

# Heart Niagara Celebrates 40 Years with Launch of Anniversary Cookbook

*Cookbook launch takes place tomorrow at Chapters Bookstore*

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**Niagara Falls, Ontario - January 27, 2017:** This year, Heart Niagara is celebrating their 40th anniversary of serving Niagara's 12 municipalities and empowering the community to take control of their heart health.



To commemorate another decade of achievement and success, the non-profit organization has published a heart healthy cookbook titled, *The Heart of Your Community*.

The focus of the cookbook is Niagara's bounty of fresh fruits and vegetables while providing guidance on how to eat seasonally using local food options. Additionally, the cookbook will promote heart

healthy eating options to manage premature risk for chronic diseases such as heart disease, cancer and diabetes.

Readers will enjoy 160 recipes, contributed by local residents, and photos by Niagara Fine Art Landscape Photographer, Doug Hagadorn. Categories include appetizers, beverages, desserts, main dishes, side dishes and soups/salads.

"I cannot believe Heart Niagara is reaching this 40 year milestone," exclaimed Heart Niagara's executive director, Karen Stearne.

"This third cookbook is more than a showpiece in our legacy. The resources developed will assist the community to continue on a road to a healthier Niagara. The cookbook will provide tools, techniques and sources to eat local, eat healthy, and celebrate the beauty of Niagara from the landscape to the people."

Heart Niagara invites everyone to join them at tomorrow's launch of *The Heart of Your Community* cookbook.

**What:**

The Heart of Your Community Cookbook Launch

**Who:**

Karen Stearne, Executive Director, Heart Niagara

**When:**

Saturday, January 28, 2017  
1:00 p.m.- 4:00 p.m.

**Where:**

Chapters Bookstore, Fairview Mall, 285 Geneva, St. Catharines, ON L2N 2G1

**Photo Op:**

Heart Niagara staff will be on-site promoting and selling copies of the cookbook for \$20 each. Proceeds raised will support Heart Niagara's services and programming.

Heart Niagara relies on community events, donations and grants to continue their investment in the health of Niagara families. Every dollar donated and raised stays in Niagara to support Niagara.

**Heart Niagara would like to thank everyone who participated in the creation of the cookbook including these generous sponsors:**

Della Terra Fresh Olive Oil & Balsamic Tasting Bar, RBC, Grounded Roots Wellness Inc., Helga Campbell, Trustee DSBN, The Garden of Eating - Niagara, Americana Waterpark Resort & Spa, Niagara River Lions, Niagara IceDogs, CAA Niagara, Club Italia Banquet & Conference Centre, The Business Link, Niagara Peninsula Energy Inc., 13th Street Winery, Subzwari's Accounting Inc., David J. Fast, Chartered Accountant, Coldcon Consulting and Dr. Zimakas.

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*For 40 years, Heart Niagara has been providing cardiac health education and services to the region on a non-profit level, relying on the generosity of the community to support its programs.*

[Visit our website](http://www.heartniagara.com)



Making Niagara Heart Healthy Since 1977