

***Cooking Light* selects Chef Marvin Woods as Host and Judge of Contest to Find the Healthiest and Most Innovative Chef**

ATLANTA, August 20 -- *Cooking Light* has selected Chef Marvin Woods to host and judge the "Healthy Chef of the Year" contest, a nationwide search to find the chef with the healthiest and most innovative cooking approach. The contest launched June 14, 2010 and recently closed on August 14, 2010. From the entries received, four finalists will be chosen to compete in a live cook-off event at The Taste of Atlanta, a two-day outdoor food festival in Atlanta, GA, on October 23 and 24, 2010.

Chef Woods and the other *Cooking Light* judges will select the winner, who will be named the "Healthy Chef of the Year." The winner will receive a \$10,000 prize package including a kitchen makeover, a year's worth of free groceries, and the opportunity to become a contributor to *Cooking Light* magazine and CookingLight.com in 2011.

About Chef Marvin Woods

Earlier this year, Chef Woods was chosen as the first chef to kick off Michelle Obama's *Let's Move!* cooking series. As an invited participant in *Let's Move!*, Marvin visited the White House kitchen to create nutritious and affordable menu plans for busy families. In his [Let's Cook](#) video, Chef Woods demonstrates how easy it is to eat healthy at home and how to create nutritious and affordable meals.

Chef Woods has also traveled the country educating and motivating kids and parents through his own program, *Droppin' Knowledge with Chef Marvin Woods* since 2006. The national program focuses on a positive way to reduce childhood obesity and other children's health issues.

About Cooking Light

Cooking Light is the nation's number one epicurean brand with the largest audience, most epicurean editorial and the most recipes. Founded in 1987, *Cooking Light* makes healthy food taste great. Each month, nearly 12 million readers turn to *Cooking Light* and CookingLight.com for innovative recipes; nutrition advice and food and fitness tips. *Cooking Light* is published by a subsidiary of Birmingham, Alabama-based Southern Progress Corporation.