

b-healthy!



Upcoming cooking classes:

2 PART NOURISHING DIETS:

Fri Feb 17/12 9:30 – 12:30 pm

Fri Feb 24/12 9:30 – 12:30 pm

MARCH BREAK TEENS:

Fri Mar 16/12 11 – 1:30pm

GLUTEN FREE:

Fri Apr.13/12 10 – 1 pm

Or Sat. Apr. 14 10 – 1 pm

choose one day only, class repeats

For more info see web-site:

www.b-healthy.ca

Patricia Meyer Watt, C.N.P.

Nutritional Consultant

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Comments from previous participants:

" You were well prepared and very knowledgeable", Andrea P.

" I enjoyed the instructional part and the eating afterwards", Colin H.

Patricia is a graduate of the Institute of Holistic Nutrition (IHN). She works in the practice of a medical doctor and is a faculty member at IHN, teaching the Food Preparation course. She is the Chapter Leader for the Weston A. Price Foundation in Toronto (Volunteer).

Traditional Nutrition in the Kitchen

Fun! Delicious! Nutritious! For vegetarians and carnivores!

Name: _____

Address: _____

Cell phone: _____

e-mail: _____

Food intolerances: _____

Enclosed Payment or e-transfer _____

2 PART – NOURISHING TRADITIONAL DIETS:

• In this series of classes we will explore the foundations of a healthy & nourishing diet: bone broth, pastured meats (& organs), veggies, proper preparation of grains, healthy fats & oils, dairy and veggie fermentations and much more will be covered. You will take home all recipes, samples, handouts, starters for fermentations and a full belly (morning snack and lunch). Demo & hands-on class. Each 3 hour class - \$ 70.8 + HST = \$80 or \$ 150 for both classes.

MARCH BREAK TEEN CLASS:

• Enjoy cooking a meal with your peers. We will prepare simple and delicious recipes and enjoy lunch as a group. Berrilicious smoothie, Butternut squash soup, Chicken & Mango salad, Oatmeal pancakes and home-made ice cream. Mom/dad & teen teams also welcome. Demo & hands-on class.

2.5 hour class - \$ 57.50 + HST = \$ 65 (\$120 for mom/dad & teen)

GLUTEN FREE, HEALTHY & DELICIOUS:

• There are many gluten free products in the market these days, but are they healthy? Learn to prepare delicious & healthy gluten free meals, snacks and desserts. We will bake with nuts, seeds, coconut flour, buckwheat, etc. Take home recipes, samples and tricks to transform many recipes into gluten free. Hands-on class.

3 hour class - \$ 70.8 + HST = \$ 80

All classes and recipes are inspired by the book "Nourishing Traditions" by Sally Fallon.

We use organic & pastured animal foods, mostly local & seasonal organic vegetables.

Location: Bathurst & St. Clair, Toronto (St. Clair West Subway)

Free street parking – will e-mail directions. Max. 6 participants per class.

To reserve space, send \$ 40 deposit for each class you wish to attend. Balance due day of class.

Cancellation policy: Full refund if class cancelled by instructor.

100% refund up to 2 weeks before class (-\$ 20 admin fee). No refunds after that date.

If you can't come at last minute, send a friend to enjoy the class.

Classes fill quickly, book as soon as possible. E-mail for availability.

Payment by cheque or e-transfer (e-mail for instructions). Space in class is not confirmed until deposit has been received.

Mail to: Patricia Meyer-Watt 36 Wychwood Park Toronto ON M6G 2V5