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the food EVOLUTION



Does a class in Cooking for Couples interest you? How about a course on how to juggle your life while preparing healthy foods for the family or a lesson called Chicken Three Ways, which shows you how to take the doldrums out of preparing this common meat? Vegetarian Delight, Cooking with the Seasons...the options are endless. These are just a small sampling of the many classes offered by certified health professionals in both Bardonia and Nanuet, New York at The Food Evolution. The primary focus of this organization is to teach people how to change their lives through eating the right foods. CEO and founder Diane Hoch comments on taking classes at the center, "It's fun for all who come together to cook."

The Food Evolution's ideas on good eating are formulated from common-sense guidelines. According to Diane, cooking healthful foods at home is much easier and cheaper in the end, preventing chronic diseases dangerous to one's well-being. "Now, we know the synthetic quality of processed and fast food is a major contributing factor to worsening health and fitness," she says.

Diane's childhood meals were full of preservatives, which impacted her own health. "Growing up, I was a product of the TV dinner generation," she says. "Mothers were convinced by industrial food companies that, rather than cooking for their family from scratch, life would be easier if they prepared meals from the frozen food aisles of their local supermarket or picked up ready-to-eat items at the drive-thru window of fast-food restaurants."

When Diane became a mother herself, she focused on finding out how to nurture her own children with health-supportive food. She wanted to dispel this next generation's notion that tossing a frozen dinner in the microwave was the best way to cook.

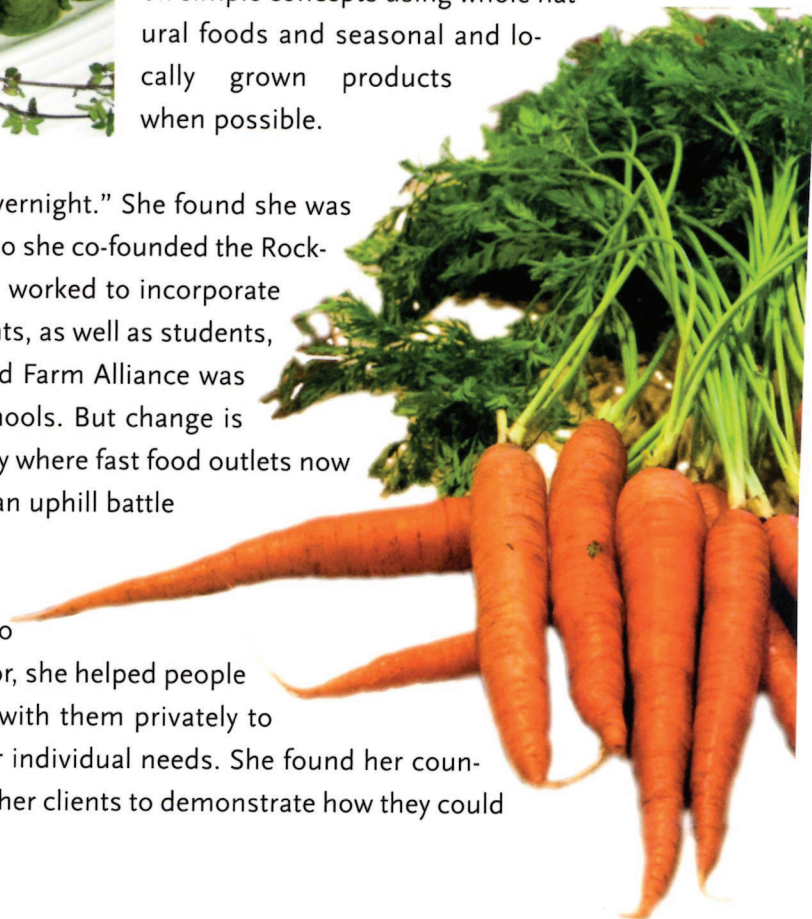


Clockwise from top: A sour and spicy prawn soup called "Tom Yam Goong" at the Thai class. The small white dishes are filled with Steamed Curry Fish and the dish is called "Ho Mok Pla"; Freshly made tomato — basil for bruschetta; Collard roll-ups with a garlic cashew aioli.

After earning her certifications in integrative nutrition from Columbia Teachers College and graduating from The Institute for Integrative Nutrition as a Certified Nutritional Health Counselor, Diane began her quest to change the way people view food. The training she received is based on simple concepts using whole natural foods and seasonal and locally grown products when possible.

