

KIDNEY Health Fest

for African American Families

Calling all creative cooks!



Chef Theo Martin serves lunch to Gary Melonson at the 2009 Fest.

Win a prize for your best kidney-healthy recipe

**Enter today and
join us at the Fest**

June 5th Van Asselt
Elementary, Seattle

8th annual Kidney
Health Fest for African
American Families

Co-sponsored by
First AME Church and
Mt. Zion Baptist Church

Deadline is Feb. 19

Easy rules:

Your recipe is low in salt and
low in sugar, and you live in
Washington

Cool prizes:

Publication in the Fest cookbook
and a kitchen shop gift card

Send your recipe to:

Nikki Gepner
Northwest Kidney Centers dietitian
gepnern@nwkidney.org
or
700 Broadway
Seattle, WA 98122

Questions?

contact Nikki by e-mail or
at 425-821-8785



NORTHWEST
KIDNEY CENTERS

www.nwkidney.org