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FOR IMMEDIATE RELEASE

Youth cook-up winning dishes using sustainable choices in Vegetarian Cook-Off

Calgary, AB - On April 21, Youth Central's TD Youth Earth Ambassadors worked alongside four local chefs in the 2nd annual Vegetarian Cook-Off. Eighteen to twenty youth from across Calgary learned about the benefits of vegetarian and eco-friendly cooking, while competing for the winning title.

The purpose of the Vegetarian Cook-Off was to encourage youth to cook sustainable dishes more often, in order to reduce their ecological footprints.

"We're not endorsing a vegetarian diet for everyone, but aiming to expose participants to the idea that their dietary choices affect the environment," says Michelle Hodgins, program coordinator at Youth Central. "We aim to have participants leave thinking about the impact of their food sourcing and its ramifications."

"We have a lot of power over the environment, and we want to teach others that anyone can make a positive impact on the environment with the smallest of changes," says Brittany Hermawan, member of the TD Youth Earth Ambassadors.

Four teams of youth ranging in age from 14-18 were paired with a chef to cook a vegetarian dish. At the end of the Cook-Off, teams tasted each others dishes and a winner was selected through a vote.

Participating chefs included: Michael Christen, master chef and educator; Justin Longpre, chef and owner of Donna Mac; Sterling Cummings, chef de cuisine at Brigitte Bar; and Jesse King, chef and owner of Burnt to Order.

The TD Youth Earth Ambassadors is a program of Youth Central. Youth Central is a charitable non-profit organization established in 1992. Our mission is to inspire, engage and celebrate youth through community participation. We offer nine programs to Calgary's youth that provide meaningful volunteer experiences and help youth become active, caring citizens. We currently have over 1400 youth involved in our programs.

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