



Feed Yourself Well

A Cooking + Eating Workshop

Providing families and communities
with the tools to eat well



PROGRAM INTRODUCTION

Mastering the art of self-nourishment is fundamental to becoming a well-rounded individual. Whether dining out or preparing meals at home, the knowledge of elegantly and healthily nourishing yourself is vital. Throughout this 6-session series, Chef Brandy will lead you in developing skills for shopping, cooking, and making healthy choices both at home and when dining out.

CLASS OVERVIEW

01 OATS, FRUIT, AND LABEL READING

02 A TRIP TO THE STORE AND MAKING A QUICK SNACK

03 MAKING PANCAKES AND PRACTICAL NUTRITION TIPS

04 MAKING TAKEOUT WITH A BLACK BEAN BURGER

05 TYPES OF SUGAR AND MAKING A HEALTHY DESSERT

06 EAT THE RAINBOW - CREATING A SALAD



CLASS OUTLINE

Session 1: Oats, Fruit, and Label Reading

- Learn the art of extracting sugar and flavor from seasonal fruit
- Understand the importance of reading labels for healthier choices
- Master the basics of making nutritious oatmeal

Session 2: A Trip to the Store and Making a Quick Snack

- Navigate the grocery store with confidence
- Learn to select fresh and quality ingredients
- Create a quick and nutritious snack on the go

Session 3: Making Pancakes and Practical Nutrition Tips

- Master the art of pancake making from scratch
- Explore practical nutrition tips for a balanced diet
- Enjoy a delicious and wholesome breakfast





CLASS OUTLINE CONT...

Week 4: Making Takeout with a Black Bean Burger

- Discover the secrets to crafting a flavorful black bean burger
- Learn techniques for creating healthier alternatives to takeout
- Elevate your cooking skills with this tasty and satisfying dish

Week 5: Types of Sugar and Making a Healthy Dessert

- Understand different types of sugar and their impact on health
- Create peanut butter balls as a delicious and nutritious treat
- Gain insights into mindful snacking and sugar choices

Week 6: Eat the Rainbow - Creating a Salad

- Explore the vibrant world of salads and their health benefits
- Learn to assemble a visually appealing and nutritionally balanced salad
- Embrace the concept of eating a variety of colorful foods for optimal well-being

Ready to Feed Yourself Well?

Let's cultivate a thriving community together, because a healthier, more connected future starts by adding more plants. We'll sow the seeds of positive change within your community.

For more information or to schedule your **Feed Yourself Well** workshops, contact:

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