



Carrots 'N' Cake

A Food Blog Dedicated to a Healthy Balance

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NYC in 24 Hours

Silver Spoons

Ok, so I bet you're wondering why I am going to New York City today. Well, late in the day on Friday, I was invited to the [Citymeals-on-Wheels](#)' 25th Anniversary event "Silver Spoons: 25 Years of Chefs & Celebrations" to honor James Beard in Rockefeller Center. Sounds amazing, right?! I'd be crazy to turn down the invitation, so I weighed the pros and cons of a last-minute trip to NYC. A roundtrip bus ticket was just \$30 and I have a free place to stay overnight. Really, what did I have to lose? So, I decided to go.

This quick trip, however, posed one major problem for me: I'd have to pack *everything* I needed for the trip in one bag *and* carry it with me all day and night. But, this wasn't a problem; it was a **challenge!** 😊 So, yesterday, I took an "emergency" trip to Target and bought this baby:



And, this little number:



I swear I can't leave Target without spending at least \$75. 😊



Somehow it all fit in one bag!

And, of course, I packed snacks for the trip: peanut butter and honey on whole wheat bread, cherries, and a [Cranberry-Walnut Lentil Bar](#).



I'm taking the [Bolt Bus](#) down to NYC, so when I arrived at South Station, I grabbed an iced, non-fat latte from Au Bon Pain.



Here's a little more about the event tonight:

A constellation of culinary stars will create heavenly haute cuisine at the year's most anticipated gourmet extravaganza – the 25th Chefs' Tribute to James Beard, on Monday, June 14, 2010 in Rockefeller Center to benefit Citymeals-on-Wheels, a non-profit co-founded in 1981 by Beard and food critic Gael Greene. More than 40 of the greatest chefs ever to cook at the event will reunite at Rock Center to, once again, create a spectacular feast that is expected to raise nearly \$700,000 for the preparation and delivery of nutritious meals, hand-delivered to frail, homebound elderly New Yorkers. Food & Wine's special projects director Gail Simmons – who delights audiences as a judge on Bravo's smash hit Top Chef – will emcee the event. Mayors Ed Koch and David Dinkins, who both made important contributions to the organization, will be on hand to cut a giant ribbon to kick off the event.

I'm excited! See ya in the Big Apple!