

# College Cook-off Benefits Second Harvest

By SARAH LUNDGREN The Brunswick News

June 26, 2014

Fragrant and delicious smells lingered in the air around **College of Coastal Georgia** in Brunswick Wednesday, but the enticing scents weren't created by the college kitchen staff.

They were from samples of appetizers, entrees and desserts set up in the middle of the Campus Center and contributed to the cohort of the college's culinary students taking an introductory chemistry course.

The students hosted a culinary cook-off as a service-learning project that was to benefit Second Harvest, a not-for-profit food bank.

Each of the students were challenged to create a recipe or select one that utilized a specific canned food, but there was an even greater challenge.

"The challenge was to take items from the food bank's shelves that are often hard to get rid of, and then create a recipe out of it," said 20-year-old Hannah Mann. "They don't often get used because people can't figure out recipes to cook that include them."



College of Coastal Georgia culinary student Hannah Mann, 20, left, shows off her chocolate and toffee covered matzah crackers during a cook-off competition Wednesday to benefit America's Second Harvest.

Sarah Lundgren/The Brunswick News

At her table, Mann and fellow student Genevieve Peek, 18, put together chocolate covered matzah crackers and a turkey, sausage and pumpkin pasta. Many recipes utilized different beans, like the black bean burgers served by 20-year-old Emily Waldron or the cocoa garbanzo bean cake made by Ebony Abbott, 32.

"There's only 229 calories in the entire cake," Abbott said. "Many of these items can be made delicious, healthy and for an affordable price."

The introductory chemistry class has been collaborating with Chandra Mahony, agency relations coordinator for the Brunswick branch of America's Second Harvest.

For a \$1 donation - enough to supply four meals through the resources of America's Second Harvest to someone who is hungry - people could taste the different creations during the cook-off.

The students collected non-perishable donations, as well as cash donations. Their recipes will be distributed to clients of America's Second Harvest.

The food bank distributes on a daily basis to clients but collects a small maintenance fee to keep its trucks running and the food in its facility fresh and in air conditioning.