



Top Chef Canada Winner and Richmond Station Executive Chef, Carl Heinrich Teams up With Kids Cook to Care to Bring a Taste of Jamaica to People in Need

January 7, 2014 (Toronto, ON) –Kids Cook to Care, the first charity to bring children volunteers and celebrity chefs together to create and serve globally inspired meals to people in need, will step into the kitchen with Chef Carl Heinrich of Richmond Station to create a one-of-a-kind dinner at a men's hostel on January 29th.

Chef Heinrich will have the KCTC volunteers, ages 6-16, create and serve a hearty dinner that will keep the people we feed warm and well-fed. The meal will feature Jerk chicken with rice and peas, rutabaga, cilantro, and coco bread. It will be followed by Coconut Gizzadas, which is a traditional Jamaican dessert. This is an open tart with grated, spiced and sweetened coconut.

"Having Richmond Station in the heart of Toronto, I see a cross section of Torontonians the ones who frequent my restaurant and the ones who I often wonder where they get their meals. With Kids Cook to Care I can now serve a community in need and treat them to a meal that will hopefully take their minds off their troubles," stated Carl Heinrich, Executive Chef, Richmond Station.

"We are excited to have Chef Heinrich work with our KCTC volunteers where they will learn about different cultures through food, teamwork and give back to the community," stated Jill Lewis, Co-Founder, KCTC. "KCTC is an organization where food, children volunteers and a sense of community spirit all collide in the kitchen."

Kids Cook to Care was born through a passion to inspire children to learn about new cultures, basic cooking skills, and the power of empathy, while feeding those in need. The Community Meals program invites children ages 6-16 to come together with a top community chef, to prepare a menu of enjoyable ethnic inspired dishes for those in need. With an emphasis on culinary freshness, basic ingredients, and simple preparation techniques, the program teaches young volunteers valuable cooking skills, while fostering a

sense of community service. Each Community Meal is focused on foods with a unique ethnic origin, also providing participants the opportunity to learn about different international cultures and backgrounds and enabling the people we serve a taste of a foreign culture.

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.

About Chef Carl Heinrich

Born in Calgary in 1985, Carl Heinrich clocked a lot of mileage as kid, living in Montreal, the North West Territories, and all over Vancouver Island. At 13, Carl started working as a dishwasher for his uncle and hasn't left the kitchen since. An inspiring summer stint at the Sooke Harbour House in 2003, his first professional kitchen, proved to be the perfect learning ground for a young, ambitious cook.

Carl set off for the Stratford Chef School where he graduated with honours in 2005. After completing his diploma he accepted a job working for Daniel Boulud at DB Bistro Moderne in New York City, where he spent several years learning technique and building a passion for food. In 2008, Carl followed the company to Vancouver as sous-chef of their new location there. He left the company in 2009 and moved to Toronto where he reunited with butcher Ryan Donovan, an old friend from chef school, as sous-chef at Cowbell Restaurant. The two left in the spring of 2010 to bring farm to table cooking to the new Marben, and eventually to their own venture Richmond Station, a bustling neighbourhood restaurant in Toronto's downtown core which opened October 2012.

Carl's stages include time in the kitchens at Camille's West Coast Fine Dining in Victoria, Marron Bistro in Toronto, Gramercy Tavern in New York, Georges Blanc, La Regalade, and Le Comptoir in France and Alain Ducasse' Le Louis XV in Monaco. His experiences working under many talented chefs and running reputable restaurants were great tools, helping Carl earn the title of the Food Network's "Top Chef Canada" in 2012.

Carl's cuisine is inspired by quality ingredients and driven by classic and modern techniques. He makes food that he knows his mom would like to eat and keeps flavours pure, never getting too complicated.

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