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For Immediate Release

**SPROUT CAFÉ OF ROSWELL TO CELEBRATE GRAND OPENING WITH COUNTRY
BARBECUE SATURDAY**

Shinui Living Food Learning Center Focuses on Teaching Living-foods Lifestyle

ROSWELL, Ga. (June 27, 2002) — Sprout Café Shinui Living Food Learning Center in Roswell will mark its grand opening Saturday with a country barbecue buffet featuring mouth-watering samples from the café's menu of all-natural raw cuisine.

The event begins at 5 p.m. and will include local and national raw foodists such as Paul Nison, author of *The Raw Life: Becoming Natural in an Unnatural World*, who will serve as master of ceremonies. Nison has lived on a raw-food diet since he was diagnosed with ulcerative colitis, and today his body has healed itself 100 percent. Special guests include Dr. Fred Bisci, internationally renowned nutritionist, and High Priest Kofi Kwatamani, a 40-year raw foodist. Entertainment will include Atlanta's own "The Real Live Band" and other music.

The café features an intimate seating area with fountains and feng shui plants, and a number of small tables and chairs made of bamboo and rattan. All the furnishings are recycled. The eclectic decor of mostly red, black and tan features influences from the five "healing cultures" - oriental, Egyptian, African, Indian and American Indian.

Menu items include plant-based sandwiches, wraps and organic juices and smoothies as well as an all-natural Food Bar. The Food Bar features salad, homemade dressings, soups and an assortment of items such as stuffed portabella mushrooms made from nut meat and rosemary and sage, meatloaf, zucchini pasta, lasagna, and mashed cauliflower and mushroom gravy (the café's equivalent of mashed potatoes). The "Nice Cream Bar" offers an organic banana split, carob brownies and shakes made from macadamia nuts and raw honey.

“There is no restaurant out there today that combines an organic market and learning center. We wanted to offer a peaceful oasis where people can come from the community to eat healthy, support each other and learn,” said Sprout Café owner and living foods chef Jacquelyn (Jackie) Graff.

Graff and her husband, Gideon, opened the café and center with the goal of helping spread the word about the health benefits of eating raw foods. They have experienced the benefits firsthand. It took the couple three years to adopt the raw-food lifestyle, which was prompted after Jackie’s brother came to live with them while recovering from an auto-immune disease. Jackie, a gourmet cook, recently retired as a nurse at Northside Hospital after 32 years. Gideon previously worked as a hospitality manager in Israel.

“When foods are cooked at over 105 to 110 degrees, food enzymes disappear, which makes your body work harder. Cooked foods also lose 80 to 90 percent of their nutrients. That’s why people have trouble losing weight,” explains Jackie, who lost 90 pounds eating raw foods. “The body is hungry for nutrients – and it prompts you to eat more. When you eat raw foods, you begin to eat less food because your body is not crying out for nutrients.”

To encourage the healthy living foods lifestyle, the Graff’s will offer “Life Food 101,” a three-day, 30-hour intensive food-preparation class at the end of July, where students will learn all aspects of the healthy living lifestyle, including sprouting, how to grow their own wheat grass and how to prepare healing foods.

The Center also will host guest lectures, support groups and life-enhancing classes such as movement and meditation throughout the year. The café and learning center has comfortable seating and fountains, a library area, an organic market that sells seeds, nuts, cookbooks, all-natural food preparation equipment and non-toxic cleaners and personal hygiene products, and a healing room to do energy work and reflexology.

Cost to attend Sprout Café’s grand opening is \$25 for adults, \$12 for children. The Café and Learning Center is located at 1475 Holcomb Bridge Road at the intersection of Old Alabama Road in Roswell. For more information, call 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. It is the only Atlanta-based living food restaurant, organic market and learning center. The Sprout Café is affiliated with the Live Food Van meal-delivery service. For more information, visit us online at www.sproutcafe.com or www.livefoodvan.com.

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