Healthy Eating and Cooking at Urban Promise School in Wilmington

NEWS RELEASE February 24, 2011 – The students at Wilmington’s Urban Promise School (pre-K to 7th grade) are fascinated by Chef Paul O’Toole and his ability to have fun with food and make something good to eat.

Once a month “Chef Paul” brings his cooking knowledge and ingredients to the classroom and conducts a hands-on conversation about food. He talks about the origins of fruits, vegetables, meat and fish. He chats about the effects food, like sugar and starches, has on body performance. He demonstrates the effects of hot and cold temperatures on food, talks physics, and best of all, everyone gets to make and taste foods that can be created at home.

“The kids just eat this up, so to speak,” says Chef Paul, who becomes animated when he talks about the students. “They are wide-eyed discoverers and show joy in learning that is inspirational and motivating.”

Chef Paul O’Toole, CEC/AAC (Certified Executive Chef/American Academy of Chefs), is Executive Chef at Deerfield, a premier wedding, special events and golf venue in Newark, Delaware. He was invited by First Lady Michelle Obama to the White House last June to kick-off the **Chefs Move to Schools** initiative. Chef Paul and about fifty American Culinary Federation chefs attended and pledged to adopt a school in their community and work with children, teachers, parents, school nutrition professionals, and administrators to help educate kids about food and nutrition.

Chef Paul selected the Urban Promise School at 2401 Thatcher Street in Wilmington with which to share his culinary expertise and has been presenting classes there for children from ages 7 through 14 once a month since July 2010.

His daughter, Julie, age 17, joins him as his assistant. Julie is a high school student who earns credit towards graduation with this volunteer community service.

Catherine Dolan, Head of School at Urban Promise, says the children are captivated with Chef Paul and the ideas he brings to the table. “Parents tell me the kids are beginning to suggest healthier selections while grocery shopping which means Chef Paul’s influence goes beyond the classroom. We are fortunate to have his commitment to our school community.”

The Urban Promise School is a Christian school in Wilmington where student education includes high academic standards, a safe environment, committed teachers, small class size, and a commitment to leadership development. The mission of Urban Promise School is to offer a quality affordable Christian education to children from low-income urban families grades Pre-K to 7th. For more information contact: Catherine Dolan, Head of School, 302-425-5502 ext. 112 or visit www.urbanpromise.org.

Paul O'Toole is the Executive Chef at Deerfield. He is the recipient of many culinary industry recognitions that include awards from the American Culinary Federation as Philadelphia Chapter's Chef of the Year and Culinarian of the Year, and two National Presidential Medals. He is also an active leader with the Delaware Valley Chefs' Association of Greater Philadelphia and the American Academy of Chefs.

Deerfield is in the Newark/Pike Creek area, owned by the State of Delaware and professionally managed by Forewinds Hospitality, LLC. Deerfield includes a championship 18-hole public golf course, clubhouse, special events venue with spectacular views of the golf course and White Clay Creek State Park. Deerfield is located at 507 Thompson Station Road in Newark, Delaware, just west of Paper Mill Road (Route 72). For more information about Deerfield, call 302-368-6640 or visit www.deerfieldgolfclub.com.

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