

HEALTHY COOKING CLASSES



This is a new monthly cooking class series at What's COOKING, Kids? The classes will be lead by Renee Hastings, HHC. Renee attended The Institute for Integrative Nutrition in NYC and is a Certified Holistic Health Counselor through The American Association of Drugless Practitioners. Renee works with clients to help them get back to the basics of healthy eating and one of the ways she does this is by leading monthly cooking classes on various health related topics to inspire people to reclaim their health by getting into the kitchen and cooking delicious, wholesome food!

WEDNESDAY JANUARY 20, 2010

6:30-8:30 PM

COOKING CLASS TOPIC:

“Keeping Your Immune System Healthy”

We haven't heard much in the news about the swine flu lately, but some strain of the flu is sure to "rear it's ugly head" at some point this winter! By attending this cooking class you will learn specific foods that will build your immune system and help prevent you from getting sick or if you do "catch a germ" you'll learn what to eat to get healthy FAST! You will have a chance to sample the food on the menu and go home with copies of the recipes to share with your family and friends! The menu will include dishes such as roasted butternut squash with pasta and pumpkin seeds and chunky oatmeal cookies!

SATURDAY FEBRUARY 6, 2010

6:30 PM-8:30 PM

COOKING CLASS TOPIC:

“Healthy Sweets for You and Your Sweetheart”

Valentines Day is a day dedicated to love, flowers and SWEETS!!! Attend this cooking class and you will discover four new recipes that will satisfy your sweet tooth without completely sabotaging your health or your New Year's resolutions! The menu will include chocolate oatmeal bars, pear upside down cake and spiced hot chocolate!

FEBRUARY 24, 2010

COOKING CLASS TOPIC

7 PM- 9 PM

“Savory and Healthy Winter Soups”

Winter is HERE! Nothing warms you up faster than a bowl of hot, yummy soup (we've all seen the Campbell's soup commercials). These soups will have all of the delicious taste of the canned soups we all grew up on but without all of the artificial additives and extra sodium! I'll show you how you can QUICKLY and EASILY make three delicious and healthy soups! The menu will include black bean chili and carrot and butternut squash soup!

Whole grain bread and Gluten free bread will be served with the soups (*Safe for celiacs, and those with gluten and dairy intolerances*)

Classes are limited to 30 participants. For additional information or to reserve a class, please contact What's Cooking, Kids? at 413-224-1208 or info@whatscookingkids.com.