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SAMPLE DELICIOUS DISHES, HEAR HEALTH TIPS FROM DOCTORS ON NW NATURAL KITCHEN STAGE MARCH 26-28 AT THE BETTER LIVING SHOW

PORTLAND, Ore. – March 16, 2010 – Culinary professionals will create masterpieces for tasting, and health professionals will share important tips for wellbeing, on the NW Natural Kitchen Stage throughout the Energy Trust Better Living Show, a free, three-day sustainable lifestyle show at the Portland Expo Center, March 26-28.

During the SNOR (Sustainable, Natural, Organic, Regional) Chef Series presented by Food Services of America, chefs will host cooking demonstrations using local, sustainable foods. After the demonstrations, attendees will have the opportunity to sample the fantastic cuisine and visit with each chef. SNOR presentations include:

- Executive Chef Steven Ward from the Portland Doubletree Hotel, prepares dungeness crab and wild Columbia River salmon cake
- Berlin Reed, The Ethical Butcher (and a former vegan!), prepares leg of lamb
- Chef Robert McSpadden from Chris King Cycles, prepares Chris King Energy Bars
- Linda Dalal Sawaya prepares Lebanese spring vegan recipes

In addition, NW Veg is hosting the Vegan Chef Series, where local vegan chefs will prepare tasty treats. NW Veg presentations include:

- Author & Chef Chat Mingkwan preparing vegetarian Pad Thai and Vietnamese Clay Pot
- Authors Wendy Gabbe-Day and David Gabbe present Dad & Daughters Healthy Vegan Desserts: Coconut tofu frosting on orange chocolate bean cupcakes
- Chef Al Chase hosts two sessions, and prepares superfoods fruit smoothies, BBQ tempeh, root vegetable curry, carrot ginger oat cookies and triple chocolate walnut brownies
- Chef Abby Fammartino prepares creamy brown rice risotto with fresh mushrooms

In addition, doctors and nutritionists from The Portland Clinic will host their Half Hour on Health series, featuring presentations ranging from “10 Best and Worst Foods for Kids” to “Nutrition and Supplements

for Joint Pain and Sports” and “Tapping into Renewable Energy to Prevent Diabetes” to “Nutrition, Feeding Guidelines and Vitamins for Infants and Toddlers.”

For a complete schedule of events on the NW Natural Kitchen Stage please visit

<http://www.betterlivingshow.org/seminar/index/2>.

About the Energy Trust Better Show

Free to the public, the Energy Trust Better Living Show, the Northwest’s largest sustainable lifestyle show, takes place Friday, March 26 from noon – 9 p.m.; Saturday, March 27 from 11 a.m. – 9 p.m.; and Sunday, March 28 from 11 a.m. – 5 p.m. at the Portland Expo Center. The Better Living Show is designed to empower attendees to become more thoughtful consumers and lessen their impact on the environment by learning about sustainable, healthy and practical lifestyle products and services. For more information, visit www.betterlivingshow.org.

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