

*Here are some of the many reasons why this renovation project is so important...*



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Extreme Make-Over Campaign:

# Forrester Dining Hall

*Developing healthy, strong, and happy students!*



# #1 Priority: Healthy Children

**“Mealtimes at Rochester School for the Deaf (RSD) will never be the same again!”** This recent statement from the RSD Board of Directors signaled their approval of an urgently-needed project to completely renovate Forrester Hall’s kitchen, student and staff dining areas, and foyer by the start of the 2010/2011 school year. **“If we are serious about our students’ nutrition and health, then this project goes on the front burner as our number one priority,”** notes Board President Dr. Jerry Walter.

## Why the Urgency?

- 🍎 All of the kitchen appliances are at least 40 years old, and none of them are energy efficient. Some are unsafe and have been taken out of usage.
- 🍎 There is only one oven available; it’s old and heats unevenly.
- 🍎 The industrial-size vegetable steamer is no longer functional.
- 🍎 There is not enough space in the current layout for a salad bar and a display of additional meal entrees and side dishes.
- 🍎 The dining room lighting is not optimal, especially for children who rely on sign language for communication.
- 🍎 The serving line and dining room present a cramped and linear ‘institutional’ look from the 1950s.

## Scope of the Renovations:

- 🍎 Completely remodel the kitchen; install all new commercial appliances that are energy efficient, some of which are capable of cooking multiple foods simultaneously.
- 🍎 Expand the serving area into the current kitchen space allowing more room for food displays, a salad bar and beverage center.
- 🍎 Renovate the staff dining area as well as the Forrester Hall foyer.
- 🍎 Renovate the student dining room, upgrading not only the look and feel of the room but also improving the entire lighting and heating systems. The redesigned dining room can be used as a multi-purpose space to accommodate large receptions and meetings.

## A Few of the Many Benefits:

- 🍎 New kitchen appliances will cook foods more quickly and evenly than current appliances.
- 🍎 Shortened cooking times—plus the self-cleaning features of some of the new equipment—will provide staff with an additional time each day during which they can prepare fresh fruits and vegetables, thus eliminating the need for high sodium (canned) foods currently offered to our students.
- 🍎 Students will now be offered steamed vegetables—a more nutritious alternative to the cooked vegetables we currently serve.
- 🍎 Staff will be able to cook more foods at one time, thus reducing the need to have food kept in warmers while other items are being cooked.
- 🍎 A double-sided salad bar, beverage center and sandwich station are just a few of the added features that will help promote healthy eating.
- 🍎 Students no longer will eat their meals in a dining room that resembles a long, narrow tunnel. The remodeled dining room will have a more comfortable, open and welcoming feel to it.

## Background:

Hardly a week goes by without media reports of yet another study showing alarmingly high levels of childhood obesity in our country. Unfortunately research conducted at RSD indicates that many of our students reflect these national trends caused by poor nutritional habits and a lack of physical activity.

To counter this problem, RSD implemented a two-phase initiative called Project D.E.A.F. (Doing Everything to Achieve Fitness). *The first phase of Project D.E.A.F. featured the addition of visually-stimulating fitness machines and athletic equipment to our physical education program.* The goal of this very successful phase of the Project was to encourage lifelong participation in fitness activities and to make staying fit “fun.” Formerly sedentary students are now happily engaged in active workouts during every gym class, and they’re toning their muscles without even knowing it!

*The second phase of Project D.E.A.F. is the Forrester Hall renovation project which focuses on healthy eating and nutrition.* The glaring need in this regard is to provide our kitchen staff with better food preparation and serving equipment in order to offer more wholesome, fresh food choices to our students. More choices mean healthier eating for RSD’s students!

The other need addressed by this project is to make the students’ dining area more physically attractive and conducive to conversations in sign language (i.e. better and varied lighting). These two needs will be met by the complete renovation of both the kitchen and dining areas in Forrester Hall.

## Why Your Gift is So Important!

The Forrester Hall renovation project will be made possible *only* with the help of RSD friends who support this important undertaking with their tax-deductible gifts. This is because RSD’s operating funds from New York State cannot be used for renovations, and current and projected cuts to RSD’s operating budget from New York State restrict the school’s ability to write off certain depreciation expenses associated with construction/renovation projects.

## How to Contribute:

- 🍎 Online through RSD’s secure Web site: [www.RSDeaf.org/Forrester](http://www.RSDeaf.org/Forrester) or
- 🍎 Through the mail, by credit card or check, sent to the address below (payable to “RSD”).

If you wish, you may make a gift in honor or memory of a loved one or a special group (such as an RSD club, group or graduating class). Gifts of all sizes will help make this project become a reality for RSD’s students. Thank you!

*For more information or to learn about naming opportunities associated with this project:*

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Then...

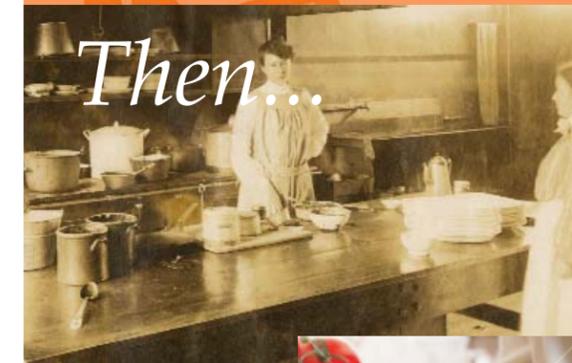


Now?

One of the new kitchen appliances, the Combi Oven-Steamer, will enable staff to cook/bake/steam more foods simultaneously.



Then...



Now?

The new, efficient kitchen equipment will allow staff more time for preparing fresh fruits and vegetables for RSD’s students.



Then...



“If we are serious about our students’ nutrition and health, then this project goes on the front burner as our number one priority.”

—RSD Board President Dr. Jerry Walter

Now?

