



# Web-Based Project File Submission Form

Share your successful project ideas with other TASC member schools. Complete the form below and email the submission to TASC ([tiffany@tassp.org](mailto:tiffany@tassp.org)). Projects will be categorized and cross referenced and posted on the TASC website. While the description should be relatively brief, please include enough details so that other schools can organize a similar activity using your information. Schools submitting a project idea electronically can receive 10 points on the Outstanding Student Council report form. Please note: only 10 points in total will be awarded (not 10 points per submission).

**Advisor Name:** Rebecca Lee Lazarou

**School Name:** Calvary Episcopal College Preparatory

**Email:** RLazarou@ces-richmond.org

**TASC District:** 13

## **PROJECT or ACTIVITY CATEGORY – please mark ALL that apply**

- |                                                     |                                           |                                                |
|-----------------------------------------------------|-------------------------------------------|------------------------------------------------|
| <input type="checkbox"/> School Pride               | <input type="checkbox"/> Leadership       | <input type="checkbox"/> Community Service     |
| <input type="checkbox"/> Educational Project        | <input type="checkbox"/> Fundraising      | <input type="checkbox"/> Social / Recreational |
| <input checked="" type="checkbox"/> Health / Safety | <input type="checkbox"/> Public Relations | <input type="checkbox"/> Energy / Environment  |
| <input type="checkbox"/> Drugs / Alcohol            | <input type="checkbox"/> School Service   | <input type="checkbox"/> Other                 |

**TITLE OF PROJECT or ACTIVITY:** Breakfast Bar

## **DETAILED DESCRIPTION OF THE PROJECT or ACTIVITY:**

Please include the project objective, target group, resources used and a step-by-step description. If possible, please attach samples or pictures of your project.

Did you know 64.5% of Americans are overweight? Excessive eating, watching T.V., or playing on the computer can be some major contributors. There's also lack of portion control, exercise, and home cooked meals. But did you ever think that because many households have two working parents, there has been an increase in absence of family dinners and home cooked meals? Therefore, fast food has become a last resort. The lack of structured meal times and ingredients (tinned and canned foods, fried foods, saturated fats, and refined flour) has demoralized the youth.

The Calvary Student Council decided to take action in a step to healthy mind, body, and spirit with Breakfast Bar. Breakfast Bar is a new, beneficial method of raising awareness for healthy at-home-cooking. With the assistance of [www.acaloriecounter.com](http://www.acaloriecounter.com), the students are more than welcome to take part in an activity in which students will make goods (hors d'oeuvres/snacks) with as little caloric content as possible! All participants must bring goods, and judging will be done by the teachers. Both caloric value and taste will be taken into consideration during judging. Participants must provide an ingredient list (a recipe book with your classmates' recipes will be provided at a future date). By doing this project, we hope to encourage you to modulate your current ways of eating into something that may impine on others around you, whether they be family, friends, or people you work with.

Please complete/save this form and email to: [Tiffany@tassp.org](mailto:Tiffany@tassp.org)