



FOR IMMEDIATE RELEASE
May 24, 2023

Contact: Georgia Berkovich
310-383-1795
gberkovich@midnightmission.org

The Midnight Mission Introduces New Vegan Chef Supreme Dow

Everyone has the right to be whole, healthy, and happy.

Food is the medicine that we eat to live."

— Chef Supreme Dow

We are excited to announce our new Managing Chef, Supreme Dow. We are very lucky to have his giving spirit here at The Midnight Mission. Chef Supreme has been nourishing the community of Skid Row for many years. He was already "walking the walk" and helping those experiencing food insecurity by giving them fresh, plant-based meals on the streets. But now he is doing this on an even bigger scale here!

Chef Supreme has a life mission to heal the world through food. He was raised in the Philadelphia vegan culture and graduated from the Culinary Arts Program at the Charleston Job Corps in West Virginia. Now, he is taking his culture and education to bring foods rich in nutrients, vitamins, and minerals to the homeless community of Skid Row. His family taught Chef Supreme to give back when you reach the highest point in life.

As the owner of the Concierge Kitchen ([@theconciergekitchen](https://www.instagram.com/theconciergekitchen)), a chef service preparing gourmet dishes, Chef Supreme became known in rich, famous, and elite circles. His client list includes high-profile NBA athletes and superstars such as India Arie, Andre 3000, Yvette Nicole Brown, Rich Roll, and others. Chef Dow received high reviews for his plant-based meals, but his heart desires to help the less fortunate.

Chef Supreme is passionate about his journey and remarks, "Everyone throughout the planet has the right to be whole, healthy, and happy. Food is the medicine that we eat to live. I ensure that those who don't have the highest quality of anything receive the highest quality of food at the bare minimum. It's a step in the right direction because high-quality foods can help them become the highest form of themselves. We eat to live, and everyone has the right to live. I want to be known as a man who took the best part of himself and gave it back to the people."

The Midnight Mission serves nearly 3,000 meals a day to the unsheltered community of Skid Row. Chef Supreme is working to build a menu with healthy options, meatless Mondays, and fresh salads at every lunch and dinner service. Cooking and feeding other humans are examples of love in action.

Contact Georgia Berkovich at gberkovich@midnightmission.org or 310-383-1795 to learn more and to schedule an interview with Chef Supreme Dow.

About The Midnight Mission: Founded in 1914, The Midnight Mission offers paths to self-sufficiency to individuals and families who have lost direction. Our emergency services and 12-step recovery, family living, job training, education and workforce development programs offer a compassionate bridge to achieve and maintain healthy, productive lives. We remove obstacles and provide the accountability and structure that people who are experiencing homelessness need to be productive in their communities. Our conviction and commitment to their success define us. For additional information, please visit www.midnightmission.org.