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Rediscover a lost art: Cooking
American Heart Association and the University of the District of Columbia host
a cook off to teach long-lost skills

WHAT: Join Washington DC community members in a live cooking demonstration and cook off as part of the
American Heart Association’s newest program, Simple Cooking with Heart, funded nationally by The
Walmart Foundation.

The American Heart Association and the University of the District of Columbia are hosting a cook off to
show consumers and UDC students how simple it can be to cook healthy, inexpensive meals for their
family and friends. Celebrity judges will choose a winning team based on two recipes out of the
American Heart Association’s Simple Cooking with Heart program. The program offers consumers basic
cooking skills and techniques to get started and inspired – and have fun. For more information about the
Simple Cooking with Heart program and how you can personally participate, visit:
www.heart.org/simplecooking.

WHEN: Wednesday, November 30 from 11:00am – 12:00pm. This event is free and open to the public

WHERE: University of the District of Columbia, Firebird Inn, 4200 Connecticut Avenue, NW,
Washington DC, Building 30, B Level.

WHO: Chef Paul Magnant, Chef Aaron, WJLA News Reporter Jennifer Donelan, AHA leadership.
Members of DC City Council have been invited.

WHY: Obesity is an epidemic in America:
• Over 149 million Americans, or 67 percent of adults 20 and older, are overweight or obese.
• By 2015, experts project that 75 percent of adults will be overweight, with 41 percent
being obese.

Americans are eating outside the home more than ever:
• Where Americans eat have a dramatic effect on what and how much foods, are
consumed: the more people eat out, particularly at fast-food restaurants, the more
calories, fat and sodium they tend to consume; and away-from-home meals contain
fewer fruits, vegetables, and whole grains than foods prepared at home.

Americans lack the skills to prepare home-cooked meals:
• Less than one-third of Americans who eat dinner at home cook their meals from scratch –
a seven percent reduction in two years.
• Most adults don’t realize they are lacking the proper skills to prepare healthy meals at
home. Seven out of 10 adults rated their cooking skills above average, but less than four
out of 10 scored above average on a basic cooking skills quiz.