



**FOR IMMEDIATE RELEASE:**

**JULY 23, 2010**

**NOTHING SAYS, “HAPPY NATIONAL CHEESECAKE DAY” LIKE AN OHIO CHEESECAKE**

**COLUMBUS-** National Cheesecake Day is quickly approaching on July 30, and what could be a better way to celebrate than by cooking up an award-winning cheesecake recipe from [www.OhioCheesecakes.com](http://www.OhioCheesecakes.com)? From Buckeye Cheesecake to Cappuccino Fudge, and Key Lime to Apple Streusel, all chefs are sure to find a cake to satisfy everyone’s taste buds.

“Preparing an Ohio cheesecake is a fun and delicious way to celebrate National Cheesecake Day,” said Jim Chakeres, executive vice president for the Ohio Poultry Association (OPA). “It also provides a great opportunity to highlight the Ohio farmers who produce the egg and dairy products used in cheesecake.”

The website, [www.OhioCheesecakes.com](http://www.OhioCheesecakes.com), features award-winning recipes and photos from the Ohio State Fair’s annual “Smile and Say, Cheesecake!” contest. The 2010 “Smile and Say, Cheesecake!” contest will take place on National Cheesecake Day from 9-10 a.m. on July 30 at the Ohio State Fair.

OPA and the American Dairy Association Mideast launched the website in May to share cheesecake recipes and also offer facts about Ohio’s egg and dairy farmers, as well as baking tips on how to make the perfect cheesecake.

One Ohio cheesecake contains at least four Ohio eggs, and one egg provides 13 essential nutrients with only about 75 calories. Eggs are also an excellent source of choline and selenium and a good source of high-quality protein, vitamin B 12, phosphorus and riboflavin. Research shows that including three daily servings of milk, cheese or yogurt every day helps meet the daily needs of calcium and other nutrients which may help reduce the risk of diseases such as osteoporosis and hypertension.

In addition to the nutrition benefits that eggs provide, the sector is also a top economic-contributor to the state. Ohio ranks second in the nation in egg production, just behind Iowa, and the state’s egg farmers produce more than seven billion eggs each year with a total retail value of more than \$585 million. Ohio’s dairy farms produce nearly five billion pounds of milk each year, ranking Ohio 11<sup>th</sup> nationally in the amount of milk produced and first in Swiss cheese production.

For more information about Ohio’s poultry or dairy sectors, please visit [www.ohiopoultry.org](http://www.ohiopoultry.org) or [www.drink-milk.com](http://www.drink-milk.com)

###

**CONTACT:** Jim Chakeres, OPA executive vice president, 614/882-6111  
Diane Hurd or Hana Bieliauskas, 816/880-0204

**\*\*EDITOR NOTE:** High resolution photos are available for download at [www.OhioCheesecakes.com](http://www.OhioCheesecakes.com).