

Heart Niagara Celebrates 40 Years with Release of Anniversary Cookbook



We're seeking recipe submissions!

In 2017, Heart Niagara will celebrate their 40th anniversary of serving the Niagara area and empowering the community to take control of their heart health. To commemorate another decade of achievement and success, the non-profit organization will publish a heart healthy cookbook.

Following the success of their 20th and 30th celebratory publications, the 40th anniversary edition is titled, *The Heart of Your Community* cookbook. It will focus on Niagara's bounty of fresh fruits and vegetables and provide 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.

Heart Niagara is seeking recipe submissions from local residents to contribute to the cookbook. Categories will include appetizers, beverages, desserts, main dishes, side dishes and soups/salads. They are requesting that recipes be heart healthy and encourage the use of Niagara food products.

To submit your recipe, please [CLICK HERE](#) or call [905-358-5552](tel:905-358-5552), email cookbook@heartniagara.com

For further information please contact:

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For 39 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.

Website: heartniagara.com