

eat well ♥ be well

**Kootenay**  
co-op

Fall 2017



# COOKING SCHOOL



*Learn to cook nutritious & delicious meals with whole food ingredients*



**\$20**  
per class for members  
\$25 non-members

777 Baker Street, Nelson, BC  
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[www.kootenay.coop](http://www.kootenay.coop)



## ANTI-INFLAMMATORY DIET

Thursday, September 14

6:00 - 8:00 pm

Inflammation in the body can tax the immune system and cause premature aging and pain. Food and lifestyle choices can optimize or hinder our body's own natural ability to achieve optimal health. Join us as we explore the foods that support health, immune function and our natural ability to feel vibrant at any age. Superfoods will also be covered.

Instructor: Maggie Jones

## FOODS FOR YOUR ANIMAL FRIEND

Saturday, September 23

10:00am - 12:00 pm

Have you been thinking about making your own personalized dog or cat food? As with ourselves, the kind of food we feed our pets critically matters. A species specific diet is essential for longevity and good health. Join us for this informative class and walk away feeling knowledgeable and confident about how to provide your animal friend with truly nourishing, fresh home-made meals!

Instructor: Carola Schleuss



## FEEDING HEALTHY KIDS

Saturday, September 30

10:00 am - 12:00 pm

Having trouble getting your kids to eat all the right stuff? Struggling with fussy eaters? Designed for parents looking to optimize the health of their children and find new inspiration in the kitchen, this workshop will motivate you to revamp your kids' diet and habits around food. Receive tools to create nutrient dense meals and snacks aimed to keep kids energized, focused, and maintain balanced mood. We will cover the basics of an ideal diet for growing kids, maintaining stable blood sugars, macronutrient balance, and how to improve habits and behaviors around food. Live demos, tastings, and recipes will be provided for breakfast, lunch, snacking, and dinner.

Instructor: Cindy Spratt

## BASIC FERMENTATION

Thursday, October 12

6:00 - 8:00 pm

Learn easy techniques to ferment and make food nutritious and healthier for your gut. Discover the difference between prebiotics and probiotics and find out how to store your food longer even if you don't have a root cellar.

Instructor: Maggie Jones

## ASIAN FUSION 3

Thursday, October 26

6:00 - 8:00 pm

This is the third class in our three-part Asian series. Join us as we visit and discover the amazing, simple and tasty offerings of North Asian cuisine. We will create many whole foods versions of some of the most delicious and beautiful dishes from these regions. Let us take some of the mystery out of Asian cooking and help you to create wonderful, flavourful meals that are sure to become family favourites!

Instructor : Maggie Jones



## ADVANCED FERMENTATION

Thursday, November 2

6:00 - 8:00 pm

Join us for the next level of fermentation! We will explore exciting and traditionally fermented foods such as Kimchee, assorted vegetables, beverages, and condiments. Learn the health benefits of fermented foods and how they can positively affect gut health and digestion.

Instructor: Maggie Jones





## COOKING SCHOOL



### POWER SNACKS

**Saturday, November 4**

**10:00 am - 12:00 pm**

This 2-hour, in the kitchen, workshop is all about snacks designed for lasting energy. Whether you are an athlete, have teenagers, small kids, or hungry family members, suffer from lack of energy and fatigue, or are just jazzed to learn in the kitchen, this one's for you! We will cover the basics of what makes a well-rounded, nutritional powerhouse of a snack, when and how to consume them for maximum efficiency, and how to create your own. There will be live demos, tastings, discussion, and recipe sharing. Come prepared to learn, taste good food, and get inspired to create at home!

Instructor: Cindy Spratt



### EATING FOR CANCER PREVENTION

**Saturday, December 2**

**10:00 am - 12:00 pm**

This 2-hour workshop will cover key strategies for how to create a diet specifically geared towards preventing the development of cancer. We will have an in-depth look at the role of antioxidants, acid-alkaline balance in the body, water, nutrient intakes, supplements, and immune boosters. You will receive recommended food lists, a shopping guide, a sample meal plan, delicious tastings, AND go home armed with fantastic recipes designed specifically to stop cancer cells in their tracks!

