

Media Inquires

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FOR IMMEDIATE RELEASE

Chef Selwyn Brings the Heat to the National Women's Show

Guests will experience a taste of the Caribbean with easy-to-use sauces by Grace Foods.

October 27, 2014 – Toronto, ON - Celebrity chef and author Selwyn Richards will be featured in the upcoming National Women's Show, doing two demos on November 8th and 9th, at 2:15pm. Working with show participant Grace Foods, Chef Selwyn will be bringing a taste of the Caribbean to Toronto, introducing show attendees to the lively and delicious flavors of island cuisine.

Caribbean cuisine has been increasing in popularity as the Toronto culinary scene looks to foreign lands for new inspiration and flavors. From spicy jerk sauces to the succulent fruits of the tropics, Caribbean foods bring the warmth of the islands to Canada, even during the coldest months of winter. According to Chef Selwyn, "The best part of having a career as a professional chef is sharing delicious, exotic meals with people who may have never experienced them before—and doing so in a way that is healthy and nutritious."

Chef Selwyn's demos will be accentuated by a line of easy-to-use sauces made by Grace Foods. Janice Harada, Marketing Manager of Grace Kennedy (Ontario) Inc., states, "We are pleased to announce our support of the National Women's Show, and Chef Selwyn Richards' demos in particular. It will be exciting to see how he integrates our sauces into his recipes. Grace products are created for all consumers who wish to bring the taste of the islands into their kitchens. The products are easy to use at home in a variety of dishes, and add that extra bit of flavor that elevates a meal to the next level."

The National Women's Show will run on November 7th, 8th, and 9th at the Metro Toronto Convention Center.

About Chef Selwyn

Selwyn Richards has been planning and cooking delicious, artistic meals for over 30 years. He has been featured on various cooking shows, catered dozens of movie and television productions, won numerous awards, and led a number of prominent Toronto restaurants to success. He is CEO of The Art of Catering, and recently released his new book, *The Art of Cooking—Soul of the Caribbean*. For more information visit www.chefselwyn.com or follow @chefselwyn on Twitter.

About GraceKennedy

GraceKennedy is one of the Caribbean's largest and most dynamic corporate entities, with a varied network of companies across the Caribbean, North and Central America, the United Kingdom, and Africa. GraceKennedy offers a full line of Caribbean inspired foods that include cooking sauces, seasonings, rice and beans, soup mixes, beverages (sodas and juices), and coconut products such as organic virgin coconut oil, organic coconut sugar, and coconut water. For more information visit www.gracefoods.ca or follow @GraceCoconucks, @gracefoods on Twitter.