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CATHY FINK & MARCY MARXER's
"Bon Appétit! Musical Food Fun" CD Wins Grammy Award
Best Musical Recording for Children - 2004

Takoma Park, MD – Cathy Fink & Marcy Marxer have received a Grammy Award for their CD, **Bon Appétit! Musical Food Fun.** This collection of good humor songs celebrates healthy eating, healthy kids and the fun of food. The award for the Best Musical Album for Children was presented at the 46th Annual Grammy Awards ceremony in Los Angeles on Sunday, February 8, 2004. To our knowledge, this is the first time in Grammy history that actual children's performing artists have won in this category for a project not related to a feature film or television program.

Bon Appétit! Musical Food Fun is the result of a grant from the Micronutrient Initiative to create a musical project that inspires kids towards healthy eating and healthy lifestyles. Cathy & Marcy met the challenge of making the facts fun, with great support from nutritionists at the Center for Science in the Public Interest and the World Bank. Months of research went into researching pediatric nutrition, but the duo didn't want to lay down a nutrition textbook. The songs on **Bon Appétit!** are inspirational rather than proscriptive. And the special website at **www.cathymarcy.com/bonappetit** offers kids a plateful of related activities plus a place to submit their favorite food jokes!

Bon Appétit!'s positive, eclectic and energetic musical mix encourages healthy living. With folk, swing, rock, samba, Caribbean, rap, and old-time country music, Cathy & Marcy share information about the Food Pyramid and the benefits of drinking water and exercise, along with Mexican hat-dancing about potatoes, tango-tasting new foods, trading food jokes, and other delights. From the call and response banjo style of the title track, to the high-energy calypso beat of "Banana," **Bon Appétit!** provides a juicy good time. Most of the songs are related to nutrition and wholesome foods, enhanced by tracks that celebrate "Big Strong Muscles" and the joys of the "Hula Hoop" and "Aerobics."

Every Cathy & Marcy recording since 1997 has received the great honor of a GRAMMY nomination, including two CD's the duo produced for other artists. **Bon Appétit!** was Cathy & Marcy's ninth GRAMMY nomination and 14th recording for children and families. A featured piece on National Public Radio's "Morning Edition," catapulted the CD to the #1 spot on Amazon.com's Best Seller list. **Bon Appétit!** was selected as one of the Best CDs of 2003 by *Child Magazine* and also won an award from Parents' Guide to Children's Media.

Cathy Fink & Marcy Marxer have received numerous awards for their children's and family music from the Parents' Choice Foundation, Oppenheim Toy Portfolio, The American Library Association, *Early Childhood News* and the *Washington Area Music Association*. For more than 20 years, their live performances have set the standard for family participation and fun, and their recordings inspire kids, parents, grandparents, teachers and friends to sing together and enjoy the magic of music.

For more information, please contact:

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BON APPETIT! MUSICAL FOOD FUN

with

CATHY & MARCY

FINK MARXER

Songs from the GRAMMY® winning CD **Bon Appétit!**
(Best Musical Album for Children, 2004)

This concert of good humor songs celebrates healthy eating, healthy kids and the fun of food performed by the GRAMMY® Award winning duo, Cathy Fink & Marcy Marxer. The school concert menu includes sing-along songs in musical styles ranging from the Celtic sounds of "Water" to the ukulele jazz of "Five A Day" and the Caribbean steel drum of "All The Nations Like Banana." These songs have become companions to nutrition programs across the country. Cathy & Marcy rock out with "The Food Pyramid", celebrate the magnificent "Potato", and sing about "Breakfast Power." A Hula Hoop contest to Big Band swing music reminds us that exercise is fun both indoors and out. Songs are accompanied on guitar, five-string banjo, steel drum, ukulele and mandolin.

Add a children's chorus! Cathy & Marcy are adept at working with a music teacher or choral director in advance of the concert so that a children's chorus from your community can join them on stage for some of their songs. This has been very successful in many venues and adds local pride to each program.

- Teacher guide with nutrition resources and coloring book pages available
- Take Home Fun Book for kids and parents
- Quantity discounts on "Bon Appétit!" CD's available for classroom & nutrition program use

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