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NEWS

Greenwich fifth-graders get a special lesson in nutrition from the Get Real Foods co-owners



GREENWICH — The fifth-grade students at Julian Curtiss School in Greenwich got a special lesson in nutrition this week from a pair of local entrepreneurs.

Get Real Foods founders Marla Felton and Lauren Berger dropped by the classrooms to speak about food nutrition labels to the students on Tuesday.



The two introduced what they call the “REAL Food is Fuel” pilot program to educate elementary students on how to read nutrition labels and to learn the importance of making healthy food choices. After a lesson at school, the students took a field trip to Whole Foods to browse items and put what they learned to the test.

In an interview with Greenwich Time last year, Berger and Felton said their business was founded on the idea that everyone loves cookies, but not everyone loves the processed sugar and unpronounceable ingredients that come in a lot of today’s baked goods.

And some people cannot eat the often grain- and dairy-laden treats due to allergies or dietary restrictions.



So they created a treat that both tastes good and is good for you. Made with non-GMO ingredients, REAL Cookies are also gluten-free, grain-free, dairy-free, vegan, kosher and paleo-friendly — almost every special category imaginable.

“Everything is from the Earth. It’s real,” Felton told Greenwich Time. “But when people eat it, they have no idea it’s a healthy cookie. It tastes ... like a cookie!”

Sweetened with pure Vermont maple syrup instead of refined sugar, the cookies are made with almond and coconut flours, which also add sweetness to the batter. To learn more about REAL Cookies, which is based in Greenwich, visit realcookiesco.com.