
Press Release

NEWS

*Burlington County
Board of Chosen Freeholders
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FOR RELEASE:

Thursday, February 4, 2010

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TOP CHEF CONTEST FOR SIXTH THROUGH EIGHTH GRADERS

Burlico Promotes Healthy Cooking and Nutrition

Entry Deadline Feb. 22; Cook-off Open to Public March 10

Attention all Burlington County sixth through eighth graders! Are you creative with food? Would you like to change school lunch offerings? Then, maybe you have what it takes to be "Top Chef" Burlington County.

The Burlington County Health Department, along with the Freeholders, Burlington County Institute of Technology-Westampton, Shop Rite of Medford and Paul's Custom Awards and Trophies, are sponsoring the second annual "Top Chef" Burlington County, a healthy cooking contest open to sixth through eighth graders.

Students are to submit either a healthy lunch or dessert recipe that contains no more than five main ingredients by Feb. 22. Recipes will be judged on taste, nutritional value, ease of preparation (no longer than one hour) and originality.

"It's important for youth to recognize that nutrition is a major component of good health and this is a fun way to help them learn more," said County Health Officer Robert Gogats.

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From the recipes submitted, 10 finalists will be chosen to prepare their recipes in a cook-off in March, National Nutrition Month, on Wednesday, March 10 at BCIT-Westampton that will be judged by a celebrity panel (to be announced).

County residents are invited to taste the winning recipes at 7 p.m. and learn more about healthy eating.

At the conclusion of the contest, the recipes will be put into a healthy lunch cookbook that will be distributed to cafeteria nutritionists and classrooms of the winning students, and posted on the Healthy Adolescent and Healthy Kids Hero pages on the County Health department's website at www.co.burlington.nj.us/health.

Interested students can email their recipes to John Sivon at jsivon@co.burlington.nj.us or mail to 15 Pioneer Blvd., Westampton, NJ 08060.

For questions or more information, call the health department at (609) 265-5467. #