

FOR IMMEDIATE RELEASE
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**CHEF SUSAN SPICER TO HELP SELECT WINNER OF PEOPLES HEALTH
HEART-HEALTHY RECIPE CONTEST AT CAFÉ RECONCILE**

Metairie, La. - 'Tis' the season for temptation. Conservative estimates place the average Thanksgiving meal between 2,000 and 3,000 calories! Fortunately, there are many heart-healthy dishes that can help you celebrate the holidays without packing on the pounds. Once again, Peoples Health has partnered with Café Reconcile for a cook-off to select the winner of the second annual Peoples Health Heart-Healthy Recipe Contest. A panel of guest judges, including nationally acclaimed Chef Susan Spicer, will help select the winning recipe at Café Reconcile, 1631 Oretha Castle Haley Blvd., New Orleans, LA 70113, on Thursday, November 19, at 9 a.m. Student chefs at Café Reconcile will prepare and serve three heart-healthy recipes submitted by Peoples Health plan members from across southeast Louisiana. Guest judges will sample and score each recipe, and the winner of the contest will be named.

Earlier this fall, Peoples Health plan members were invited to submit an entrée recipe that met heart-healthy criteria. The contest calls for recipes that have less than 350 calories, 10 grams of fat and 480 milligrams of sodium per serving. Each entry was analyzed by the Peoples Health registered dietitian to verify nutritional content, and three finalists were chosen.

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Each Peoples Health plan member who submitted a recipe will receive a reusable grocery bag to assist them when shopping for ingredients to make their next heart-healthy dish. The winner of the contest will receive a heart-healthy gift basket and have his or her recipe featured in an upcoming issue of the Peoples Health member newsletter, The Connection.

About Peoples Health

Established in 1994, Peoples Health administers Medicare benefits for 42,000 southeast Louisiana residents enrolled in the Choices 65, Choices Plus, Secure Health, HealthCare Select and Peoples Health Group Medicare health plans. More than 450 employees work at Peoples Health corporate offices in Metairie, Louisiana and a regional office in Baton Rouge. Peoples Health is accredited by URAC, a Washington, D.C.-based healthcare accrediting organization. More information about Peoples Health can be obtained by visiting www.peopleshealth.com.

About Café Reconcile

Café Reconcile is the non-profit restaurant of Reconcile New Orleans, Inc. The café provides youth from under resourced communities with an introduction to Life Skills needed to transition into jobs throughout the New Orleans metropolitan area. You can find more information about Café Reconcile by visiting <http://reconcileneworleans.org>.

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