

For immediate release

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### **Recipe Greeting to Kick Off Big Eats Campaign at Arthritis Center**

According to Chase's Calendar of Events. The week of December 1-8 is Recipe Greetings for the Holidays week. This is a week in which to send recipes as great greetings.

The Arthritis and Osteoporosis Center of Maryland (AOC) is holding a "Submit your best recipe" to coincide with Recipe Greetings for the Holidays. Send in your own creative specialties or those that are tried and true from generations past. It doesn't matter.

AOC is collecting great recipes in order to create a book. Proceeds from the sale of the book will benefit the Arthritis Research Institute, a non-profit charitable foundation that helps fund arthritis research, help with medications for people who can't afford high-priced arthritis medicines, and provides scholarships for children with arthritis.

Many people don't know that the holidays were originally created as a time to enjoy eating and drinking to help relieve the tedium of the long dark days of winter.

The earliest known cook book was found on a Babylonian clay tablet dating back to 1500 B.C. Up until the 18<sup>th</sup> century cookbooks were used by the wealthy only since servants weren't supposed to know how to read. Cookbooks came out in Colonial America in the mid 1700's. The first American cookbook- and first cookbook written by a woman- was American Cookery written by Amelia Simmons in 1796.

To contribute to the cookbook, contact Michelle Grimm at AOC by calling her at (301) 624-1164 .

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