
Press Release

NEWS

Burlington County
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For release:
Thursday, March 11, 2010

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TABERNACLE SISTERS WIN FIRST AND SECOND PLACE IN TOP CHEF

Lumberton Girl Takes Third Prize in Burlco Cooking Contest

It was a family affair as a pair of sisters placed first and second place in Burlington County's Top Chef healthy cooking contest Wednesday night at the Burlington County Institute of Technology (BCIT) in Westampton.

Emma Moore, a sixth grader at Olsen Middle School in Tabernacle, wowed the judges with her Greek Hummus Boats that beat nine other finalists to win first place.

Emma's older sister, Abby Moore, an eighth grader at Olsen, won the second place trophy with her Black-Bean Tortilla Pizza.

Molly Holmes, a seventh grader at Lumberton Middle School, won third place with her Fruit Pizza.

The Top 10 finalists from 83 entries submitted by sixth, seventh and eighth grade students prepared their recipes in a cook-off judged by a local celebrity panel. BCIT Culinary Arts students assisted.

The second annual contest was sponsored by the Freeholders and Burlington County Health Department, along with BCIT-Westampton, Shop Rite of Medford, Paul's Custom Awards & Trophies and Sodexo. (more)

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Students were to submit either a healthy lunch or dessert recipe that contained no more than five main ingredients. Recipes were judged on taste, nutritional value, ease of preparation and originality.

The other finalists included: Morgan Debow, Easthampton Community School; Jaclyn Figueroa, Hartford School, Mount Laurel; Kayla Holland, Dillon McBride, Lumberton Middle School; Kelly O'Brien, Our Lady of Good Counsel, Moorestown; Kalena Seaman, Northern Burlington County Regional Middle School; and Kennedy Freeman, Westampton Middle School.

"Cooking is a great way to teach children about food and nutrition, and to involve them in the process of making a healthy meal. Early experiences with healthy food and learning about nutrition have a strong impact on the future eating habits and health of young children," said Health Educator John Sivon.

Winning recipes will be put into a healthy lunch cookbook to be distributed to school cafeteria nutritionists and classrooms of the winning students.

The judging panel included: Meghan Modica, dietitian at ShopRite of Medford; Darius Peacock, executive chef of Exceptional Taste Catering and past winner of the Food Network show "Chopped"; Robert Wain, instructor for Adult Culinary Education at BCIT; Eric Bush, general manager of Sodexo; Christopher Williams, Owner/Chef of Renaissance Catering; and Joseph Venuto, principal of BCIT Westampton.

Winning recipes also will be posted on the Healthy Adolescent website, www.co.burlington.nj.us/hap and the Healthy Kids Hero website <http://www.co.burlington.nj.us/Pages/ViewDepartment.aspx?did=77>

