

NORTHERN ILLINOIS FOOD BANK PRESENTS
DOORS WIDE OPEN

WEDNESDAY

02/1/2012

6:30 P.M. TO 8:00 P.M.

NORTHERN ILLINOIS FOOD BANK

273 DEARBORN COURT

GENEVA, ILLINOIS 60134

Northern Illinois Food Bank invites you and your family to a cooking presentation by Chef Jen Bucko Lamplough, who will demonstrate how to prepare simple, tasty recipes without ruining your New Year's resolutions. Then, join us for a behind-the-scenes tour of our new headquarters and learn how Northern Illinois Food Bank provides nutritious food to more than 500,000 hungry neighbors annually.



Chef Jennifer Bucko Lamplough.

MCFE, MBA is a Chef Instructor for the Robert Morris University Institute of Culinary Arts. Chef Jen is co-author with Lara Rondinelli, RD, LDN, CDE, of two American Diabetes Association Cookbooks: the award-winning, best-selling, *Healthy Calendar Diabetic Cooking* and *Healthy Carb Diabetes Cookbook*.

Chef Jen has appeared as a guest chef on television programs including WLS Channel 7 news, WGN Channel 9 news, and NBC 5 Chicago news, and has been a featured demonstrator at the Taste of Chicago, the American Diabetes Association Expo, and the Chicago Flower Garden Show.

PLEASE RSVP BY JAN. 27 TO MAEVEN SIPES AT

MSIPES@NORTHERNILFOODBANK.ORG OR 630.443.6910 EXT. 116