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CONTACT: JAIME WILSON
(916) 524-2149
jaime@foodliteracycenter.org
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Food Literacy Center Celebrates 7th Annual Food Literacy Month

SACRAMENTO, CA. (September 3, 2019) – This September, Sacramento’s Food Literacy Center is celebrating their 7th annual [Food Literacy Month](#). Since 2012, Food Literacy Center has worked to share Food Literacy Month with Sacramento elementary schools, empowering children to eat their vegetables and improve their health.

Through hands-on cooking and nutrition classes, Food Literacy Center teaches students how to taste and enjoy new fruits and vegetables. With 40% of Sacramento kids struggling with obesity and 1 in 3 suffering from type two diabetes, Food Literacy Center’s continued work is essential to the Sacramento community.

On September 12, five local chefs will compete for the title of Veggie of the Year. Food Literacy Center students will have the chance to taste special veggie bites from each chef and vote for their favorite. The chosen featured vegetable will hold the Veggie of the Year title for one full year.

Participating chefs include:

- **Tomato** – Ravin Patel, Executive Chef, *Presidio Co.*
- **Corn** – Brien Kuznicki, Executive Chef, *Legends at Golden 1 Center*
- **Squash** – Kevin O’Connor, Chef at Large, *Cobram Estate*
- **Cauliflower** – Nina Curtis, Executive Chef, *Adventist Health*
- **Eggplant** - Jodie Chavious, Executive Chef, *Shangri-la Fair Oaks*

The public is also invited to help choose Veggie of the Year by [donating](#) to their favorite veggie team. At the end of Food Literacy Month, the team with the most donations will be named the *People’s Choice* winner. The Food Literacy Center has support from loyal sponsors including: Clover Sonoma, Bailarin Cellars, Cobram Estate, Radio.com, Confucius Institute at UC Davis, SMUD, Downtown Railyards Venture, Local Roots Food Tours, FleishmanHillard, and Sierra Health Foundation.

To learn more about Food Literacy and opportunities to get involved with their mission, visit www.foodliteracycenter.org.

ABOUT FOOD LITERACY CENTER

Food Literacy Center is a nonprofit 501(c)(3) established in 2011 in Sacramento, California, with the mission of inspiring kids to eat their vegetables. The organization provides after school programming to children in Sacramento City Unified School District schools that teaches cooking and nutrition to improve health, economy, and the environment. For more information about Food Literacy Center, visit www.foodliteracycenter.org/.