



Cooking up a storm for cancer care

WATERFORD Stanley and RTÉ's Health Squad nutritionist Paula Mee, chef extraordinaire Eunice Power have teamed up to raise over €4,000 for a very worthy appeal.

The dynamic team attracted over 250 people to the Waterford Stanley Nutrition seminar at Dooley's Hotel on Thursday night last, February 7. The event raised €4000, money which goes towards the South East Cancer Foundation's campaign to raise €1 million for their new Respite Care Centre in the city.

Paula Mee offered answers to the simple question, such as what's good to eat and how can we make the best choices for ourselves and our families? From super foods to organics, Paula Mee cut through

some of the confusion and helped people to make informed decisions about how to buy, prepare, cook and enjoy food.

The proof of the pudding is in its eating and Eunice Power of Powersfield House and author of The Waterford Stanley cookbook, was busy cooking and putting Paula's advice to good use. The culinary whiz even came up with a special dish on the night - the Paula Mee Chilli Non Carne, a veggie take on the tradition beef dish.

Commenting on the success of the event, Eileen Slattery of Waterford Stanley said : "We are thrilled that we can hand over this amount of money to the very worthy South East Cancer Foundation. We would like to thank everyone who came along on the night to support the charity."



Pictured are Paula Mee, RTÉ's Health Squad Nutritionist, and Chef Eunice Power who were guests at the Waterford Stanley Nutrition Evening held recently at Dooley's Hotel in aid of South East Cancer Foundation. Photo: John Power