



FOR IMMEDIATE RELEASE

WHO: Concerned Citizens of Montauk
WHAT: Stefanie Sacks Book Reading, What The Fork Are You Eating? An Action Plan For Your Pantry And Plate
WHEN: Saturday, July 18, 2015, 3pm – 5pm
WHERE: CCOM Office, 6 S. Elmwood Ave., Montauk, NY
CONTACT: Danielle Friscia, (631) 238-5720, dfriscia@PreserveMontauk.org
MORE INFO: www.preservemontauk.org/events-2

Please join CCOM on Saturday, July 18th from 3-5pm at the CCOM Office, 6 S. Elmwood Ave., Montauk for a book reading by local author and radio show host Stefanie Sacks on her new book, What The Fork Are You Eating? An Action Plan For Your Pantry And Plate.

Stefanie Sacks, MS, CNS, CDN is a culinary nutritionist, author, radio show host, educator, speaker and consultant. Studying food and healing for 25 years, Sacks has her Masters of Science in nutrition education from Columbia University, is a Certified Nutrition Specialist, Certified Dietitian Nutritionist and graduate of Natural Gourmet Institute for Health and Culinary Arts. Her blog, What The Fork Weekly features her Stirring the PotTM radio show that airs on Hamptons NPR, WPPB 88.3FM and via podcast. Make sure to read her book, *What the Fork Are You Eating?* (Tarcher/Penguin Random House) – available wherever books are sold.

THIS EVENT IS FREE & OPEN TO THE PUBLIC

For more information on this and other upcoming CCOM Events, please visit CCOM's events webpage at: <http://www.preservemontauk.org/events-2/>