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SOUTHERN CULTURAL HERITAGE FOUNDATION

PRESS RELEASE

FOR IMMEDIATE RELEASE



"Super Foods, Super Families" *A Cooking Workshop for the Entire Family*

VICKSBURG, MS (August 12, 2008): The Southern Cultural Heritage Foundation presents "Super Foods, Super Families", a cooking workshop and tasting for the entire family. Kristin Gluck will conduct this educational and fun demonstration incorporating a variety of super foods. The class will be held Tuesday, October 7th at 6:00 p.m. Registration for adults is \$25/SCHF members and \$30/Non-members. Bring your child (ages 8-18) to participate for only \$10.

Having trouble getting your family to the table? Short on ideas for fast nutritious meals that everyone will actually eat? This workshop will provide recipes that are not only quick and nutritious but they incorporate many of the 14 super foods. These ideas are so easy we invite the kids along to prepare, taste and explore the super foods.

Super foods help you lower your cholesterol, reduce your risk of heart disease and cancer, and, for an added bonus, put you in a better mood, proven to increase health, delay aging, and increase energy levels. A healthy diet incorporating a variety of the super foods will help you maintain your weight, fight disease, and live longer.

Kristin Gluck enjoys creating foods with interesting flavor combinations using fresh and healthy ingredients. Gluck will be offering seasonal cooking workshops at the Southern Cultural Heritage Center.

Reservations are required. To register or for more information, please call the SCHF office at 601-631-2997 or email info@southernculture.org.

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