



Contact:

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FOR IMMEDIATE RELEASE

**“SPECIAL NEEDS DIETS FOR KIDS: SELECTION AND PREP FOR LUNCH”
Chef Jimi Taylor will teaching a hands on program to assist parents and care givers
on the ins and outs of preparing quick and easy lunches for children with special
nutritional needs.**

February 3, 2008— This Sunday, February 10th, Litchfield Farms Organic & Natural Market is initiating its Market Education Series with a program focused on assisting parents and child care givers in preparing simple and nutritious lunches for children with special nutritional needs, including children with nut allergies and those that must avoid gluten or milk products.

The program will be led by Chef Jimi Taylor, an executive chef at the Litchfield Farms Organic & Natural Market with a special and personal interest in children with autism and their dietary needs. Chef Taylor is recognized for his innovative program “Mr. Jimi’s Food for Thought” that encourages open discussion and dialogue about food related issues that effect children and adults alike.

This is a hands on program and will include not only preparing a healthy lunch, but how to shop for ingredients and how to read and decipher product labels. There will be experts from all areas of the Market available to answer any questions. Participants are invited to bring products they use in their lives to share with the group.

The cost of the program is \$10 per adult and \$5 per child and will include lunch. The program will begin at 11:30 am on Sunday, February 10th at the Litchfield Farms Organic & Natural Market located at 55 Village Green Drive, Litchfield Ct 06759.

Reservations are requested by calling **860/567-1900**.

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For more information contact Andrea A. Angera, Jr. at 860/483-7030.