

Obesity Prevention Foundation promoting healthy eating

One part luxurious luncheon, one part chef-led cooking demonstration, and one part charitable fundraiser – the recipe for the Obesity Prevention Foundation’s “Life Inspired” event brings together some of the top chefs in the region to showcase local food for a good cause.

The May 21 fundraiser at Rancharra, the exclusive and storied Harrah estate, is the Reno-based Obesity Prevention Foundation’s largest source of funding. The foundation fights childhood obesity through education and promotes healthy eating and exercise.

True to the foundation’s mission, the “Life Inspired” luncheon will promote healthy local, seasonal and fresh foods. Local farmers will display their seasonal produce for guests to browse before the chefs turn the farm-fresh items into a three-course meal served on the grounds of the Bill Harrah’s 147-acre Reno estate. As the chefs cook, they will demonstrate the connection between local ingredients and their fresh, healthy culinary creations.

Farmers from Nevada Grown, a Nevada farmers’ cooperative, and Whole Foods will provide the fresh ingredients for the luncheon.

The lunch is only one part of the day-long series of “Life Inspired” events at Rancharra, which includes live music and a speech by NBC “Biggest Loser” contestant Michelle Aguilar and other events.

Lunch begins at 11am May 21. Tickets to the luncheon include admission to the all “Life Inspired” events. To register click [here](#).