



## Chef Sarah Sweeney and Kids Cook to Care Create a Night in North Africa For a Toronto Men's Shelter

February 5, 2015 (Toronto, ON) – Kids Cook to Care, the first charity to bring together kid volunteers and celebrity chefs to make and serve globally inspired meals, will treat patrons of a men's hostel to a Moroccan inspired meal on the night of February 26. Local chef, food stylist, private chef and recipe developer Sarah Sweeney will lead February's meal

The menu features roasted cauliflower, pomegranate and pistachio salad, Moroccan chicken stew with tomato and sweet potatoes, Couscous with lentil and chickpeas and for dessert Almond Semolina cake with stewed oranges.

"I was attracted to Kids Cook to Care as it brings community, culture and kindness together, over a meal. Plus I love teaching and cooking with kids!" stated Chef Sarah Sweeney.

Jill Lewis, Co-Founder of Kids Cook to Care explains, "These monthly community meals are providing young children, from all walks of life, the opportunity to learn about different cultures and backgrounds. Seeing the kids come together in such a positive way has been so inspiring, for one evening a month we're breaking down barriers and empowering these children to make a difference in the world and we couldn't be happier with the results."

The Community Meals program invites children ages 6-16 to come together over a four-hour period to prepare a menu of unique ethnic dishes for those in need, all under the guidance of an experienced chef. With an emphasis on culinary freshness, basic ingredients, and simple preparation techniques, the program teaches young volunteers valuable cooking skills, exposure to different cultures, while fostering a sense of community service and compassion.

### **About Kids Cook to Care:**

Kids Cook To Care is the brainchild of two mothers, Julie Levin, a caterer from Tokyo, and Jill Lewis, a publicist, who with her children prepared meals

at a Homeless Shelter in New York City. While musing over the lack of hands-on volunteer opportunities for children during an apple-picking school field trip, Kids Cook To Care was created. This charitable organization creates innovative programs for children volunteers to show them through the creation of serving of ethnic foods to those in need they can make a difference. By bringing together the best chefs, resources and children, Kids Cook To Care provides no-fuss opportunities for child volunteers to make a difference in high-need communities. Learn more about KCTC at [www.kidscooktocare.com](http://www.kidscooktocare.com).

### **About Sarah Sweeney:**

Chef Sarah Sweeney received her formal training at George Brown College's prestigious Culinary Arts Program, during which time she interned in the kitchen of Toronto's fine-dining institution Centro, then run by celebrity chef Marc Thuet. Sarah then went on to apprentice under Chef Anne Yarmovich at Agora Restaurant, earning her Red Seal Chef Certification in 2000. Her years spent in restaurant kitchens helped Sarah refine her culinary style, which she describes as "healthy, guilt-free comfort food with bold international flavours."

In 2004, Sarah began working as a Private Executive Chef, overseeing the kitchens of some of Canada's most prominent families. This opportunity provided Sarah with new creative freedom as well as the chance to hone her menu-planning and recipe-development skills.

Today, Sarah is a sought-after food stylist and recipe developer, with a roster of clients that spans the magazine, television, food-packaging and advertising industries. Sarah also loves teaching people to cook their own delicious, healthy meals; she's a chef instructor at Dish Cooking Studio, and volunteers with the Boys and Girls Clubs of Canada, where one of her cooking classes is called "Around the World in An Oven." Sarah hopes her classes will inspire adults and kids alike to enjoy more healthy, homemade meals in their own kitchens. For more information, please visit [www.chefsarahsweeney.com](http://www.chefsarahsweeney.com).

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