



To salute Black History Month,
The Buffalo Urban League and Tops Friendly
Markets proudly present:



Come and join this event with your entire family. ~ All are Welcome.

A delightful experience in African, Caribbean, Soul, Cajun, Creole, Southern and other delicious foods from around the world. All will be entertained by local talent. Prizes will be awarded for the competition for 1st, 2nd and 3rd place in each chef category.

ENTRÉES (meats, sides, vegetables) and DESSERTS

New Category for 2009 – Healthy Soul Food !

Deadline for Registration is Wednesday, February 25, 2009

For Information and Registration, please contact

Nikkei Goodwin at 250-2414

Buffalo Urban League

Salute to Black History Month

Sponsored By: **Tops Friendly Markets**



“Taste of Soul”



2009 Cooking Competition

St. John Baptist Church

184 Goodell Street, Buffalo, NY 14204

Saturday, February 28th, 2009 – 12 noon* – 3 pm

Application

Name of Sponsoring Organization (if applicable): _____

Name of Contestant: _____

Contestant's Address: _____

City: _____

State: _____

Zip: _____

E-Mail Address: _____

Phone: _____

FAX#: _____

*Select the Cooking Category: Entrée Dessert **Healthy Soul Food ***

*Select the Cook's Category: Junior Chef (to age 21) Great Cook Professional Chef

Name of the Dish: _____

- To defray the costs of this event, a \$10.00 donation is requested and may accompany this application. Checks should be made payable to the “Buffalo Urban League.”

Please Mail This Application To:

Nikkei Goodwin
Buffalo Urban League
15 East Genesee Street
Buffalo, NY 14203-1405

If you have any questions, please call Nikkei at (716) 250-2414

- * **Healthy entries must describe how the traditional recipe has been made into a healthy version.**
- * Please note that all food entries must be on display, ready for judging, by 11:30 am on February 28th.
- * Contestants, or a designated representative, must be present during the duration of the event and responsible for entry cleanup.