



# Practicing what you preach

Chef Eunice Power to demonstrate Paula Mee's tips at Waterford Stanley Nutrition Evening

Chef extraordinaire Eunice Power is to join Paula Mee, RTE's Health Squad nutritionist, at the Waterford Stanley Nutrition evening on February 7th at Dooley's Hotel, in aid of The South East Cancer Foundation.

Eunice Power of Powersfield House and author of *The Waterford Stanley* cookbook is set to demonstrate all the healthy eating messages delivered during Paula Mee's nutrition seminar.

Commenting on her involvement in the event, Eunice says "I am delighted to be on the programme for the Nutrition evening. I work full-time myself and have a family so I know firsthand how difficult it can be to rustle up something healthy after a long day. I am looking forward to hearing from Paula and putting all of her tips into practice, in particular on the new Stanley Supreme - it has four ovens, so I'm going to have great fun with that."

In Paula Mee's presentation, she will be answering the simple question, what's good to eat, and how can we make the best choices for ourselves and our families? From super foods to organics, Paula will cut through some of the confusion and help

people to make informed decisions about how to buy, prepare, cook and enjoy food.

Tickets for the event at Dooley's Hotel on Thursday 7th February are €10.00 and are available from Dooley's Hotel (051 873531) or Ardkeen Quality Food stores (051) 874620.



Eunice Power, Powersfield House. Photograph: Stefan Syrowatka