

NEWS

TOWNSHIP OF WOODBRIDGE



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FOR IMMEDIATE RELEASE:

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*** * PHOTO OP ~ EVENT ADVISORY ~ PHOTO-OP * *** **MAYORS HEALTHY COOK-OFF ~ WED., MAY 7**

Woodbridge Mayor John E. McCormac & New Jersey League of Municipalities Sponsors "Mayors Healthy Cook-Off" on May 7

Woodbridge – Mayor John E. McCormac today announced that mayors from across Central Jersey are gearing up to compete in New Jersey's third Mayors Wellness Campaign "Mayors Healthy Cook-Off" which takes place on Wed., May 7 at 6:00 P.M. at the Woodbridge Wegmans. The "Mayors Healthy Cook-Off" is co-sponsored by the New Jersey Health Care Quality Institute, Aetna, the New Jersey State League of Municipalities, the Woodbridge Mayor's Office and Wegmans.

"I prepare a mean cedar plank salmon so mayors better bring their 'A' game if they expect to win," said Mayor McCormac, who issued a challenge to all mayors in Middlesex, Mercer, Monmouth, Somerset, Union and Essex counties. "This is a fun event that highlights an important cause – community wellness. I hope mayors from throughout our region find the time to come out."

As many as two dozen mayors are expected to compete at the Woodbridge Wegmans in four categories: "Healthiest," "Best-Tasting," "Best Presentation," and "Best Overall." Central Jersey mayors participating in the "Mayors Healthy Cook-Off" include: Carteret Mayor Dan Reiman; Pennington Mayor Anthony Persichilli; North Brunswick Mayor Francis Womack; South Amboy Mayor John O'Leary; Clark Township Mayor Salvatore Bonaccorso (preparing "Sal's Summertime Salad"); Franklin Township Mayor Brian Levine and Nutley Mayor Joanne Cocchiola. In addition, mayors from North and South Jersey will join their counterparts at the May 7 "cook-off," including Wharton (Morris County) Mayor Bill Chegwidan (who was unsuccessful at the North Jersey Cook-Off in Parsippany last June) and Harrison Township (Gloucester County) Mayor Mike Koestler (who took home the prize for "Best Presentation" with his Penne Shrimp & Broccoli recipe at the South Jersey Cook-Off in West Deptford in October). And, for the first time in Mayors Wellness Campaign Cook-Off history, a mayor will be preparing a full meal for the event - Nutley Mayor Joanne Cocchiola will be preparing Chickpea Salad with Poached Tuna, Raw Zucchini Salad, Lemon Basil Sorbet and Pomegranate Limeade.

State Senator Joe Vitale and former New York Giant football player Stephen Baker "The Touchdown Maker" will be on hand as celebrity judges, along with Nicole Marginean, Wegmans' Merchandising Area Manager and Joseph DiRienzo, Vice President – Network for Aetna.

Those who attend the event will compete for some of the many door prizes, including \$25 Wegmans' gift certificates, a Wegmans' gift basket, a basketball net and three I-Pod Shuffles. Cliff's Bar has donated a bicycle as a prize and dozens of pedometers will also be handed out. Wegmans will be featuring food sampling stations throughout the store for the evening. Wegmans' chefs will be available to assist mayors should they need help.

The statewide Mayors Wellness Campaign champions community health by increasing opportunities for New Jersey residents to participate in daily physical activity, with the long-term goal to reduce health care costs and obesity. By encouraging mayors to play a leadership role in supporting local opportunities for active, healthy lifestyles, the Mayors Wellness Campaign is at work making New Jersey a national leader in community-based health interventions.

There is still plenty of time for mayors to sign up for the event. Additional sponsors are also welcome. Mayors and sponsors who wish to participate should contact Mayors Wellness Campaign Director Judy Doyle at 609-393-4953 or by email at jdoyle@njhcqi.org.

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