
Press Release

NEWS

*Burlington County
Board of Chosen Freeholders
Mount Holly, NJ 08060*

*Office of Public Information
Phone 609-265-5028/Fax 609-265-5151
www.co.burlington.nj.us*



For release:
Friday, March 5, 2010

CONTACT: Loretta O'Donnell (609) 265-5028
Robert Gogats or John Sivon (609) 265-5548
Mary Anne Reinhart (609) 351-0293

10 FINALISTS NAMED IN TOP CHEF HEALTHY COOKING CONTEST

Burlco Cook-Off March 10, 7 p.m. at BCIT Westampton

The Burlington County Health Department today announced the 10 finalists for its "Top Chef" cooking contest for middle school students to be held Wednesday, March 10 at 7 p.m. at the Burlington County Institute of Technology (BCIT) in Westampton.

The finalists are: Karen Debow, Eastampton Community School; Jaclyn Figueroa, Hartford School, Mount Laurel; Kayla Holland, Molly Holmes and Dillon McBride, Lumberton Middle School; Kelly O'Brien, Our Lady of Good Counsel, Moorestown; Kalena Seaman, Northern Burlington County Regional Middle School; Abby Moore and Emma Moore, Olsen Middle School, Tabernacle; Kennedy Freeman, Westampton Middle School.

County residents are invited to attend to taste the winning recipes and to learn more about healthy eating.

"No matter what their age, teaching children the importance of eating healthy is essential to good health and growing into a healthy adult," said County Health Officer Robert Gogats.

(more)

PRESS RELEASE, TOP CHEF FINALISTS, ADD ONE, 3-5-10

The Freeholders, BCIT-Westampton Campus; Shop Rite of Medford; Paul's Custom Awards & Trophies, and Sodexo, a food and facility management service, are sponsoring "Top Chef Burlington County," a healthy cooking contest that was open to all Burlington County sixth, seventh and eighth grade students.

The students submitted either a healthy lunch or dessert recipe that contained no more than five main ingredients. Recipes were judged on taste, nutritional value, ease of preparation (no longer than one hour) and originality.

"Getting children involved in food choice and preparation is one of the best strategies for helping them eat right," said Health Educator John Sivon.

The cook-off will be judged by a celebrity panel (to be announced shortly).

###