



ART AND SOUL TEACHES HOW TO MAKE HEALTHY, EXCITING MEALS FOR TODDLERS

Art and Soul also to participate in KIDS' RESTAURANT WEEK, June 14-21

Washington, DC (June 8, 2009) – In response to the success of Art and Soul's first baby food making class, the restaurant is excited to announce a second edition homemade baby food making class, now targeted to the parents of toddlers – Baby-Food for the Soul-The Toddler Edition. During the hour-long class, Executive Chef Travis Timberlake will explain the benefits of preparing homemade food for toddlers and will present ways to make mealtime more exciting for children in their terrible twos, including how to make nutritious foods into fun shapes like dinosaurs. Chef Travis will provide recipes and information about the benefits of using specific cooking ingredients as well as ingredients that should be avoided for the tots. The class will be held on Saturday, June 20th at 11:00 a.m. and is priced at \$35 per parent.

There are only 40 seats available and seats are assigned on a first-come first-serve basis. To make a reservation for Chef Travis' class please visit www.artandsouldc.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. There will also be another baby-food for the soul class on Saturday, July 18th.

Additionally, Art and Soul will join a variety of local restaurants in the *Cookie + Gourmet Kids'* Restaurant Week, a new promotion that will allow families to enjoy delicious three-course meals at a discounted price. Some of Art and Soul's special child-friendly dishes include *PB&J Hoecakes* and *Turkey Burgers with Peas and Carrots* for ages 11 and under, which is priced at their age and *Asparagus Soup* and *Pecan Crusted Chicken* for ages 12 and up, priced at \$29. Kids' Restaurant Week will take place the week of June 14 – 21, 2009. Chef Travis will also participate in the kick-off event on June 13th at 11 a.m. in Eastern Market where he will prepare two dishes from his kids restaurant week menu for a live audience.

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. Art and Soul hosts a special brunch on Saturday and Sunday from 7:30 a.m. – 2:30 p.m. ArtBar lounge services are available from 4 p.m. – 12 a.m. Art and Soul 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 and to make reservations, please call 202-393-7777 or toll free 866-944-4ART. For more information about Art and Soul, visit www.artandsouldc.com.

About Affinia

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