



CREDIBLE EDIBLES WORKSHOP & EVENT SCHEDULE



JANUARY	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	17	18	19 Restaurant Reopens!	20	21	22	23
	24	25	26 Why Raw?	27	28	29	30 Help! My Teen/Tween Wants to be Vegetarian
	31						

FEBRUARY	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3 An Apple a Day...	4	5	6 Raw Food Forget Cooking!
	7	8	9	10 Tea Party	11	12	13
	14	15	16	17	18	19	20 Family Fun with Food
	21	22	23	24 Cooking and Nutrition 101	25	26 Movie Night	27
	28						

MARCH	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5	6 Raw Food South American Fiesta
	7	8	9	10 Green Cuisine: Packing an Eco Lunch	11	12	13
	14	15	16	17	18	19	20
	21	22	23	24	25	26 Movie Night	27
	28	29	30	31 What's Wrong With Dairy?			



WORKSHOPS @ CREDIBLE EDIBLES
Online registration at www.credible-edibles.ca
For more information please email us at
workshop@credible-edibles.ca

Why Raw?

January 26, 2010
7:30pm – 8:30pm
\$15 per person

Join Chef Elke Kasanda for a talk on the benefits of a raw food diet. Learn about the effects of heat & cooking on proteins, fats, micro-nutrients, & enzymes. Learn how raw foods contribute to better digestion & to maintaining your ideal weight. Learn the different raw food groups & how to adapt to a raw food diet.

**Help, My
Teen/Tween/Partner
Wants to be Vegetarian!**

January 30, 2010
1:30pm – 4:30pm
\$45 per person

A cooking class and workshop for anyone who wants to learn how and why a vegetarian or vegan diet is a good and safe option. This workshop allows parents, partners and teens/tweens to create a fantastic meal together while learning about the benefits of a vegetarian or vegan diet. We will also cover common pitfalls and how to ensure that the new diet provides all the essential nutrients necessary for optimal health. The emphasis is on preparing healthy lunches but the principles and recipes are easily adaptable to other meals as well. Participants will get to take home a portion of what is prepared to share with other family members.

**An Apple a Day...
Is Not Enough**

February 3, 2010
5:30pm – 8:30pm
\$75 per parent & child

This workshop is designed to help families include more variety using foods that have been identified as essential to good health and disease prevention. The workshop is for parent and child (ages 5-14). It is a fun, hands-on cooking and information class that includes a nutritious, delicious, environmentally-conscious meal. Participants will learn how to change their diets in simple, tasty ways, to dramatically improve health while saving money and maintaining a healthy weight. Participants will learn about current research on the connection between diet and good mental and physical health, delivered in a child-friendly way with plenty of games and activities. They will also receive useful handouts and recipes. A portion of proceeds will be donated to Hopewell Eating Disorder Centre.

**Raw Food:
Forget Cooking!**

February 6, 2010
3:00pm – 5:00pm
\$60 per person

Chef Elke Kasanda's resources and tools can help you prepare and eat delicious REAL foods - fresh, organic, vegetarian and maximally raw – the food your body was designed to assimilate. Join her for this introductory workshop about raw food cuisine and learn how to make almond milk, cream of zucchini soup, Mediterranean kale salad, not tuna pate, and chocolate mousse.

**Tea Party: Herbs Are
For Busy Families**

February 10, 2010
7:00pm – 9:00pm
\$20 per person

Come down to Credible Edibles for a tea party and find out more about which herbs are indispensable for maintaining health and happiness for all members of the family. Watch Bonnie-Jean of Take Charge Tea demonstrate several different ways you can prepare herbal tea to find which one fits your busy lifestyle. Herbs are amazingly nutritious and beneficial for adults and especially children. Take the time to sip, snack and learn how easy it is to use herbs on a daily basis.

Family Fun with Food

February 20, 2010
10:00am - 11:30am
\$60 per parent & child

Come have some fun in the kitchen with your little ones! Children ages 2-4 will learn about fruits and vegetables through stories, songs, and cooking. Parents will learn some tips on how to make mealtime fun and stress-free as well as learn some healthy family-friendly recipes.

Cooking & Nutrition 101

February 24, 2010
5:30pm - 8:30pm
\$60 per person

Whether you are cooking for one or the entire family, this workshop will focus on how to make nutritionally balanced meals that are simple and delicious. Learn what essential ingredients to stock in your pantry and what health benefits they have. This workshop includes a healthy meal, helpful handouts and easy recipes.

Movie Night

February 26, 2010
7:30pm – 9:30pm

Join us for a fun evening of movie entertainment and turmeric infused popcorn. We are featuring **“Food Matters”**, an interesting documentary that will have you reconsidering your food choices. Movie Nights \$10/person.

**Raw Food: South
American Fiesta**

March, 6, 2010
3:00pm – 5:00pm
\$60 per person

This exciting and health promoting workshop will teach you how to make a gourmet raw food meal of Mexican seasoned cabbage, gazpacho soup, hot pepper chips, salsa and a tropical fruit tart. Come join chef Elke Kasanda for a fabulous afternoon of delicious REAL foods that are fresh, organic, vegetarian and maximally raw.

**Green Cuisine: How to
Pack an Eco-Lunch**

March 10, 2010
7:00pm – 9:00pm
\$45 per person

This short workshop will teach you the fundamentals of lean and green cuisine for lunch. Learn the principles of green food, get handy tips for making quick, delicious, healthy lunches plus sample a tasty showcase of the greenest foods. Find out about eating lower on the food chain and what leading environmentalists such as David Suzuki and Al Gore say about making green diet choices. Two hours to change your lunchtime habits for life.

Movie Night

March 26, 2010
7:30pm – 9:30pm

Come see **“The Future of Our Food”**, while enjoying some healthy treats. This movie exposes the many complex and disturbing issues surrounding the changes taking place in our food supply. Movie Nights \$10/person.

What's Wrong with Dairy?

March 31, 2010
7:30pm - 8:30pm
\$15 per person

What's Wrong with Dairy??? Did you know the countries with the highest osteoporosis rates also have the highest milk intake? Did you know a large portion of people are dairy intolerant and do not realise it? There *are* alternatives. Come, drink, learn and have fun!