



FOR IMMEDIATE RELEASE:

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MEDIA ALERT

**CHEF RICHARD BLAIS TO HOST HEALTHY COOKING CLASS IN
MIDTOWN TO BENEFIT THE FOOD BANK**

*--Class part of an Ongoing Series
to benefit Atlanta's Table, a project of the Atlanta Community Food Bank—*

WHO:

Chef Richard Blais of ONE.midtown kitchen

WHAT:

Simple Abundance Cooking Class "Modern Healthy Cooking."

Simple Abundance cooking classes provide a unique opportunity to learn the secrets to exquisite dishes, have fun, and help feed Atlanta's hungry. One hundred percent of class tuition benefits Atlanta's Table, a project of the Atlanta Community Food Bank.

Chef Richard Blais will demonstrate modern healthy cooking at its best, including the following dishes: grilled shrimp with watermelon, avocado and horseradish; V-8 gazpacho with instant sorbet; lamb T-bone steak with chick pea French fries and citrus ketchup; strawberry 'crepes' with buttermilk pudding and pistachio.

WHEN

Monday, June 5, 2006, 7-9 p.m.

WHERE

**The Cook's Warehouse – Midtown
549-1 Amsterdam Ave., N.E., Atlanta, GA 30306**

HOW

To register for this cooking class or any upcoming Simple Abundance cooking classes, visit www.ACFB.org or call 404-892-FEED ext. 1444.

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