



FOR IMMEDIATE RELEASE:

MEDIA CONTACT:

Jaa St. Julien, St. Julien Creative Group
713-965-7084 | 713-481-2671 | jaa@stjulicg.com

Real Men Cook: cooking competition celebrates positive male role models

Move over Rachael Ray and Martha Stewart, these real men are ready to rattle some pots and pans to prepare their favorite home-cooked dishes during the June 21st Second Annual Houston Juneteenth Multicultural Health Festival presented by UnitedHealth Group.

Volunteer chefs will serve up their culinary creations during the festival, which runs from noon to 6 p.m. The festival will also offer free health screenings, fitness demonstrations, live entertainment, games and vendors.

Admission is required for the Real Men Cook event. Tickets for the Real Men Cook competition can be purchased at the festival for \$10. Ticket purchasers will be able to taste the dishes created by the cooks. The Real Men Cook competition will run from 3 to 6 p.m. during the festival. All other Houston Juneteenth Multicultural Health Festival events are free.

There is a \$35 registration fee for cooks to participate in the competition.

Local celebrities will judge the competition.

Real Men Cook has been a highly successful family event since it launched in 1990. In addition to Houston, other Real Men Cook events will be held in Chicago, Detroit, Dallas, Atlanta, New York, Washington D.C., Miami, Los Angeles, Philadelphia and New Orleans on Father's Day.

Creators of Real Men Cook, Yvette Moyo and Kofi Moyo, started the event to combat the negative images of African American men as absentee fathers and criminals and as a means to change the way Father's Day is celebrated. The competition celebrates the numerous men who are making a difference in their neighborhoods. The chefs are dads and men from all walks of life.

Several Real Men Cook chefs have been featured on "Emeril Live."

In keeping with the mission of the festival, volunteer chefs have been challenged to come up with more healthy dishes.

For more information about the event contact Lynn C. Page, the Festival Coordinator, at 713-748-6300.

For additional information and media downloads regarding the event visit <http://www.houstonhealthfestival.org/press.html>

#####

