



**For Immediate Release**

**SPROUT CAFÉ OFFERS FREE, HANDS-ON FOOD WORKSHOP FOR KIDS ON HOW TO MAKE HEALTHY SNACKS FOR SUMMER**

**ROSWELL, Ga. – May 6, 2003** – To help area children get a healthy start to summer, Jackie Graff, living foods chef from Sprout Café Shinui Living Food Learning Center, will offer a free two-hour workshop for area children this Saturday focused on making healthy snacks for summer using recipes from Atlanta's only all-organic raw food restaurant. The class will be held from 1 p.m. to 3 p.m. at the Café. Advance reservation is required and space is limited.

Graff, a former Girl Scout and Girl Scout troop leader, has opened up the event to area Girl Scout Troops from North Fulton and Gwinnett counties to help them earn credit toward their health badges.

“As part of our community outreach, we want to help parents encourage their kids to eat more fresh fruit and vegetables and show how it can be fun,” said Graff, who was an RN for 35 years before opening the Sprout Café last year.

“Many children are not eating healthy,” she said. “They are getting diabetes and other adult diseases in increasing numbers. The obesity problem in kids has reached epidemic proportions as seen by the introduction of plus-size clothing for children in retail stores for the first time ever. We are hoping that by educating kids on the benefits of raw foods we can help reverse some of this trend in our community,” added Graff.

In June, the Sprout Café will celebrate its one-year anniversary. The Café's educational programs have attracted nationally renowned authors and speakers on alternative health to Roswell. Every Wednesday, children under age 18 accompanied by an adult eat free.

To learn more about Saturday's workshop, call the Sprout Café at 770-992-9218.

**About the Sprout Café**

The Sprout Café and Shinui Living Food Learning Center, based in Roswell, Ga., is dedicated to teaching and promoting the living foods lifestyle for mind, body and spiritual awareness. Living foods are fruits, vegetables, nuts, seeds and grains, prepared in a manner that does not destroy enzymes and nutrients. It is the only Atlanta-based living food restaurant, organic market and learning center. The

café is located at 1475 Holcomb Bridge Road, Suite 200, in Roswell, at the intersection of Old Alabama Road. For more information, call 770-992-9218 or visit us online at [www.sproutcafe.com](http://www.sproutcafe.com).

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