

## News Release

FOR IMMEDIATE RELEASE

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### **A STUDENT ORGANIZATION PARTNERS WITH LOCAL BUSINESSES TO HOST THE FIFTH ANNUAL EAT RIGHT BARBEQUE**

CHICAGO – Eat Right is a Columbia College Chicago student organization that promotes the benefit of a healthy diet. Eat Right is partnering with local businesses to offer healthy food options at their Fifth Annual neighborhood Barbeque. The barbeque will take place at 1 p.m. Saturday, Aug. 25, at Mary Richardson Jones Park.

The healthy eating activists are hoping to be leaders in encouraging the community to try healthy food, raise money, and inspire other communities to engage in similar efforts. With this neighborhood barbecue, Eat Right hopes to carry on former first lady Michelle Obama’s Let’s Move initiative by promoting healthy habits such as a diet rich with fruits, vegetables, fish, and lean meats.

“Most people appear to be hesitant to switch to healthy food options simply because they’ve never tried how good healthy alternatives can taste.” says Camille Wilcox, president of Eat Right. “When people think of healthy eating, they assume this means going vegetarian or vegan, but we’re here to show the community that healthy eating can be simple and delicious. ”

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Eat Right is partnering with Weber Grills and Peapod to supply the food for the barbeque. All of the produce served at the event is locally sourced, most of it coming from community gardens in Chicago. The barbeque will include a variety of options from these community gardens such as grilled zucchini, yellow squash, asparagus, corn on the cob, peppers and mushrooms. Along with the fresh produce that will be featured, you can also find other healthy food choices sure to satisfy taste buds.

The Eat Right organization raises awareness with their events about the importance of a healthy diet as well as how negatively a poor diet can affect one's health. The group aims to educate the community about the correlation of poor eating habits and long term health problems such as diabetes, obesity, cancer, and heart disease. As a student organization, they're all too familiar with the poor eating habits of most college students and strive to make a healthy change in the lives of their peers.

This year is the first Eat Right Annual barbeque that is open to all residents of all neighborhoods. In the previous years, the healthy food barbecues were exclusive to Near South Side residents. Opening up the barriers to entry, Eat Right is expecting to broaden their audience and attract the attention of more local businesses to work with and support the organization.

The Eat Right annual barbeque is at Mary Richardson Jones Park on Saturday, Aug. 25, at 1 p.m. Residents of the Near South Side neighborhood will receive a packet of three tickets, free of charge. For the remaining residents of Chicago, tickets are available at \$10 for a packet of five. All proceeds from the barbeque ticket sales will go towards funding Eat Right healthy food pantries in underprivileged areas in Chicago.