

9th - 22nd April 2011
Feel good fortnight 

Press Release – for immediate use

Its pans at dawn, as chefs in West Berkshire prepare to do battle to win the coveted Feelgood Fortnight Healthy Meal Competition. The Chef's Challenge in Newbury Market Place, will kick start the two week Feel Good Fortnight health initiative and will take place on Saturday 9th April from 9am-12am.

The Challenge will see eight chefs compete to produce mouth watering, yet healthy food made from fresh ingredients purchased at the Charter market. The Chefs will have just 20 minutes to produce a delicious meal which will then be tasted by a panel of judges led by Daniel Galmiche, Executive Chef at The Vineyard Stockcross, including the Newbury Weekly News Chief Reporter John Garvey and Jeremy Speed Public Health Lead Berkshire West PCT, compered by Newbury Sound.

Berkshire West PCT is organising Feel Good Fortnight along with Newbury Events Manager Caroline Paus.

Pete Atkinson from Newbury Rotary Club is coordinating the Chefs Challenge and said "It's a very exciting event and excellent timing as it falls on Stroke Awareness Day and as we know diet plays a vital role in reducing the risk of strokes. We had a lot of fun last year, with chefs dashing round the market, sourcing fresh ingredients, from Market to Mouth in 20 minutes!"

Winners will receive kitchen equipment from local supplier, Kitchenmongers in Bartholomew Street and a commemorative plate.

For more information and to enter the competition contact Pete Atkinson on 07774 121352/ 01635 578474 or email pete.atkinson1@btinternet.com

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