

Free

COOKING WORKSHOPS!

Offered at UHC's

Caesars Windsor Cares Community Kitchen

6955 Cantelon Drive, Windsor (just off Lauzon Pkwy)

- ✓ Learn about Food & Nutrition
- ✓ Create Meals with a Chef
- ✓ Share Recipes & Make Friends!

Come on Down Let's Make Meal Workshop

This 4-day workshop (1 day per week) provides you with an understanding of food skills education delivered by a Red Seal Chef in our state of the art Community Kitchen. You will learn how to make several dishes (recipe book provided), what to do with left overs, cook to stay healthy, make food substitutions, and how to make well-balanced meals. In addition, you will learn how to read food labels, how to handle food safely, and learn about a variety of spices while enjoying eating together and making new friends!

Sessions run: *Friday's from 1:00 pm to 4:30 pm for 4 weeks*

- October 6, 13, 20 & 27, 2017
- November 3, 10, 17, & 24, 2017
- January 5, 12, 19 & 26, 2018
- February 3, 10, 17, 24, 2018
- March 3, 10, 17 & 24, 2018

Crock Pot Cooking Workshop

This 1-day workshop provides you with the knowledge on how to use a crock-pot and cook nutritious meals for \$15 or less. You will learn how to shop for nutritious food products and learn how to prepare the meals through the Red Seal Chef's on-screen and hands on demonstrations. You will learn about safe food handling, proper knife usage, and how to prepare various recipes. You will also have the opportunity to prepare the meals using a crock-pot by assisting the Chef, and are able to enjoy the meals made together while making new friends!

Sessions run: *2nd Monday of the month from 1:00 pm to 4:00 pm (accept on Thanksgiving)*

- September 11, 2017
- October 16, 2017
- November 13, 2017
- December 11, 2017
- January 8, 2018
- February 13, 2018
- March 13, 2018

CALL 519-944-5922

(Ask for Lynda)



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