

FOOD 101

Applying the latest nutritional knowledge to simple everyday cooking.



Preparing, cooking and eating nutritious foods is only half the battle. The other half is finding recipes that make eating whole foods quick and easy enough to fit your lifestyle, delicious enough to love them and within your budget.

- Four nutrition + cooking classes, 90 minute duration, 6 participants per class
- Learn about **healthier food choices** for you and your family
- Focuses on **fresh, local vegetables, healthy fats** and meats (optional)
- **Healthier options** for refined wheat, dairy, fat and sugar
- Tips on food shopping, prep, quick + easy dishes, **recipes + meal planning**
- **Cooking demo + food tastings** at every class
- FOOD101 **hand-outs** for easy referencing and keeping on-track
- **Online health community + nutritional coaching** for an entire year, to provide 'accountability buddies', improve motivation and achieve lasting change
- Establish short and long-term dietary **nutrition and health goals**
- Program is **flexible** for clients to choose what they can change each week
- **Cost:** \$145 (+ hst). Location: St Catharines
Optional: grocery store tour

Classes start June 3, 7 pm.

Registration 905-658-4941

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www.FOOD101.ca



Lynn Ogryzlo is a food writer, an award-winning cookbook author and local food champion with decades of experience cooking from the farms and fields of Niagara. She is now a certified Holistic Nutritionist.