

# Nutrition & Cooking Demonstrations

## Host a Cooking Demonstration Today!

Cooking demonstrations focus on using nutrient-rich foods to help improve health and prevent chronic disease. Participants will learn helpful tips and tricks to create healthy & delicious dishes. They will also have the opportunity to observe the creation of 2-3 recipes, as well as taste test featured dishes. Sign up today!

**Only \$65.00 PER CLASS plus the cost of food! No more than 10-15 participants per class recommended.**

### Cooking class options available year round:

- Cooking Healthy & Delicious the Mediterranean Way
- Great Grains
- Healthy Eating on a Shoestring Budget
- Lose it with Healthy Fats
- The Flexitarian
- Get Creative with Beans

\*Requires kitchen/stove

### Additional Cooking Classes Available in Fall & Winter:

- Sauces of Italy \*
- Soups On!\*
- Get Creative with Root Vegetables

### Additional Cooking Classes Available in Spring/Summer:

- Farmers Market Finds
- Cooking with Herbs and Spices
- Salad as a Meal
- Fresh, Fast, and Fabulous-dishes under 30 minutes

## For more information or to schedule a class contact:

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Nutrition & Cooking Instructor

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HEALTH  
DEPARTMENT

*Caring today for a healthy tomorrow*

See class descriptions on back.

### Cooking Class Options Available Year Round:

- **Cooking Healthy & Delicious the Mediterranean Way**- Discover the health benefits of a Mediterranean diet and how to make it a part of your lifestyle. The class will take you on a journey around the Mediterranean by sampling delicious menu items and introducing you to new recipe ideas.
- **Great Grains**- Quinoa. Wheatberries. Farro. Explore these grains plus many more and start thinking beyond processed wheat products when it comes to whole grains. Taste test new grains and leave with many inspirational recipes.
- **Healthy Eating on a Shoestring Budget**- Eating healthy does not mean you have to break the bank. With planning, and the tips and recipes from this class, you can easily add nutritious snacks and meals to your diet while sticking to your food budget.
- **Lose it with Healthy Fats**- Our bodies need healthy fat like that found in nuts, seeds, avocado, oils and fish. Replacing processed carbs and added sugar with healthy fat could help you reach your weight loss goal (along with physical activity!) This class could be the change you need for a healthier diet.
- **The Flexitarian**- Are you aiming to eat less meat for health and food budget reasons? Adopting a “Flexitarian Diet” will help you gradually introduce meatless meals into your weekly menu. Leave with many recipe ideas and tips for using whole foods and meatless proteins.
- **Get Creative with Beans**- Enjoy these nutrition powerhouses at breakfast, lunch and dinner! Discover different types of beans and how to incorporate the inexpensive and nutritious food in your meals. This class will change how you see beans forever!

### Additional Cooking Classes Available in Spring/Summer:

- **Farmers Market Finds:** Kale, Parsnips, Kohlrabi, Beets and Leeks, oh, my! What’s a cook to do? This educational class will illustrate techniques, tips and tricks on how to incorporate farmers’ market foods in your diet.
- **Cooking with Herbs and Spices**- Eliminate salt from your cooking and have fun with new flavors! Get tips on using fresh and dried herbs, spices and learn how pairing flavors with healthy foods can take your meals to the next level.
- **Salad as a meal**- On the side isn’t the only way to enjoy a salad! Why not feature it as the main course? Be inspired to think outside the box and learn new ways to make healthy salads and dressings that are easy, delicious and filling.
- **Fresh, Fast and Fabulous**- With every season, there are foods we love-recipes that capitalize on fresh ingredients and in-season flavors. Learn how to make delicious and healthy seasonal dishes in under 30 minutes.

### Additional Cooking Classes Available in Fall & Winter

- **Sauces of Italy 101:** Tired of jarred marinara sauce? You can make a variety of easy and delicious Italian sauces right in your own kitchen. Leave with recipes to add to your collection- You’ll never be bored with noodles again! \* *Requires kitchen/stove*
- **Soups On! 101-** There’s nothing better than a steaming bowl of soup to warm you up on a chilly day. Come learn how easy it is to make homemade soups that will warm your soul. \* *Requires kitchen/stove*
- **Get Creative with Root Vegetables-** Introduce new flavors to your cold-weather dishes! Use hardy root vegetables like parsnip, rutabaga, beets, carrots and potatoes in fun, new ways.