



EAT OUT WITH NOMC&AF AT OUR HEALTHY SUPPER BOWL!



One Year Anniversary of Healthy Eating

New Orleans-October 2-One year ago the New Orleans Musicians' Clinic (NOMC) and Assistance Foundation (NOMAF) teamed up with the new Slow Foods New Orleans chapter to present the first of many collaborations together. NOMC & AF are proud to announce that we are once again partnering with Slow Food New Orleans to celebrate their first anniversary. Also joining in to produce the event will be: Moscow 57, Carmo Café, Café Hope and L'Entrepot. The event will highlight wholesome foods, music, art, cooking methods and suggestions for healthy lifestyle changes.

The event is part of NOMAF's Prevent Death by Lifestyle initiative.

The anniversary party will take place on **Monday, October 7th at L'Entrepot (527 Julia Street)**. The event kicks off at **6:00 p.m.** with affordable healthy food options from the New

Orleans Slow Food Nola Chapter, Moscow 57 and Café Hope sponsored by Carmo Cafe. Music will be provided Moscow 57's Ellen Kaye and Ethan Fein featuring Kayte Grace. The event will also be the release of Kayte Grace's EP Release. The event will feature a digital display by local visual artist Emilie Rhys and NYC sculptor Oscar Garcia. Local author Elsa Hahne will be on hand to sign her book *The Gravy: In the Kitchen with New Orleans Musicians*.

The event is **free and open to the public**. We encourage all chefs, restaurateurs, waiters, cultural workers, musicians, artists, health advocates and the community at-large to come and enjoy the reasonably-priced, healthy food.

New Orleans Musicians' Clinic / Assistance Foundation

The mission of the New Orleans Musicians Assistance Foundation is to keep music alive by sustaining New Orleans musicians and tradition bearers in body, mind and spirit. We do this through providing access to health and social services through the New Orleans Musicians' Clinic, regardless of musicians' ability to pay, and by fostering cultural opportunities that advocate for and support this effort. To learn more visit www.neworleansmusiciansclinic.org or www.nomaf.org.

Slow Food New Orleans

Slow Food New Orleans supports the philosophy of Slow Food International that everyone has a fundamental right to the pleasure of good food and consequently the responsibility to protect the heritage of food, tradition and culture that make this pleasure possible. The food traditions of New Orleans are inseparably bound to its musical heritage, which combine to create a lush and internationally renowned culture. Food fuels the heart while music feeds the soul of a city and region where cultural influences from around the world simmer in a pot of gumbo that in turn feeds cultures of the world. Slow Food NOLA is thrilled and honored to partner with the New Orleans Musicians' Assistance Foundation to preserve and promote the unique food and music cultures of New Orleans. Please visit the Slow Food NOLA website to learn more about the local, national and international Slow Food movement. www.SlowFoodNOLA.com.

Moscow 57

Is a New York City based hospitality and entertainment company. Founder Ellen Kaye, whose family owned The Russian Tea Room from 1947-1996, and partner Seth Goldman have created Moscow 57 entertaining, a catering company and record label on the road to opening Moscow 57, a restaurant with live music. Moscow 57, the restaurant, will feature Russian Central Asian food and great music from a New Yorker's perspective. The Moscow 57 team has a commitment to giving back to their community. Moscow 57 is big fans of the NOMC & AF and has produced several events for NOMC. <http://moscow57.com/>

Carmo Café

Carmo is a tropical café built upon the rich multi-cultural culinary influences found throughout the Caribbean, Central and South America, Gulf South and beyond. West Africa meets Europe meets Latin America meets Southeast Asia in dishes that feature top-quality, local ingredients as well as exotic products from around the globe. From the beginning Carmo has made the decision to make Carmo as sustainable as possible. From purchasing local organic produce and seafood to utilizing all biodegradable takeout ware and cleaning supplies. <http://cafecarmo.com/>

Café Hope

Helping at-risk young adults get training in restaurant and hospitality industries.

<http://www.cafehope.org/>

L'Entrepot

Situated in the heart of the New Orleans' Art District, L'Entrepot is a neighborhood creative arts space which houses art galleries, creative studios, catering kitchen, tropical restaurant/café, solarium and more. Opened in 2010, the open, light-filled building maintains a sophisticated yet friendly vibe, encouraging visitors to make themselves at home and move about the space, interacting with the participants in the café and studios as well as the resident border collies. A substantial part of L'Entrepot's mission is to nurture community involvement and interaction. <http://www.lentrepotnola.com/whats.php>



Supper Bowl Jam

The New Orleans Musicians' Clinic (NOMC) and Assistance Foundation (NOMAF) are teaming up with the Youth Orchestra of the Lower Ninth Ward, Slow Foods New Orleans and Moscow 57. The event will highlight wholesome foods, music, cooking methods and suggestions for healthy lifestyle changes. The event is part of NOMAF's Prevent Death by Lifestyle initiative.

The community potluck dinner will take place on **Wednesday, October 9th at Guerrilla Garden (5723 Charters @ Charbonnet)**. The event kicks off at **4:30 p.m.** with a performance by the Youth Orchestra of the Lower Ninth Ward followed by a potluck dinner with offerings from the New Orleans Slow Food Nola Chapter, Moscow 57 and the Youth Orchestra of the Lower Ninth Ward friends and family.

The event is **free and open to the public**. We encourage all chefs, restaurateurs, waiters, cultural workers, musicians, artists, health advocates and the community at-large to come and enjoy the reasonably-priced, healthy food.

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Youth Orchestra of the Lower Ninth Ward

Youth Orchestra of the Lower Ninth Ward (YOL9W) is to foster academic achievement, cultivate artistic

expression and promote the healthy growth and development of children in New Orleans through culturally relevant music instruction and performance. <http://www.yol9w.org/>

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New Orleans Musicians' Clinic

Hours: Monday - Thursday : 10 AM - 4 PM

504-415-3514 : info@nomaf.org

 **Become a Sustaining Supporter**
Donate monthly in any amount to support
the New Orleans Musicians' Clinic

Can't Make the Event?
DONATE TODAY!