



**Contact:**

Lisa Huck, Dot Foods Inc.

636-537-6002

[lhuck@dotfoods.com](mailto:lhuck@dotfoods.com)

**Women's Foodservice Forum Event to Focus on Networking**

*Oct. 26 event will feature Sauce Magazine's Catherine Neville as keynote speaker*

**ST. LOUIS (Sept. 29, 2009)**— St. Louis-area foodservice professionals are in for a treat at the Women's Foodservice Forum's upcoming Regional Connect meeting on Monday, Oct. 26. The evening will include a keynote presentation by Sauce Magazine co-founder and editor Catherine Neville and a networking discussion led by Karin Hart, national director of foodservice sales for J.R. Simplot Co.

The free event will be held at the Doubletree Hotel St. Louis at Westport from 5-8 p.m. Regional Connects offer WFF members and non-members a chance to network and learn from other industry professionals in their area. The events include interactive discussions and educational programming around the topic of building networks.

John Tracy, CEO of Dot Foods, the presenting sponsor for the event, will make opening remarks and introduce the speakers. Neville will share successful networking tips from her experience building Sauce Magazine from the ground up. She created Sauce Magazine in 1999 with her business partner, Allyson Mace, to celebrate the St. Louis culinary scene and promote the art of eating well. Published monthly, Sauce Magazine is distributed throughout the region, with an 80,000-plus circulation. Neville also appears in "Sauce on the Street" segments and live cooking demos for KMOV-TV and on "The McGraw Show" on KTRS-AM. She has received numerous awards and is actively involved in the foodservice industry.

Attendees will break into groups for discussion facilitated by Hart. Topics will include developing a network map, understanding networking styles and sharing networking successes and failures.

"This is a key event for foodservice professionals to expand their network and gain experience from leaders in our area who have already made a difference," said Tracy. "We're excited to host the St. Louis event and welcome attendees from the area."

WFF Regional Connects are free, but registration is required. A complete list of dates and locations along with an online registration form can be found at [http://www.womensfoodserviceforum.com/events/Regional/2009\\_rc\\_location.html](http://www.womensfoodserviceforum.com/events/Regional/2009_rc_location.html).

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*Women's Foodservice Forum Event – add one*

### **About Women's Foodservice Forum**

The Women's Foodservice Forum is the premier leadership development organization that empowers women in the foodservice industry to achieve their highest potential. With thousands of members from all segments of the foodservice industry, including restaurant operations, manufacturing, distribution, publishing and consulting, Women's Foodservice Forum is committed to helping elevate women leaders. Through highly effective and educational workshops at the Annual Leadership Development Conference, the Executive Women's Summit, Regional Connect events, mentoring and more, Women's Foodservice Forum provides members with the leadership tools needed to make a positive difference in their careers. For more information about Women's Foodservice Forum, please visit the Web site,

[www.womensfoodserviceforum.com](http://www.womensfoodserviceforum.com).

### **About Dot Foods Inc.**

Dot Foods Inc. carries 83,000 products from 500 food industry manufacturers and is the largest food redistributor in the United States. Dot Foods and Dot Transportation sell and deliver foodservice, convenience, retail, vending, equipment and supplies to leading distributors in all 50 states. Dot Foods operates eight distribution centers in: Modesto, Calif.; Vidalia, Ga.; Burley, Idaho; Mt. Sterling, Ill.; Cambridge City, Ind.; Williamsport, Md.; Liverpool, N.Y.; and Ardmore, Okla. For information, visit [www.dotfoods.com](http://www.dotfoods.com).

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