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**COMMUNITY RESTAURANTS & FAMILIES CONNECT OVER HEALTHY FOOD  
AND FRIENDLY COMPETITION AT ROC-CHOP CHALLENGE**

Local Restaurant, UNKL MOE'S Wins Event With a Healthy Twist on Cabbage with Smoked Turkey

ROCHESTER, N.Y. – Hundreds of families came out to Water Street Music Hall today to see five local Rochester restaurants compete in a family-friendly battle of culinary flavors for the first ever ROC-CHOP Challenge hosted by Community Place of Greater Rochester (CPGR).

Each participating restaurant was asked to create a healthier version of a popular dish using the event guidelines – use at least four fruits and vegetables and not exceeding a cost of \$25 for a family of four to cook. The recipes each restaurant created include:

- D'Mangu – Spanish Vegetable Stew
- Judy's Soul Food – Judy's Two Greens
- Kana's Kitchen – Vegetable Chicken Lasagna
- Obsessions Grill – Curry Chicken Over Rice and Beans
- Unkl Moe's – Cabbage with Smoked Turkey

All kids attending the event voted for their favorite healthy dish, and although it was a tight race, Judy's Soul Food took the prize for the tastiest recipe. Other awards were given to participating restaurants including; Budget Friendly, an award given to Unkl Moe's for having the most cost effective family recipe; Veggie Power, an award given to Judy's Soul Food for creating a dish that went above and beyond the vegetable requirements.

The overall ROC-CHOP Champion award was presented to Unkl Moe's for the most impressive healthy spin on a cultural recipe. In addition to receiving a plaque for their restaurant, they also won a \$200 cash prize. This award was determined by a judge's panel composed of:

- Julio Sáenz, editor, ConXion, Democrat & Chronicle
- Joan Gordon, examiner, Monroe County Department of Health and Human Services
- CPGR President and CEO Sue Davin
- Greater Rochester Health Foundation President and CEO John Urban

"This event is proof that eating healthy can be easy and fun," said GRHF President and CEO John Urban. "Community Place is continually creating amazing events like this that enable kids and their families to play and be healthy together, and that's what 5-2-1-0 is all about."

**About The Community Place of Greater Rochester Inc.**

The Community Place of Greater Rochester ([communityplace.org](http://communityplace.org)) ensures the delivery of cost-effective, high-quality developmental and social programs and services to residents in the northeast sector of Rochester, N.Y. and throughout the greater Rochester area.

**About Greater Rochester Health Foundation**

GRHF is an independent foundation governed by a community-based board of directors and managed by a professional staff. It is intended to be a sustainable source of funding to encourage local organizations to replicate the best evidence-based practices in community health, and to make it possible for the Greater Rochester area to improve community health.

For more information on the Greater Rochester Health Foundation please visit [www.thegrhf.org](http://www.thegrhf.org) or [www.beahealthyhero.org](http://www.beahealthyhero.org).

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