



**FOR IMMEDIATE RELEASE**

Contact: Karla Lacey 441.799.4888

**Jr. Chef Kitchen to Officially Open!**

(December 2, 2009 – BERMUDA) –

Friday, 11<sup>th</sup> December will see the official dedication and ribbon cutting for 'The Kitchen', home to Jr. Chef Central's culinary programme for kids in Bermuda. *(Members of the press are welcome to attend this invitation only event - an invitation accompanies this release.)*

"This is our first International location and an important link in our expansion plans," said Karla Lacey, founder of Jr. Chef Central. "The Kitchen will provide culinary activities and training for young people from all walks of life who live here or are visiting Bermuda."

**Participating in the event** will be Hamilton Mayor Charles Gosling, Bermuda Chamber of Commerce President Stephen Todd, Executive Chef Edmund Smith - President of the Bermuda Chefs Association, and Healthy Schools Coordinator Marie Beach. Pastor Troy Hassell of Calvary Gospel Hall in Southampton will deliver the blessing, and a number of Jr. Chefs and their parents will be on hand to speak about their experiences with the programme.

"The Kitchen will host Jr. Chef's after-school culinary programme for ages 10-15 beginning 5<sup>th</sup> of January", said Ms. Lacey. "We also offer weeklong culinary 'boot camps' during school breaks and 'Guest Chef Saturday' classes throughout the year taught by some of the Island's most talented chefs."

'The Kitchen' is located in the Berkeley Cultural Centre on St. Johns Road in Pembroke and features commercial grade Viking appliances from Bermuda Gas.

"We are especially thankful for the support of our community partners, including Bermuda Gas and Butterfield & Vallis," said Ms. Lacey. "Their generous donations have enabled us to have a facility that will benefit the entire community."

Downloadable pictures for press purposes and further details can be found on our website [www.jrchefcentral.com](http://www.jrchefcentral.com).

Jr. Chef Central was founded 2004 in Sacramento, California by Bermudian Karla Lacey, a former corporate executive with a passion for food and a desire to share her passion in a meaningful way. Our goals are: *to teach kids to make healthier lifestyle choices for themselves and, by extension, their families; and to focus on the common denominator of food to bridge cultural, social and economic divides among young people.*

**Jr. Chef Central**

**[www.jrchefcentral.com](http://www.jrchefcentral.com)**

**P.O. Box FL82 Flatts, Bermuda FLBX**

Jr. Chef Central © 2008 Ksoto Inc. All rights reserved.



## About Jr. Chef Central

*Using food to educate, inspire & connect children to their family, peers and community!*

Jr. Chef Central is a not-for-profit culinary program for kids aged 10-15 teaching lessons and life skills that cross ethnic, cultural and socio-economic divides. Building bridges one plate at a time, we've trained more than 5000 young people over the past 5 years through our Jr. Chef Cooking Camps, Elementary School Cooking Assemblies and After-School Programs, and our Annual Kids Culinary Conventions and Conferences in both the USA and Bermuda.

**In North America, young people travel from throughout California, Florida, Idaho, Texas, Georgia and Mexico City to participate** in our activities taking place in commercial kitchens throughout Sacramento, California, the state's capital.

**On the Island of Bermuda, young Bermudians and their peers from across the globe participate** in our specially crafted kitchen within walking distance of the City of Hamilton.

Every child starts in a Beginner Jr. Chef Session, typically one of our Jr. Chef Camps where participants **work with professional grade equipment** (including Wusthof Knives!) and **cook a daily 4-course meal from scratch**. Along the way they learn kitchen sanitation, knife safety, sound nutrition (taught by **professional nutritionists and dietitians**), dining etiquette and table settings, and shopping on a budget. **Our focus on the importance of eating in season encompasses seasonal recipes and trips to local Farmer's Market and organic farms**. Those with a passion for the culinary arts go on to complete our program through Advance and Elite classes, culminating with the 6-day Master Session, typically a 2-4 year journey.

**All kids are welcome at Jr. Chef Central regardless of ability**. From budding gourmards to young people with ADD, cerebral palsy, Downs Syndrome and serious emotional issues, to finicky eaters, **we take all children, meet them where they are, and help them go further than they thought they could**. Financial assistance is available for those who otherwise could not afford to attend.

Jr. Chef Central was founded 2004 in Sacramento, California by Bermudian Karla Lacey, a former corporate executive with a passion for food and a desire to share her passion in a meaningful way. Our goals are: *to teach kids to make healthier lifestyle choices for themselves and, by extension, their families; and to focus on the common denominator of food to bridge cultural, social and economic divides among young people.*

Jr. Chef Central

[www.jrchefcentral.com](http://www.jrchefcentral.com)

P.O. Box FL82 Flatts, Bermuda FLBX

Jr. Chef Central © 2008 Ksoto Inc. All rights reserved.