

## NEWS RELEASE

### **Chef Marvin Woods, America's Healthy Chef, Offers FREE Cooking Demos Saturday, April 9 from 12:30-2 p.m. at the American Diabetes Association EXPO Atlanta**

*Features Family Dinners from First Lady's [Let's Move!](#) Let's Cook Series*

**ATLANTA (April 4, 2011)** –Get your shopping lists ready and pile the whole family in the car. Chef Marvin Woods, America's Healthy Chef, will be sharing delicious, affordable and easy-to-make family dinners at the American Diabetes Association EXPO Atlanta on **Saturday, April 9 from 12:30-2 p.m.** at the Georgia World Congress Center (Hall C-4). Admission is FREE.

Chef Marvin will be on stage in the Expo's Healthy Eating Zone, showcasing the family dinners he created for the First Lady's [Let's Move!](#) cooking series. His recipes serve a family of four, are low in sugar, salt and fat, and can be made for under \$10 each. Chef Marvin will also provide shopping tips for building a healthy pantry on a budget. One lucky audience member will be picked to help him on stage.

"I'm on a mission to help kids and families live better through food," says Chef Marvin. "Most people don't think you can eat healthy on a fixed budget. The truth is, you can. I'm also going to show that healthy tastes really good and everyone from mom and dad to the kids will love."

Chef Marvin Woods has teamed up with the American Diabetes Association (ADA) to help educate, empower and entertain Georgians to use food to improve their health. More than 25 million Americans are affected by diabetes nationwide says the ADA, and in Georgia, almost 10 percent of the population is diabetic.

"Food is one of the easiest things we can use to help turn the diabetes numbers around," explains Chef Marvin. "So let's learn the simple, everyday changes we can make in the kitchen to enjoy eating dinner together and live healthier lives."

#### **About Chef Marvin Woods**

Chef Marvin Woods, known as America's Healthy Chef, was recently chosen as the first chef to kick off Michelle Obama's [Let's Move!](#) cooking series to help busy families create nutritious and affordable meals. For more than seven years, Chef Marvin has been traveling the country educating and motivating kids and parents how to live better through food with his program, [Droppin' Knowledge with Chef Marvin Woods](#). This national program teaches how to reduce health issues, like obesity, diabetes, high blood pressure and stroke, through food. Chef Marvin Woods is an Emmy® Award-nominated television host, celebrity chef and author of cookbooks, *Home Plate Cooking* and *The New Low Country*. He is regularly featured in national publications, including *O Magazine*, *Food & Wine*, *Southern Living* and many more.