



FOR IMMEDIATE RELEASE

Seattle Kitchen Chefs Tom Douglas & Thierry Rautureau coming to Mount Vernon for special KIRO Radio Show and Free Cooking Demonstration

Join Seattle Kitchen Chefs Tom Douglas and Thierry Rautureau and Mayor Jill Boudreau as they participate in the Mount Vernon Mayor's Wellness Challenge with a special recording of the KIRO FM Radio Seattle Kitchen Show, a free demonstration of cool cooking techniques using fresh Skagit Valley produce and products, and food tastings from 11 a.m. to 1 p.m. on Saturday, August 18 at Skagit Valley College.

The event is free and seating is limited. To reserve your seat, e-mail your RSVP to SeattleKitchen@skagit.edu.

"Bringing this popular show to Mount Vernon is a terrific way to celebrate and promote our community's quality of life and showcase the diversity of food products that are grown and raised in the Valley," said Mayor Jill Boudreau. "As a part of the Mayor's Wellness Challenge, Seattle's Kitchen also makes the statement that Skagit products are the healthy choice."

The Seattle Kitchen Show will be held in the College's Multipurpose Room and Cardinal Café. There is free visitor parking in the lots off of East College Way. The College is located at 2405 East College Way.

From 11 a.m. to Noon, the chefs will be recording interviews with six community leaders. The final hour will feature free cooking demonstration using fresh Skagit Valley produce and products, along with food tastings.

The Mount Vernon show will air on KIRO on Saturday, August 25, and Sunday, August 26. In addition, the Mount Vernon Community Marketing Campaign will be sponsoring and advertising on Seattle Kitchen during August and September.

The event is sponsored by the Mount Vernon Community Marketing Campaign, the Mount Vernon Mayor's Wellness Challenge, Skagit Valley College and KIRO FM.

Special thanks to our community partners: City of Mount Vernon, Mount Vernon Chamber of Commerce, Skagit Regional Health, Skagit Valley College, Mount Vernon School District, and Port of Skagit, along with our supporting sponsors Skagit Valley Food Co-op, Skagitonians to Preserve Farmland, Mount Vernon Farmers Market, and Viva Farms.

The Mayor's Wellness Challenge is a month long series of free activities during August to inspire the community to healthier lifestyles, and ensure all the residents have access to activities and health education. In a truly communitywide effort, City Hall, the local hospital, school district, businesses, port district and public have come together to participate in this unique celebration.

Key events include nutrition seminars, farmers market activities, family bike rides, music in the library, health screenings, fitness classes for seniors, health fair, yoga day, cooking classes and other family fun.

Details are at <http://www.ci.mount-vernon.wa.us/wellness%20challenge>

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