



ART AND SOUL TEACHES HOW TO MAKE HEALTHY, ALL-NATURAL AND BUDGET-FRIENDLY BABY FOOD AT HOME

Capitol Hill restaurant to host **Baby-FOOD FOR THE SOUL** class on Saturday, March 21st

Washington, DC (March 4, 2009) – Art and Soul is excited to announce a homemade baby food making class for families with infants, or a newborn on the way. During the hour-long class, guests will learn about the benefits of making homemade baby food, health and economic factors, as well as which ingredients are most beneficial to babies, secrets such as lavender and cayenne. They'll also receive recipes and information about some of the ingredients that should be avoided. The class will be held on Saturday, March 21st at 11:00 a.m. and is priced at \$35 per parent.

With all of the recent news about food scares, such as peanuts, baby formula and tomatoes, it is crucial for parents to know what their children are eating and where it is coming from, which is why Art and Soul is excited to offer this unique opportunity for parents. "It's important it is to give your baby proper nutrients, and to be aware of all the ingredients that are found in what we feed them," said Executive Chef Travis Timberlake. "I look forward to teaching our guests to take an interactive role in the growth and well-being of their little ones."

Parents are welcome to bring their baby to the class. There are only 40 seats available and are on a first-come first-serve basis. To make a reservation, please visit www.artandsoul.com. For every seat purchased, \$10 will go to DC Safe Kitchen, a partnership between Chef Art Smith, The Liaison Capitol Hill, an Affinia Hotel and The DC Fire and Rescue Squad that will teach DC youth about kitchen safety skills.

In addition, The Liaison Capitol Hill, an Affinia Hotel, will introduce Chef Ryan's baby-food for the soul on its in-room dining menu.

Art and Soul is open for breakfast from 6:30 a.m. – 10:30 a.m. Monday through Friday, lunch is served from 11:30 a.m. – 2:30 p.m. daily, and dinner is served from 5:30 p.m. – 10:30 p.m. Sunday - Thursday and 5:30 p.m. – 11 p.m. Friday - Saturday. On Saturday and Sunday the restaurant hosts a special brunch from 7:30 a.m. – 2:30 p.m. ArtBar lounge services are from 4 p.m. – 12 a.m. The restaurant is located at The Liaison Capitol Hill, An Affinia Hotel, 415 New Jersey Avenue NW, Washington, D.C. Reservations are recommended. To contact the restaurant or to make reservations, please call 202-393-7777 or toll free 866-944-4ART. For more information on Art and Soul, visit www.artandsoul.com.

About Affinia

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