

Eat Well Cooking Club

JANUARY 13, 20, & 27, 2021 | 3-PART COOKING SERIES

WEDNESDAYS | 11:00 AM - 12:30 PM

Classes are Co-facilitated by
Dale Cain, A4CW Nutritionist & PBNM (Plant-Based Nutrition Movement) Cooking Coach
and Chef Emm (Millicent Walker) SHCOI

BREAKFAST MENU

JANUARY 13 | 11 AM

Looking for new breakfast options? Tired of eating the same thing week after week? Then cook alongside us as we explore new food options for breakfast.



LUNCH MENU

JANUARY 20 | 11:AM

Lunch time does not need to be routine. Join us this week and learn quick, easy, versatile, and delicious tasting lunch options for one or more.



DINNER MENU

JANUARY 27 | 11:00AM

Looking for something different for dinner. We can help you with that. Cook with us this week for Chef's tips and meal planning ideas for dinner.



Learn how to cook with creativity, variety, and flavor. Join the **Eat Well Cooking Club - A Virtual Cooking Course for ALL**. This course is intended for adults or families (adults and children) cooking together in the kitchen and who wants to eat healthier for better health. Recipes and shopping lists are included.

You Must Register in Advanced. It is FREE <http://bit.ly/3psNAkp>

For More Information: Call 773.627.0703

Collaborative Partnerships



www.a4cw.org/events

www.stonebridgehealthycommunityinitiative.org