

Dentist-backed 'SuperChefs' fight evils of bad food

By Tom Zillich, Surrey Now newspaper, October 27, 2011



Surrey dentist Greg Chang at Central City Shopping Centre with a balloon version of Potpan, one of the SuperChefs of the Universe characters involved in Halloween-related events at the mall this week.

Photograph by: KEVIN HILL, Surrey NOW

Surrey's Greg Chang is a dentist hoping to make a difference when it comes to childhood obesity.

In this battle of the bulge, he's also employing his skills as a screenwriter, trained chef and circus clown.

Chang is the creator and founder of SuperChefs Entertainment Inc., a company that uses superhero-like characters to teach kids about good food - cooking it, eating it and embracing it for a lifetime of healthy habits.

This week at Central City Shopping Centre, the company's SuperChefs of the Universe gang is drawing in young crowds and encouraging them to eat well.

"The characters are animated, and it's a circus act as well," said Chang, who works on many kids' teeth at Surrey Place Dental Group, his 25-year business at the mall.

"We do these SuperChefs events all around the region, including Surrey's Fusion Festival last summer - as much as I can, because I'm still a full-time practising dentist."

Chang is particularly concerned about this time of year - yes, Halloween can be a scary time for teeth.

At the mall, not far from his dental office, Chang's company has created a kid-friendly haunted house that focuses on the "fun" of healthy eating during Halloween. For the admission fee of \$5, kids can make their way through the various "spooky" stations in the haunted house, combating the Onion Ring Gang along the way.

On Saturday and Sunday this weekend (Oct. 29-30), there are also twice-daily circus shows involving the SuperChefs of the Universe characters - good guys and gals named Wrapper, Potpan, Spicer (she "keeps bland at bay" and is "always on thyme") and Coco up against the evil Deep Fry, Tuff Cookie and Sloppy Mo. Juggling, acrobatics and human pyramids are part of the circus show, to be staged daily at 1: 30 and 2: 30 p.m. in the southwest area of the mall, near Tim Hortons coffee shop.

Away from his office, Chang has worked as team dentist for the BC Lions for 19 years. "We do all the mouth guards and take care of any emergencies," he said of his role with the CFL football club.

For an online look at Chang's venture, including "cooking for kids" and event photos, visit www.superchefs.tv.

TIPS FOR A HEALTHIER HALLOWEEN

A backer of Greg Chang's SuperChefs initiative is British Columbia Dental Association, which offers these tips for a healthier Halloween:

- * Change up what you hand out to trick-or-treaters. Instead of candy, try temporary tattoos, stickers and pencils.

- * Select the best of the worst: Eliminate sticky candy, such as toffee and suckers, as they tend to stay in a child's mouth much longer and can damage braces and other dental work. Plain chocolate and sugar-free gum are better options.

- * Divide and conquer: Sift through your child's Halloween "bounty" and help them trash the less healthy options.

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