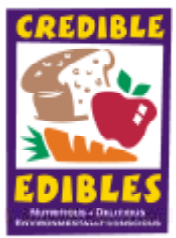




WINTER 2012 CLASS SCHEDULE



JANUARY	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6	7
	8	9	10	E 11 2012: Lean, Clean & Green	12	13	E 14 Smoothies 101
	15	E 16 Forks over Knives Part I	17	E 18 Sensational Soups	19	20	21
	22	E 23 All About SEAweed	24	E 25 Oh No Gluten?!	A 26 Heart Smart	27	M 28 Kids in the Kitchen
	29	30	31				

FEBRUARY	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	E 2 Forks over Knives Part II	3	4
	5	E 6 Green Cuisine	A 7 Healthy til 100	8	9	10	A 11 Saveur du Bal de neige
	12	13	14	E 15 Taste of Winterlude	16	17	18
	19	E 20 Recipe Makeover	21	22	E 23 Spice it Up!	24	25
	26	27	28	E 29 Forks over Knives Part I			

Workshop details

Time: Classes marked **E** start at 6:30pm and end at 9pm. Classes marked **A** start at 2:30pm and end at 5pm. Classes marked **M** start at 9:30am and end at 12:30.

Inclusions: appetizer, supper (or lunch), beverage, hand-outs, recipes and Tupperware containers to take home extras. Plus access to lending library of books & DVDs. We occasionally watch movies and invite speakers.

Cost: For each hands-on cooking class \$54/person or \$88/couple + HST. Please ask about group discounts.

Discounts: If you sign up for 2 or more classes you receive 10% off each. **Seniors and students** also receive 10% off (15% if you sign up for 2 or more). Ask us about special group discounts for 5 or more.

Registration: By phone 613-558-7569, by email workshops@credible-edibles.ca, online at www.credible-edibles.ca/orderForm.php. Please register as spaces are limited to ensure the best possible experience for all.

Class sizes: Minimum size is 8 and maximum is 16 participants for most classes.

Location: All classes take place at **Credible Edibles, 78 Hinton Avenue North**. There is limited on-street parking and a municipal lot at the corner of Hinton and Wellington (behind Royal Oak).

Descriptions: For full descriptions of workshops see reverse. Private and semi-private classes are also available by arrangement including in your home or workplace.

Private Consultations: If you are looking for more personalized options, you can book a private consultation with Judi. These consultations are customized to your needs or needs of your family and take place either in your home or at Credible Edibles. Please contact Judi at judi@credible-edibles.ca.



Workshop Descriptions

Register online: www.credible-edibles.ca

2012: Lean, Clean & Green Wednesday January 11, 2012	New Year's Resolutions: Lose weight? Look great? Save money? Spend time with family? Be healthy? This class is for you! You'll learn the best foods to incorporate in your diet to get and stay lean, keep your colon clean and eat green(s). Simple, inexpensive recipes suited to the winter season & what your body needs to thrive. Bring the whole family at 25% off (min 4 people). E
Smoothies: The Fountain of Youth! Saturday January 14, 2012	Join the Green Smoothie Revolution! The simplest way to add optimal quantities of greens into your diet without effort. No need for huge salads or endless steamed veggies! You will savour delights like chocolate banana, mango tango & purple rain while learning of the dramatic results people get when they add a green smoothie to their daily diet. E
Forks Over Knives I: Transitioning to a Whole Foods, Plant-based Diet Monday January 16, 2012	Following the groundbreaking film Forks over Knives , this workshop covers the basics of moving towards a more whole food, plant-based diet to prevent and reverse diabetes, heart disease, cancer, osteoporosis and more. We will cover cooking with vegetables, fruit, grains, seeds, nuts and legumes. We will enjoy a full meal together and learn about the vital nutrients in plant-based foods that have been saving lives for decades. E
Sensational Soups Wednesday January 18, 2012	Here is your chance to learn how to make some of Credible Edibles most popular soups . On the menu for this class: smoky corn and potato chowder, Moroccan red lentil soup and Cuban white bean soup. You won't believe that something that tastes this good can be so good for you too! E
All about Weed: Seaweed That is! Monday January 23, 2012	Explore the wonderful world of weed: seaweed! Learn all about the nutritional benefits of sea vegetables. Plus how to prepare them into tasty, super healthy meals, including soups, snacks and salads. Everyone can benefit from the unique composition of these Canadian super foods . Join us to gain confidence in the kitchen. E
Oh, No Gluten?! Wednesday January 25, 2012	Feeling overwhelmed with the new world of having to live gluten-free? Come learn about the positive side and life lessons from someone who has been through it all! Learn how to make simple recipes that will drive you to fall in love with the lifestyle. Yes it IS possible! Note: this workshop is completely gluten-free and dairy-free . Individual food restrictions and allergies will be taken into consideration. E
Heart Smart: Good for the Ticker, Good for the Taste Buds Thursday January 26, 2012	Does heart disease "run in your family"? Have you had a run in with it yourself? Or perhaps your husband or wife, parent or sibling has a heart condition. Doctors tell you to eat for your heart but what does that mean? Join us to learn how to create meals that are mouthwatering and heart healthy . As always, we'll cook together and try our creations plus you can take some home to share with others. A
Kids in the Kitchen Saturday January 28, 2012	So you have picky eaters? Worried that your kids just "won't eat their veggies?" This is the class for them. We'll go over the importance of nutrition and food choices in a fun way while getting our hands (and maybe the rest of us) dirty! We'll cook, we'll bake, we'll have lunch, and we'll laugh. Designed for kids aged 6-12. M
Forks Over Knives II: Thursday February 2, 2012	Join us for part II of the FOK series. This is a highly customized class for those who have taken Part I or who have watched the documentary Forks over Knives. There is limited theory and lots of cooking. The menu is determined by the interests of the registered participants. E
Green Cuisine: Low Carb(on) Eating Monday February 6, 2012	Low Carb(on), High Flavour dishes to satisfy your palate and your conscience. Learn the best choices for a greener world with answers to: Organic or Local? Soy burger or grass-fed burger? Do you need to be Vegetarian? Are Bananas Bad? (you'll be surprised by the answers) We'll prepare a delectable supper together and raise a glass to the planet! E
Healthy to 100: Eat to Survive & Thrive at Any Age Tuesday, February 7, 2012	Renowned author and research John Robbins has written a comprehensive book on healthy longevity . He studies four cultures famous for the healthiest centenarians anywhere. These communities often have large populations of seniors into their 90s and 100s who are perfectly healthy. Come find out their dietary secrets. Cook and eat while we learn together. E
A Taste of Winterlude Saveur du Bal de neige samedi 11 février (F) Wednesday, Feb 15 (E)	Join us for a culinary adventure. We'll be preparing & savouring some tasty twists on traditional winter fare: chestnut leek & potato soup, roasted Brussels sprouts & cranberries in Walnut Caramel Sauce, stuffed squash with quinoa & pumpkin seeds, coconut chocolate chaud, maple pumpkin pie. Francais = A English = E
Recipe Makeover Monday February 20, 2012	Got your grandma's awesome recipes but they're not up to today's standards? Have a family favourite you can't give up? SPECIAL class where we will adapt your favourites to make them healthier so you can offer seconds knowing everyone is being nourished
Spice it Up! Thursday February 23, 2012	When trying to eat healthier foods many people worry about losing taste & variety, after all fat, sugar & salt make things taste good. The use of herbs & spices turns every dish into a mouthwatering, plate-licking experience. Their use is also important to good health; they have been proven to be essential in preventing cancer, diabetes & more. Learn about many of them with us. E
Forks Over Knives I:	See description above. E