

HOW TO SURVIVE COLLEGE BY STAYING HEALTHY!

KEVIN ROBERTS

"The Food Dude"



LEARN HOW TO KICK THE FRESHMEN 15! ...Put that greasy fast food down and learn how to cook!

Author/Chef/Restaurant owner, Kevin Roberts, proves that it's not only cool to cook, but fun too! He gives students food freedom with recipes that are cheap, simple, tasty and healthy.



- ◆ Fun facts on healthy eating
- ◆ Live cooking demonstrations
- ◆ Hot Sauce Drinking Contests
- ◆ Free Frank's Red Hot giveaways
- ◆ Experience the taste yourself!



Kevin was a top 10 finalist on Season 4 of The Next Food Network Star!

Kevin is also a regular contributor on these nationwide stations!

