



October 1, 2013

Contact: Eric J. Ruth
610-730-8860
eric@kellynfoundation.org

Northampton Community College Celebrating “Food Day”

Bethlehem, PA, – Kellyn Foundation, the coordinator for “Food Day” in the Greater Lehigh Valley is proud to announce the first “Food Day” event for this year.

Northampton Community College is providing

The Culinary department will be hosting a Food Day information and tasting "party".

Where: Alumni Hall Rooms A,B,C,D

When: Thursday October 3 11:30-1 pm

Why: to educate the public about the use of locally grown food, tasting of healthy recipes, viewing of “Fair Food” and NCC Garden Documentary, provide information from the Kellyn Foundation and the Good Growers.

Stop by for a taste of Autumn Pumpkin Soup, Tabouleh, Black Bean and Roasted Corn Salad, Vegetable Strudel, Gluten Free Pumpkin Raisin Muffins

The event will be open to the college community. It will be free and include:

*****Information**-Kellyn Foundation-

*****Mario-Videos**-East 40 Garden Documentary and possibly Food Inc. running on several screens throughout the time slot

*****Kelly Allen /Mike** -possibly having someone from the **Good Growers** here to recruit new members and talk about what they do and why

*****Tasting/cooking stations** with Culinary Students-with some help from Rebecca Heid's Hotel class The Hampton Winds restaurant will be open for lunch, as well.

The purpose is to inform participants about farm to table, buying locally produced foods, use of non meat food items-such as beans and grains, and using seasonal foods.

The Kellyn Foundation is a 501(c)(3) non-profit corporation with a mission to develop, support, facilitate and implement programs that encourage physical and emotional wellness. We focus on healthy lifestyles with positive outcomes that can be sustained and taught to future generations. *For more information please visit www.kellynfoundation.org.*