

Healthy Vegetarian Cooking with Donna Capper capper@eastlink.ca

Mondays & Tuesdays, 1:30-3:30pm in United Church Kitchen

6 classes over 3 weeks starting on April 25, 2011

Maximum 15

Storm Policy: No classes when schools are closed in Sackville

NOTE: An additional fee of \$20.00, per student, will be required to pay for ingredients used during the course. Students are asked to bring the \$20.00 to the first class.

Low fat, low sodium does not have to be low taste! Flavourful, healthy vegetarian cooking....made easy!

This course will not be an attempt to convert anyone to vegetarianism. However, many of us have been told to reduce the amount of sodium and fat and increase the amount of fibre in our diets. The vegetarian recipes that will be presented – and prepared by students - during this course will be flavourful and easy, using techniques that reduce preparation time.

Dates: Mondays and Tuesdays – 25 and 26 May, 2, 3, 9, 10 May from 1:30 pm to 3:30 pm at the Sackville United Church kitchen.

Class 1: The Basics: explanation of various types of vegetarianism and alternate sources of protein; Canada's [Vegetarian] Food Guide; how to read food labels and reduce sodium and fat in any recipe; sources of supplies; Various cooking methods; simple appetizers...and introducing the concept of a "salad supper".

Class 2: New grains

Class 3: Black beans and friends

Class 4: Lentil Lightness

Class 5: Tofulicious . We will have a guest speaker at this class: Ms. E. Wilson, dietician at the Sackville Memorial Hospital.

Class 6: And all that jazz....soups and casseroles, etc.

NOTE: an additional \$20.00 to \$25.00 will be required to pay for ingredients used during the course

Instructor Bio:

A retired Foreign Service officer, Donna loves sharing her vegetarian recipes from around the world.

Some people are very sensitive to perfumes and other scents. Please respect a scent free environment by not using scented products. Thank you.

A note to seniors about class attendance and absenteeism....

As you know, our instructors are all volunteers, who work very hard at putting courses together. Your cooperation is appreciated in letting them know if you are unable to attend any of the classes as most instructors plan weekly classes that are appropriate to the number of registered students in the course.

If circumstances change between registration and the first class, or if you decide to withdraw after the first or second class, please email tscordinator@nbnet.nb.ca or call 364-2780. Many courses have a wait list and this could allow someone else to take your place. Sometimes, seniors have travel plans or medical appointments made in advance. It would help instructors to know this at registration, if possible, so that class material may be adjusted accordingly. Illness, as well as other unanticipated and unavoidable conflicts can occur. If you are able, please let your instructor know as soon as possible if you will miss a class.

Thank you!