



Education Program Descriptions

- THE "3-WAY SERIES!" -

The Wellness Kitchen is all about S.O.U.L. food: Seasonal / Organic / Unrefined / Local. Each month our Chef will take one seasonal ingredient and show you how to prepare it three different ways! Discussion and demonstration will include guidance on how to purchase, where it falls on the "Dirty Dozen" list, how to handle, and then prepare three delicious recipes to enjoy samplings. Recipes and lessons are both therapy-supporting and delicious. Our Chef will guide you on how to prepare nutrient-dense foods with the intent to create the "most inhospitable environment" so disease does not have the opportunity to grow! Also learn the tricks on how to flavor foods using fat / acid / salt / sweet, especially when food is not tasting right to you. Class is free for individuals dealing with illness through our Pay it Forward Education Program. Friends and caregivers are welcome to join the class for an offering of \$20/class. For those financially challenged, inquire within about scholarships.

- KIDS COOKING CLASS -

Join instructor Evan Vossler in a hands-on cooking experience for kids ages 8-12. This three series program will repeat throughout the year. (It is not necessary to attend all 3 classes consecutively.) Each class is \$10 and a recipe will be prepared together and then enjoyed. Class held to max. 9 kids. **How to Eat a Rainbow:** Learn why it's important to "Eat Five to Thrive" colors of the rainbow. Chef Evan will prepare a recipe with the help of the kids. **Breakfast & Beyond:** Learn why breakfast is the most important meal of the day and what a breakfast of champions looks and tastes like. **Power Snacks:** Learn about what makes a healthy snack and what a "nutrition vampire" looks like! Snacks will be prepared and shared.

- TEENS HANDS-ON COOKING CLASS -

Join instructor Evan Vossler in this hands-on cooking class for teens ages 13 to 16. Four series program will repeat throughout the year. (It is not necessary to attend all 4 consecutively.) Each class is \$25 and several recipes will be prepared and eaten. Class maximum held to 9 teens.

- 1) Kitchen Basics: Teamwork, problem solving, professional appearance, ideology of TWK, Food as Medicine, cooking methods, kitchen/equipment/knife safety, hand washing, understanding recipes/planning/shopping; seasonings/herbs/spices; prep demonstrations; student prep work; student cooking.
- 2) 1st Course: Stocks and soups; vegetables and salads; work with fast/acid/salt/sweet
- 3) 2nd Course: Grains/pasta/potatoes, dressings/sauces/condiments; proteins/beans/legumes/eggs.
- 4) 3rd Course: Snacks, beverages, desserts

- DIABETES: 3 CLASS SERIES -

Taught by Haley Garelli, RDN, DCES (Registered Dietitian Nutritionist, Diabetes Care Education Specialist) and Therapeutic Chef Naida Freeman. This class is suggested for individuals perhaps described as "pre-diabetic" or "Type II Diabetic." Requirement is to attend all 3 classes. (Series will be offered quarterly and limited to 12 attendees.) Cost for the series is \$100 for 3 classes if paid upfront; or \$40/class if paying per class.

- 1ST CLASS: Physiology of What's Happening in your Body (1-hr lecture with Haley; 1/2-hr cooking demonstration with Chef Naida)
- 2ND CLASS: Emotional Side of Eating; Re-discovering "the sweetness of life." (1/2 hr lecture with Haley; AND 1-hr cooking demonstration with Chef Naida - 2 recipes)
- 3RD CLASS: Hands-on cooking in the kitchen with Chef Naida. Group will pair up and prepare 3 different recipes.

- INTRO TO WELLNESS -

Registered Dietitian Haley Garelli or Registered Nurse Laura Abate will teach you the "Top 10 Suggestions to start a Clean Eating Journey." This class is a free, "introduction" class that is offered on the 4th Wednesday of every month, and only 1 hour long. It's also helpful (and suggested) to repeat the class a couple of times because there is a lot of great information shared! Class is free.

- OTHER CLASSES -

Other classes will appear on our calendar that are taught by guest teachers or are not regularly scheduled events. To view details about each class, click the Title within the calendar. This program allows you to "Add To My Calendar" to remind you.

RSVP AND PRE-PAYMENT REQUIRED FOR ALL CLASSES

All programs require ADVANCE registration and payment in order to secure your seat, as well as, keep them on the calendar. RSVP Details are listed under each event on the calendar, or call 805-434-1800