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FOR IMMEDIATE RELEASE

Daughters of Penelope Helps to Bring a “Healthy Greek Diet” to Capitol Hill

WASHINGTON (December 5, 2013)—The Daughters of Penelope (DOP), a preeminent international women’s organization, is proud to have sponsored an event held Dec. 4, 2013, on Capitol Hill that showcased the Healthy Mediterranean Greek Diet , announced Grand President Joanne Saltas. The event, “The Greek Mediterranean Diet: Where Taste Meets Wellness” featured world-renown chefs, dietary experts, and of course, Greek food. The Embassy of Greece and members of the Congressional Caucus on Hellenic Issues, organized the event which was made possible with the support of the Daughters of Penelope.

“We are delighted to be a sponsor of an event that demonstrates how our heritage and culture contribute to making a beneficial impact upon disease in our society,” Grand President Saltas said. “Because the Daughters of Penelope supports issues that relate to women and the care of the family, we have a strong incentive to promote events such as this one that champions the healthy Greek diet. We view it as vitally important to awaken the need to introduce it to a wider audience and there is not an audience more important than on Capitol Hill.”

Saltas added, “We commend Ambassador Christos Panagopoulos and the Embassy of Greece and members of the Hellenic Caucus, led by Representatives Joe Crowley, Gus Bilirakis, and Carolyn Maloney, for organizing the event of which the Daughters of Penelope was thrilled to be a part.”

The event featured:

- Iron Chef Cat Cora, who is also president and founder, Chefs for Humanity
- Dr. Artemis Simopoulos, president of the Center for Genetics, Nutrition and Health; and founder, International Society of Nutrigenetics/Nutrigenomics
- Master Chef Argyro Barbarigou
- Michael Costa, head chef, Zaytinya Restaurant
- Master Chef Mike Isabella, owner of Kapnos Restaurant
- George Pagonis, head chef, Kapnos Restaurant
- Diane Kochilas, internationally renowned chef and author
- George Mastrodimitris, president of the Chefs Club of Northern Greece
- Katerina Stai, specialist and expert on “Greek Healthy Recipes for Children”



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Thalia Assuras, former news anchor, *CBS News*, emceed the event. She is a former DOP Salute to Women recipient.

Grand Vice President Anna-Helene Grossomanides, Grand Secretary Connie Pilallis, and Executive Director Elena Saviolakis attended.

Founded in San Francisco in 1929, the Daughters of Penelope is the first women's organization of its kind established in the United States. It is an affiliate organization of the American Hellenic Educational Progressive Association (AHEPA).

The mission of the DOP is to promote the ancient Greek ideals of Hellenism, Education, Philanthropy, Civic Responsibility, and Family and Individual Excellence.

For more information about the DOP, or any of its programs or projects, please visit www.daughtersofpenelope.org.

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