

Second Harvest Community Food Bank

915 Douglas

St. Joseph, MO 64505

Phone: 816.364.FOOD

Fax: 816.364.6404

www.OurCommunityFoodBank.org



Media Contact: Stacy Neibling Fisher
Director of Marketing
816.364.3663 ext. 208
sfisher@ourcommunityfoodbank.org

FOR IMMEDIATE RELEASE
THE SUPER FOOD FAIR – FILLING BELLIES ONE NEIGHBORHOOD AT A TIME

St. Joseph, Mo.— September 25, 2013—Second Harvest Community Food Bank in conjunction with Live Well St. Joe will present the Super Food Fair on September 28 from 10 a.m. to noon at Felix Street Square in St. Joseph. This free event will bring St. Joseph neighborhoods powerful tools to be superheroes for a healthy life.

“The Super Food Fair is designed to encourage our community to eat more fresh fruits and vegetables,” said Tamara Grubb, director of operations at Second Harvest. “We know that sometimes it takes having the opportunity to try new things to encourage change. We also hope that having access to healthy ingredients in a fun atmosphere will give some inspiration.”

The Super Food Fair will feature cooking demos by Chef Ralph Filipelli of Luna’s Fine Dining. Chef Ralph will show attendees how to create a healthy, yet delicious apple crepe made from beautiful Granny Smith apples. The first 250 attendees will go home with bags full of ingredients to make these healthy treats. The fair will also feature gardening demos, a health and resource fair and attendees will get the chance to make their own smoothies using the Bike Blender. Special events for kids will also take place at Felix Street Square from 9 to 10 a.m.

Saturday’s event will be the first of four Super Food Fairs to be held in food deserts across St. Joseph. Future fairs will take place at the following dates and locations:

- **September 28:** Felix Street Square - 10:00 a.m. to Noon
- **October 19:** Bartlett Park - 10:00 a.m. to Noon
- **November 9:** Lake Contrary School - 10:00 a.m. to Noon
- **February 8:** Lindbergh School - 10:00 a.m. to Noon

It’s the Super Food Fair – filling bellies one neighborhood at a time. To learn more about the Super Food Fair, please visit www.OurCommunityFoodBank.org/SuperFoodFair.

-###-

The vision of Second Harvest Community Food Bank is to build hunger-free communities in Northwest Missouri and Northeast Kansas. Second Harvest provides food assistance through Partner Agencies and direct service programs. Second Harvest’s sound fiscal management practices and commitment to accountability and transparency have earned it a 4-star rating from Charity Navigator, America’s largest independent charity evaluator.