FOR IMMEDIATE RELEASE
April 7, 2016

LCTI to promote healthy eating with student cook-off
School partners with Force For Health Foundation, Wegmans to host competition

SCHNECKSVILLE, Pa. | Thanks to a grant from Wegmans, Lehigh Career & Technical Institute and the Force For Health Foundation are teaming up to host the inaugural Be A Force For Health Cook-off on Friday to promote healthful eating in the Lehigh Valley.

Students in LCTI’s Culinary Arts program will be challenged to prepare four, healthy courses with mystery basket ingredients in a competition modeled after Food Network’s “Chopped.” The cook-off will serve as a kickoff for a social media-based contest encouraging people to “be a force for health” by sharing photos of their healthy meals.

WHO: Employing what they learned about the Mediterranean diet by visiting Force For Health Foundation’s healthlegacy.com website, several of LCTI’s advanced Culinary Arts students are slated to participate in the cook-off.

Dr. Robert Gillio, co-founder of Force For Health Foundation, Allentown Health Bureau Nutrition & Physical Activity Manager Tina Amato and LCTI Supervisor of Career & Technical Education Dana Torok will serve as the cook-off judges. LCTI Culinary Arts instructor John O’Connell and Paul Fantasia, of Force for Health Foundation, organized the event.

WHAT: Judges will use the following criteria to evaluate the students’ meals: adherence to MyPlate recommendations, adherence to the Mediterranean diet, taste, presentation and ease of recipe. The top scorer will be awarded a $100 Wegmans gift card. Other participants will receive prizes, as well.

Video highlights from the cookoff will be posted online at beaforceforhealth.com with the hope of inspiring folks to follow students’ example and prepare healthy meals at home. From April 17 to May 15, people who share their healthy cooking and eating selfies on Facebook and Instagram with #beaforceforhealth will be eligible for a $300 Wegmans gift card among other prizes. More information about the contest will be available later this month at beaforceforhealth.com.

WHEN: 10 a.m. – 1:30 p.m. • Friday, April 8

WHERE: LCTI, 4500 Education Park Drive, Schnecksville, PA 18078

Lehigh Career & Technical Institute | 4500 Education Park Drive, Schnecksville, Pa., 18078 | lcti.org
### MEDIA CONTACTS

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**About Lehigh Career & Technical Institute**

Lehigh Career & Technical Institute is Pennsylvania’s largest career and technical school. Founded in 1971, LCTI each year provides more than 45 skills-based programs of study, as well as academic instruction for about 2,700 students from 10 of Lehigh County’s public high schools. LCTI also offers industry-relevant training and credentials for adults working in the Lehigh Valley and beyond. The school’s state-of-the-art facilities encompass 450,000 square feet on a 47-acre campus in the Schnecksville section of North Whitehall Township. Visit lcti.org for more information about LCTI.

**About Force For Health Foundation**

We are a nonprofit organization that believes everyone can be a force for health – for themselves and others. We create programs for community engagement using technology licensed from Population Health Innovations and others. Visit force4health.org for more information about the foundation.