



Eat Well, Live Well: small-fry edition

Free cooking series puts kids in the kitchen



Combining its mission of caring for the community with the region's culinary passions, St. Tammany Health System teams with Healthier Northshore and the Bogalusa YMCA for a special kid-focused edition of its **free** "Eat Well, Live Well" cooking demonstration series.

What: "Chopped" champion Gavin Jobe, chef/owner of Meribo restaurant in Covington, leads a free cooking demonstration utilizing vegetables from local gardens. All participants will receive a box of ingredients to recreate their meal at home, thanks to Top Box Foods and the American Heart Association. Additionally, the first 15 children to register will get a place at a cooking station.



When: 11 a.m. Monday, June 19, 2023

Where: Bogalusa YMCA, 411 Avenue B., Bogalusa

Details: The event is free but space is limited, so registration is recommended by emailing Anne Pablovich at bewell@stph.org.

For more details about the initiative go to HealthierNorthshore.health

