



AMERICAN CULINARY FEDERATION PRESS RELEASE

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American Culinary Federation Chef Andy Bacigalupo Receives a \$10,000 Lowe's Gift Card on 400th Episode of "The Dr. Oz Show," November 18

St. Augustine, Fla., November 22, 2011—You could say that life has been on the up and up for Midland, Mich., resident Andy Bacigalupo. A culinary instructor at Bay-Arenac ISD Career Center in Bay City, Mich., Bacigalupo says his life has been a whirlwind since first appearing on "The Dr. Oz Show" in January 2010 and taking part in a 28-day no-salt health challenge. And after appearing on the show's 400th episode Nov. 18, the ride got even better. On the show, Dr. Oz surprised Bacigalupo with several pieces of KitchenAid equipment and a \$10,000 Lowe's gift card to go toward his work with the Chefs Move to Schools program.



"I was honored to be chosen as one of the returning guests," said Bacigalupo. "On the show, they said they had a surprise for me, and my first reaction was that it was going to be my challenge coach Dr. Roizen who was perhaps going to invite me to take on a new challenge. When I found out the actual surprise I could not believe it. I hugged and thanked him [Dr. Oz] for all he has done for me and his support of my efforts with the [Chefs Move to Schools] program."

Bacigalupo first heard about "The Dr. Oz Show" opportunity in November 2009 through the American Culinary Federation (ACF), a national membership organization of professional chefs to which he belongs. The challenge focused on reducing or eliminating salt from his diet to improve his health. Bacigalupo, who had suffered three heart attacks by the age of 38, lost more than 30 pounds and more than five inches from his waist during the challenge and created a series of spice blends to use instead of salt.

In addition, he was one of nearly 60 chefs chosen to represent ACF at the Chefs Move to Schools kickoff event at the White House in June 2010. Bacigalupo listened as Michelle Obama announced the program, which is part of her *Let's Move!* campaign and pairs chefs with local schools to work with administration, foodservice staff, students and community leaders to develop nutritious budget-friendly meals that kids enjoy. Back in Michigan, Bacigalupo helped start a garden at Bay-Arenac ISD Career Center and developed a healthier cafeteria menu. The garden produced more than 1,500 pounds of fresh produce throughout the summer and fall of 2011 that was donated to area food banks.

During Bacigalupo's appearance on the show Nov. 18, he prepared a salt-free Mardi Gras Cajun rub that could be used on chicken, pork or fish. He also shared details of his involvement with the Chefs Move to Schools program and his work with Team Nutrition, which comprises more than 250 Bay-Arenac ISD Career Center students and faculty members who are dedicated to teaching others in the community about healthy eating habits and active lifestyles.

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“With the money, I plan to purchase a shed to house the gardening equipment for the community garden and a more efficient watering system,” said Bacigalupo. “I also will purchase seeds and soil to make gardening kits for elementary students to continue to teach seed-to-plate lessons. I feel very fortunate to have these funds to make a difference in the community.”

To view the episode and get Bacigalupo’s recipe, visit www.doctoroz.com/videos/salty-food-makeovers.

About the American Culinary Federation

The American Culinary Federation, Inc., established in 1929, is the premier professional organization for culinarians in North America. With more than 20,000 members spanning 225 chapters nationwide, ACF is the culinary leader in offering educational resources, training, apprenticeship and programmatic accreditation. In addition, ACF operates the most comprehensive certification program for chefs in the United States, with the Certified Executive Chef® designation the only culinary credential accredited by the National Commission for Certifying Agencies (NCCA). ACF is home to ACF Culinary Team USA, the official representative for the United States in major international culinary competitions, and to the Chef & Child Foundation, founded in 1989 to promote proper nutrition in children and to combat childhood obesity. For more information, visit www.acfchefs.org.

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