**Rachael Ray Rocks ARC’s “Food for Thought Program”**

Rachael Ray’s celebrity cook, and TV personality donates to ARC Rutland Area. Rachael was born in Glens Falls and raised in Lake George, NY. Rachael’s success started at a gourmet market where the concept of “30 Minutes Meals” was developed. This was followed by regular appearances on WRGB, our local Albany CBS station. Rachael currently hosts her own talk show, cooking product line, and pet food products to name a few.

ARC Rutland Area asked Racheal Ray to support for the **Food for Thought** program. Rachael responded with package after package of kitchen equipment, supplies, cookbooks, and a generous donation.

The Food for Thought program is a special, two hour bi-weekly session that focuses on all aspects of meal preparation including nutrition, costs, preparation, and presentation. A menu for a microwave, slow cooker or toaster oven meal will be set prior to each session. The group will review weekly grocery store sale flyers and comparison shop for best values. Each participant will assist with preparing, cooking, serving, and cleaning. At the end of each season the group will discuss the next menu focusing on costs and nutrition values and make alterations if necessary. The class attendees will have the option to enjoy the meal they prepared. The class will accommodate eight to ten individuals.