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For Immediate Release

SPROUT CAFÉ ANNOUNCES FREE WEEKLY FOOD DEMONSTRATIONS, WEEKEND CLASSES ON LIVING-FOODS LIFESTYLE

ROSWELL, Ga. (July 22, 2002) — Sprout Café Shinui Living Food Learning Center in Roswell is announcing free food preparation demonstrations beginning tonight and its summer schedule of educational classes devoted to the living-foods lifestyle.

The food demonstrations, by cafe owner ande37(m)(gi)8. gi1rp1 Tf6.76508 T4D0.001 7c3.0264ummf Jackie 3027., will

“This is something new for people – a new way of eating,” notes Jackie Graff. “Before people would have to travel to California or Florida to take a class such as this and then they would not have much support once they returned. We are pleased to provide ongoing education and support to the Atlanta community.”

The recipe of the week will be posted on the Sprout Café website at www.sproutcafe.com. The site also has a detailed description of the course offerings. For more information, call 770-992-9218.

About the Sprout Café

The Sprout Café and Shinui Living Food Learning Center, based in Roswell, Ga., is dedicated to teaching and promoting the living foods lifestyle for mind, body and spiritual awareness. It is the only Atlanta-based living food restaurant, organic market and learning center. For more information, visit us online at www.sproutcafe.com.

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