

Office of the Mayor
Carlo DeMaria, Jr.
484 Broadway
EVERETT, MASSACHUSETTS 02149
PHONE 617-394-2270 Fax 617-381-1150



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Press Release

FOR IMMEDIATE RELEASE

Energize Everett's Healthy Dining COOKING DEMO!!!

This year, Massachusetts Farmers' Market Week will be held August 22-28 across the Commonwealth. In addition to the weekly Farmers' Market providing residents with access to fresh, affordable, locally grown produce, Energize Everett has collaborated with local restaurants to educate shoppers about how to use the produce in delicious, healthy, and practical recipes.

The overall objective is to raise our resident's awareness of the nutritional, taste and sustainable values of purchasing local foods. This is the perfect time to learn creative and healthy meals to cook for the entire family.

Local favorites such as *Dino's of the North End* and *The Square Deli* will be hosting live cooking demonstrations using ingredients purchased from the Farmers' Market. Don't miss out on this exciting opportunity this **Saturday, August 28th, 2010 from 11:00 am to 2:00 pm** on the lawn of Parlin Library!!!