Instructor: Cindy Spratt



### EATING WELL ON A BUDGET

**Thursday, November 16**

**6:00 - 8:00 pm**

Would you like to get the best bang for your grocery buck while ensuring the highest quality of organic and natural foods? Want to learn where the best value is nutritionally and how to have the best diet possible while saving money? This class will cover making almost everything from scratch with time-saving tips, information on how to utilize bulk foods efficiently and how to make seasonal eating exciting!

Instructor: Maggie Jones



### MOROCCAN MYSTIQUE

**Thursday, December 14**

**6:00 - 8:00 pm**

Come spend an evening with us preparing and enjoying the exotic and delicious foods of Morocco. We will teach you the basics of how to use the traditional spices and herbs, to create some amazing dishes at home using easy-to-find ingredients. We've brought together a selection of wonderful recipes and we'll be preparing a Moroccan feast for you to enjoy in the class.

Instructor: Maggie Jones



### ADVANCED SOURDOUGH

**Thursday, November 30**

**6:00 - 8:00 pm**

From croissants, baguettes, and bagels, this class will show you how to make amazing and delicious sourdough baked goods with your fermented starter. If you have not baked with sourdough please feel welcome to sign-up for this exciting class as the basic steps of sourdough baking will be covered.

Instructor: Maggie Jones



### HOLIDAY TREATS

**Saturday, December 9**

**10:00 am - 12:00 pm**

For sweet lovers of all kinds, this cooking class introduces a new style of easy, crazy good holiday goodies! Packed with nutritional benefits, mood enhancers, and blood sugar stability, these treats are designed to make you feel good about your sweet consumption this holiday season. Learn how to swap out refined ingredients with better options, to boost treats with health enhancing super foods, and tips on how to change the ingredients list to suit your taste buds, budget, or to accommodate food allergies. All recipes are gluten, dairy, and refined sugar-free.

Instructor: Cindy Spratt



## Kootenay co-op





## REGISTRATION AND COST

Registration for the classes begins August 11, 2017. Please register at least 2 weeks in advance for the class you wish to attend and pay at time of registration. You may register in person at our Customer Service desk, or by phone: 250-354-4077. Please pay by credit card when registering by phone.

To keep classes personal and interactive, size is limited to 12 people.

Each class is \$20 for members and \$25 for non-members.

## CANCELLATION POLICY

If you cannot attend a class, please give 48 hours advance notice. No cash refunds are given for cancellations, but we can apply a credit to your account. The Kootenay Co-op reserves the right to cancel the class if less than 6 people are registered by 2 business days prior to the class.

## LOCATION

Cooking Classes are held at:

The Kootenay Co-op Teaching Kitchen. 777 Baker St., Nelson, BC. Enter through the main store entrance and check in at Customer Service to obtain a parking pass.

## STAY IN THE KNOW!

For information about upcoming classes, workshops, events, Co-op specials and other news, sign up for the Kootenay Co-op eNEWS. It's very easy, either give us a call at 250-354-4077 or connect with us via our website: [www.kootenay.coop](http://www.kootenay.coop)

Find us on Facebook! Great information about events, True Local suppliers, health, nutrition, and lovely prizes to our members!



## CLASS INSTRUCTORS



### Maggie Jones

Maggie has been teaching, lecturing and writing about health and nutrition for as long as some of us have been around and has raised three healthy and vibrant vegetarian children into adulthood. After over 40 years of vegetarianism, Maggie is still passionate about and committed to living a natural healthy lifestyle, with a focus on fun and enjoyment.



### Cindy Spratt

Cindy is a Registered Holistic Nutritionist and certified Eating Psychology Coach who specializes in Culinary Nutrition. She weaves her areas of expertise together by infusing nutritional knowledge with culinary passion. Cindy's mission is to help individuals make realistic and sustainable changes while sparking creativity in the kitchen.



### Carola Schleuss

Carola is a Certified Nutrition Consultant and Herbalist; she has an egalitarian respect and compassion for animals, with over 20 years' experience working with dogs and cats. Carola wrote articles from 2004-2016 for the Herbal Collective Magazine on natural animal health. Carola and her husband Skip, founded, operated, and practiced at Simple Remedies Herbal Solutions in Victoria, from 2003-2009. She now lives and practices under Way of Life Matters in Nelson.

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