



*"Come Taste What South Cobb Has To Offer"*

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## FOR IMMEDIATE RELEASE

**Contact:** Angelia Pressley  
404-671-7937

### **Taste of South Cobb Features WellStar Cobb's Executive Chef Eric Spivey 100% Farm Fresh Foods Program for Better Patient Recovery**

During the Taste of South Cobb on November 16<sup>th</sup>, WellStar Cobb Hospital's Executive Chef Spivey will demonstrate how farm fresh foods promote better health. Using farm fresh items, he will create delicious and healthy menus for both the home and the hospital.

At WellStar Cobb Hospital, Spivey makes a point to refrain from using trans-fats in any of his dishes. All of Spivey's fresh ingredients—vegetables, chicken, beef or seafood—are chosen to improve the nutritional, physical and mental health of each patient.

Spivey's experience as a chef is a result of working in the Metro Area's top restaurants, including Capital City Country Club, Atlanta Fish Market and The Last Detail. Formally educated at Johnson and Wales in Providence, Rhode Island, Spivey additionally holds an Associate degree in Culinary Arts and a Bachelor of Science in Food Service Management.

Spivey began exclusively using farm fresh vegetables in WellStar Cobb Hospital's patients' meals in 2009 with the intention of nourishing the patients naturally. Understanding that a better quality produce would make a better tasting dish, Spivey hoped this approach would ultimately encourage healthier diets.

"There is no substitute for fresh, high quality foods," Spivey said. "By using farm fresh foods, we can have a great quality product that doesn't taste like the traditional hospital fare."

In addition to the **WellStar Cobb Patient 100% Farm Fresh Foods** program, the Taste of South Cobb will feature a **Taste Row**, highlighting local restaurants and caterers; a **Kids Corner** with karaoke, South Cobb Arts Alliance's Make It and Take It and first responders training; a **First Responder's Cook-off**, when local firefighters, EMS and police engage in a food battle; **Live Musical Entertainment**; **Wine Tasting**; and **Corporate** and **Small Business Marketplace**. The hours of the Taste are Saturday, November 16<sup>th</sup> from 11am – 6pm, with an evening concert beginning at 7pm.

***For interviews, sponsorship or more information on the Taste of South Cobb, you may contact us at 404-671-7937.***

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