

Chicago, Illinois – The Filipino American Community Health Initiative of Chicago (FACHIC) will be presenting a heart healthy cooking demonstration of *Low Fat Leche Flan*, a traditional Filipino dessert, at the 2014 annual Piyesta Pinoy on Sunday, March 23, 2014 at Navy Pier Crystal Gardens (600 E Grand Ave) in Chicago, Illinois from 12 PM to 3 PM.

This cooking demonstration of *Low Fat Leche Flan* is the second of three demonstrations part of FACHIC's *Heart Healthy Cooking for the Filipino Community* program that received a 2013-2014 Community Action Grant from the American Heart Association. The featured heart healthy *Low Fat Leche Flan* recipe is from the American Heart Association's *Mula sa Puso* recipe booklet.

FACHIC staff and volunteers will be on hand to conduct an interactive cooking demonstration incorporating tips and suggestions for heart healthy alternatives in traditional Filipino cooking. Free samples of low fat leche flan will be available to participants. Free recipe booklets and health materials will be distributed. As part of FACHIC's *Heart Healthy Cooking for the Filipino Community* program, a new heart healthy Filipino recipe from *Mula sa Puso* is released each month on the organization's website. A copy of *Low Fat Leche Flan* is available online for download at <http://www.fachic.org/lecheflan>.

For more information about the *Low Fat Leche Flan* cooking demonstration and future community partnership opportunities, contact FACHIC at (312) 962-7748 or [info@fachic.org](mailto:info@fachic.org). To learn more about the American Heart Association and their Community Action Grant program, visit [www.heart.org](http://www.heart.org).

The Filipino American Community Health Initiative of Chicago (FACHIC) is a collaborative of

community, health professional, and academic leaders united to address Filipino health issues in the Chicago area. The mission of FACHIC is to increase awareness of Filipino health disparities and to implement health interventions and educational programming to improve the health status of the Filipino community. FACHIC is a 501(c)(3) Illinois nonprofit organization. All programs and services are free and available to all. For more information, visit [www.fachic.org](http://www.fachic.org)

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