



Mercer Island Food Revolution and Let's Move Mercer Island to host 6th Community Dinner featuring Chef Kurt Dammeier, Founder and Owner of Bennett's and Beecher's Handmade Cheese

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Mercer Island Food Revolution invites families to take a night off from cooking and to join us for a delicious community dinner on Thursday, October 15th, 2015, at 5:30 or 7:00 pm at the Mercer Island Community Center.

The featured chef is Mercer Island's own Kurt Dammeier, owner of Bennett's and Beecher's Handmade Cheese. Dammeier will be preparing a full-course delicious, nutritious family meal celebrating the fall harvest. The menu is Maximus Minimus grilled chicken thighs, cilantro brown rice, pickled vegetables, kimchi, homemade Sriracha/peppers, salad, and Grand Central Bakery's famous potato rolls.

"We are thrilled to support the Mercer Island Food Revolution," Dammeier said. "Being both a Mercer Island parent and a chef, I fully support their efforts to promote healthy eating and nutrition."

Dinner will be topped off with delicious mini handmade desserts from Mercer Island mom and pastry chef, Amanda Gilmore. Programming during dinner will include a welcome and update from MIFR Chair, Sharon Perez, and Parks and Recreation Superintendent, Diane Mortenson, as well as a new talk by Chef Dammeier, "Vitamin Water is the New Cigarette", children's activities, and educational information.

Tickets are \$12/individual, \$30/family, and \$8/seniors. Tickets are available for purchase online at www.mifoodrevolution.org. Purchase early - we can seat 354 Islanders, and we're expecting a sold-out event!

The Community Dinner's presenting sponsor is Beecher's Pure Food Kids Foundation. Major Sponsor is Radiator Whiskey. Sponsors are Mercer Island Pediatrics and Jujubeet. In-kind donors include: Pastry Chef Amanda Gilmore, Mainstay Gatherings, and Grand Central Baking Company.

Mercer Island Food Revolution is made up of representatives from Mercer Island PTAs as well as other parents interested in promoting healthier food options for our kids. MIFR and Let's Move Mercer Island have partnered on many events in the community and this is the first year that MIFR and Let's Move Mercer Island are co-hosting the Community Dinner. MIFR is committed to providing creative and interactive programs and information to help students, parents, staff, and our community make the link between healthy food and readiness to learn and play. Let's Move Mercer Island was just awarded gold medal status at the White House for reaching all five healthy community goals www.letsmovemercerisland.com. To learn and purchase dinner tickets visit www.mifoodrevolution.org.