



Waterford Stanley raise €4000 for The South East Cancer Foundation

RTE's Health Squad nutritionist Paula Mee, chef extraordinaire Eunice Power and Waterford Stanley 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. Paul 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.

Everyone on the night went away with new

nutrition knowledge and recipes along with packed goodie bags courtesy of Ardkeen Quality Food Stores. Three lucky winners in the raffle on the night went away with a set of Aga cookware sponsored by Waterford Stanley, a Hamper of Flahavan's products sponsored by Flahavan's and dinner for two at Dooley's Hotel courtesy of Dooley's.

Commenting on the success of the event, Eileen Slattery of Waterford Stanley said the company is delighted with the tally raised; with the feedback from guests on the evening and how informative and enjoyable they found the event.

"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."

