



PRESS RELEASE

For Immediate Release

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Charlotte families to get hands-on lesson in healthy cooking

EachOne TeachOne Culinary Arts Foundation will host a series of four classes in the Druid Hills Academy community using evidence-based nutrition education experiences developed by the American Heart Association in collaboration with Aramark to improve community health through better nutrition.

Charlotte, North Carolina (February 20, 2020) — Charlotte families will learn how to cook low-cost, heart-healthy meals at home thanks to kicking off the first class on Cooking Skills and Food hosted by [EachOne TeachOne Culinary Arts Foundation](#) (EOTOCAF) from 3:30 to 5:00 PM on February 27, 2020 at Druid Hills Academy, 2801 Lucena St., 28206. Classes will include live cooking demonstrations and tasty recipes participants can easily and affordably make at home. The following classes will also be conducted on these dates from 3:30 to 5:00 PM at Druid Hills Academy:

- Grocery Shopping – March 5, 2020
- Globally Inspired Home Cooking – March 19, 2020
- Gardening in Your Neighborhood – April 2, 2020

Poor diet is a leading risk factor for morbidity and mortality in the United States and contributes to one in five deaths globally.¹ In North Carolina, 10.4 percent of adults meet the daily fruit recommendation and 8.1 percent of adults meet the daily vegetable recommendation² and with more two-income households, longer commute times and busier schedules, cooking meals at home has become especially challenging.

“Nutritious home-cooked meals don’t need to feel overwhelming. A few basic shopping and cooking skills can transform the way your family eats at home,” said Chef Jeff Hunt, Co-Founder and CEO (EOTOCAF). “We are excited to implement the **Healthy for Life**[®] program in the Druid Hills Academy community. Participants in our classes will walk away with confidence and new skills that will help their entire family grocery shop smarter, eat better and be healthier,” said Angela Byrd, Co-Founder and President (EOTOCAF).

Cooking Skills and Food, Grocery Shopping, Globally Inspired Home Cooking, and Gardening in Your Neighborhood science-based educational experiences are courtesy of the American Heart Association and Aramark’s **Healthy for Life**[®] program, which helps improve the health of all Americans through nutrition outreach and education.

About EachOne TeachOne Culinary Arts Foundation

Founded in October 2015 by Chef Jeff Hunt, private chef and caterer and Angela Byrd, public relations and communications executive, EachOne TeachOne Culinary Arts Foundation is a tax-exempt 501(c)(3) non-profit organization based in Charlotte, North Carolina. EOTOCAF is driven to provide creative education and charitable platforms to teach kids and their parents the importance of making healthier food choices, cooking, and eating nutritiously which helps to jumpstart their journey towards leading a healthier life. Learn more at www.eotocaf.org

About Healthy for Life[®] 20 By 20

In 2015 the American Heart Association, the leading voluntary health organization devoted to a world of longer, healthier lives, and Aramark, the largest U.S. based food service company, launched **Healthy for Life**[®] 20 By 20 to improve the health of all Americans through better nutrition and lifestyle habits. The community engagement component offers nutrition education resources free to facilitators around the country. The turn-key educational experiences emphasize easy methods to prepare healthy and affordable meals. Learn more at www.heart.org/healthyforlife

1. [https://doi.org/10.1016/S0140-6736\(19\)30041-8](https://doi.org/10.1016/S0140-6736(19)30041-8)
2. <https://www.cdc.gov/nutrition/data-statistics/state-action-guides.html>

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