"Of course," Diane says, "it didn't come to me overnight." She found she was appalled at the contents found in school lunches, so she co-founded the Rockland Coalition for Better School Food. This group worked to incorporate healthy foods on lunch menus and educated parents, as well as students, on their philosophy for good eating. The Rockland Farm Alliance was instrumental in bringing local produce to the schools. But change is slow and difficult in large institutions. "In a country where fast food outlets now outnumber grocery stores five to one, you've got an uphill battle ahead of you," Diane says.

Diane knew her approach to this issue had to change. As a Certified Nutritional Health Counselor, she helped people address their particular food issues and worked with them privately to help them make healthier choices tailored to their individual needs. She found her counseling had the most impact when she cooked with her clients to demonstrate how they could



incorporate these new foods and techniques into their lives. She was inspired after taking a class at the Natural Gourmet Institute, which focused on preparing simple dinners for a busy lifestyle.

Diane taught small classes at the Suffern Farmers Market and found a space for her new business idea. The Food Evolution was born. Here, in The Food Evolution's clean kitchen, are all the comforts of home. A dozen or more students can cook at a time. Diane and a diverse list of qualified nutrition and cooking experts act as coaches, counselors and teachers.

This business was created for busy people of all ages. The friendships started in these group classes are thriving, building a community within a community. People are looking for healthier options and a way to work them into their busy lives. Diane explains that, in the past, people came together to cook and eat. There was conviviality and sharing during the cooking and a healthy downtime as everyone gathered to eat the same meal.

Pictured right: couples and group cooking classes.



The Food Evolution is an educational center. It teaches its students how to make wholesome meals, including shopping tips, preparation guidelines and presentation methods. The education students receive will help to build a lifetime of good choices using a bevy of nutritious foods. The positive health benefits for students can be significant. "Evolution is defined as a process of gradual, peaceful, progressive change," Diane says. At The Food Evolution, that's Diane's intention. Her approach to food uses a non-judgmental method she calls the Crowding-Out Theory: "If you crowd out the bad food by slowly introducing more healthy food in its place, you'll eventually begin to crave the good stuff."

Each new person Diane sees in her center validates her decision to open this facility. She believes that, since the

kitchen is the focal point of the home, The Food Evolution will continue to play an integral role in the rising demand for better food for all. From the central island of her teaching kitchen, she says, "I dream of seeing Food Evolutions everywhere. This will help to heal our food system and bring the joy and health of nutritious eating to each individual seeking a healthier life."

After one year of business, The Food Evolution has met with resounding success. Diane welcomes the public to enroll in one of the center's many classes. "Open yourself up to a world of healthy eating pleasures," she says. Bon appétit.

For more information on The Food Evolution visit: thefoodevolution.com. 🌿



Valley Cottage Animal Hospital

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The Valley Cottage Animal Hospital is pleased to announce a new addition to the VCAH Veterinary Team

Dr. Farleigh E. Layfield

Dr. Farleigh Layfield hails from Nantucket, MA, abundant with fauna and thus a natural setting for a young person to develop an interest in veterinary medicine. As a child she shared her home with many pets including cats, dogs, guinea pigs, hamsters, fish, birds, and rabbits.

She worked as an Assistant Technician at the Nantucket MSPCA before attending Wellesley College where she completed a pre-veterinary course of study and received her BA degree in Biological Sciences. After college, she worked as a Veterinary Technician in Rhode Island for two years before pursuing her dream of attending veterinary school. Dr. Layfield received her Doctor of Veterinary Medicine degree in 2010 from Tufts Cummings School of Veterinary Medicine in Massachusetts. While in veterinary school, she was very involved in the student chapter of the American Association of Feline Practitioners (AAFP), exotic animal club, and wildlife center.

Upon graduation, Dr. Layfield worked in small animal general practice in southern New Jersey before joining the team at the Valley Cottage Animal Hospital. Her professional interests include feline medicine, neurology, dermatology, and soft tissue surgery. Dr. Layfield is a member of the AAFP, AVMA (American Veterinary Medical Association), and AAHA (American Animal Hospital Association).

When not at the hospital, Dr. Layfield enjoys trips to the beach, baking, traveling, walking her Yorkshire terrier Lacey (and sometimes her cat Georgia), and spending time with her family, including Lacey, Georgia, and her fiancé Greg, who is also a veterinarian.

Please join us in welcoming her to our practice.

Sincerely,

The Partners and Staff of the Valley Cottage Animal Hospital



Hours of Operation 24 Hours, 7 Days a Week 365 Days a Year
Regular Business Hours: Monday - Friday 8am - 8pm Saturday: 8am - 5pm

