

Healthy Cooking Classes Application Form

Session Two: Spring, 2012

**Classes will be held at Hillside Place from 4:30 pm to 6:00 pm.
Registration is open to benefits eligible employees.**

Wednesday, February 22 Grocery Store Tour

Identify healthy food items, read labels, discuss seasonal availability and pricing, learn how to see through deceptive nutrition labeling.

Wednesday, March 14 Healthy Entrée Salads

Create healthy entrée salads with fresh seasonal ingredients while learning basic knife skills and techniques.

Wednesday, March 21 Caribbean Meals

Experience the sweet and spicy authentic flavors of the Caribbean. Learn how to prepare island favorites.

Wednesday, April 4 How to use functional "super foods"

Nutritionally sound cooking techniques to prepare foods classified as "super foods". Licensed Dietician will be present to answer questions.

Wednesday, May 9 Fresh Mexican

Savor the traditional flavors of the Mexican kitchen. Learn about chilis, tortillas and other south of the border ingredients.

Wednesday, May 23 Grilling Outdoors

Learn techniques of grilling, marinating, dry and wet rubs. Prepare a complete meal of grilled meat, vegetables and fruit. Just in time for Memorial Day weekend!

To apply, complete the attached form and return it to Benefit Services by Monday, February 13, 2012. Selected applicants will be notified by February 16.

Participants will be sent an email reminder before each class.

Keep this page for your records

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Name: _____ Department _____

Email Address: _____ Phone _____

Circle the classes you will attend (minimum of four, but may enroll in all six)

Grocery Store Tour

Healthy Entrée Salads

Caribbean Meals

Super Foods

Fresh Mexican

Grilling Outdoors

Please answer the following questions:

What are your expectations, what do you want to learn?

Is there anything else you'd like to share?

Thank you for your interest in the program.
Application deadline is February 13, 2012