Stockton's Kramer Hall to Offer Program on Cooking Healthy Foods on Oct. 15

AtlantiCare Health Educator, Kitchen 19 Chef to Provide 'Food for Thought'

For Immediate Release
Wednesday, September 30, 2015

Contact: **Maryjane Briant**
               News and Media Relations Director
               Galloway Township, NJ 08205
               Maryjane.Briant@Stockton.edu
               (609) 652-4593

Galloway, NJ – Kramer Hall, Stockton University's instructional site, will present "Food for Thought: Healthy Foods to Savor" on **Oct. 15,** part of Hammonton's Third Thursday theme of "Savor the Season."

Laura Engelmann, a health educator with AtlantiCare, and Chef Christina Martin of Kitchen 19, a Hammonton culinary school, will offer a free program at 6 p.m. at Kramer Hall, 30 Front St. in downtown Hammonton, NJ.

Kitchen 19 is involved in AtlantiCare's Growing Green Chef Council and works with AtlantiCare in providing healthy demonstrations at local schools and community groups. AtlantiCare's Growing Green initiative is designed to build healthy communities and address root causes of chronic diseases by increasing the consumption of healthy foods through creating more access points for fresh, local produce.

Engelmann is a health educator for AtlantiCare's Healthy Schools, Healthy Children program. She is presently the community health and wellness manager. Engelmann received her B.S. in Social Work from Stockton and her Master's in Health Administration from University of Phoenix.

Martin is a Philadelphia-based vegan chef and healthy food advocate. She has degrees in both Business and Culinary Arts from Rowan University and the Academy of Culinary Arts at Atlantic Cape Community College, respectively. She enjoys sharing her love for cooking through educating and has taught community education classes as well as being a guest chef instructor at Drexel University.

Martin will offer a cooking demonstration to promote her plant-based cooking style and her upcoming classes at Kitchen 19 this fall. She will be making a butternut squash served in two ways: as a vegan soup and as a wrap.   #   #   #