



August 7, 2013

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## **Summer Nights Welcomes Northampton Community College Student Chefs**

Easton, PA, – The 7<sup>th</sup> of 8 “healthy lifestyle cooking” demonstrations for the “Summer Nights” program will be a special night. A summer-long partnership with the Weed and Seed program, the Easton Farmer’s Market and Kellyn Foundation will add Northampton Community College student chefs to the event on Thursday August 8<sup>th</sup> starting at 5:30 PM.

Kellyn Foundation has been providing “healthy lifestyle cooking” demonstrations each week, engaging the neighborhood families in helping to prepare “real food” meals, with most of the produce from the Easton Farmer’s Market. When the weekly “healthy lifestyle” demonstrations are over, the participants receive an English/Spanish recipe and a \$10 voucher than can be redeemed at the Easton Farmer’s Market during the next week.

Over twenty families per week have been traveling to the Farmer’s Market each week to redeem their voucher for local produce from local farms.

This Thursday, the Northampton Community College student chefs will have three separate tables preparing tabbouleh, marinated chicken with roasted corn salsa and chilled watermelon soup with lime and fresh mint. In addition to showing how to prepare and cook with “real food”, the NCC program demonstrates and highlights their excellent culinary school, which is a career option for the participants.

The Northampton County Agency on Aging will also attend on Thursday night from 4:30 – 6 PM and offer \$20 worth of Easton Farmers Market vouchers to Northampton County seniors, 60 or older (proof required) with income less than \$21,257 for a single and \$28,694 for a couple. This program is the continuation of the Senior Farmers Market Nutrition Program by the Commonwealth of PA.

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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](http://www.kellynfoundation.org).*