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***Calling all Yakima Valley restaurant chefs for a no-cost, plant-based cooking workshop at Virginia Mason Memorial hospital***

YAKIMA -- Virginia Mason Memorial is inviting local restaurant chefs to a no-cost, hands-on workshop that focuses on plant-based cooking. This workshop is being held in conjunction with Food Day, a day set aside each year to inspire Americans to make healthy changes to their diets and food policies.

The workshop will be held Monday, Oct. 23, from 8 a.m. to 4 p.m. and Tuesday, Oct. 24, from 8 a.m. until noon. Chefs are requested to come only with an open mind and willingness to adapt a plant-based menu item.

The typical American diet is contributing to obesity, diabetes, heart disease, and other health problems that are prevalent nationally and here in the Yakima Valley. Those problems cost Americans more than \$150 billion per year.

Evidence shows that eating a plant-based diet has health benefits. This impacts professional cooks as customers with special requests are now seeking establishments where they can obtain a whole-food, plant-based option on a regular basis or on a catering menu. Virginia Mason Memorial's workshop aims to offer chefs the tools to bring these customers into their dining establishments.

The workshop will be held at Virginia Mason Memorial hospital. To register, contact Virginia Mason Memorial's Executive Chef Jason Patel by Oct. 6 by calling 509-249-5357 or via email at [jasonpatel@yvmh.org](mailto:jasonpatel@yvmh.org). Space is limited.

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