







Wellness Centre Kitchen Programs

Activity	Description	Dates/Times/Audience	Cost	Registration Information	Brought to you by...
Healthy Packed Lunches	At this <i>demonstration class</i> , get inspiring new ideas to fill your lunch box including homemade granola bars, creative wraps, flavourful sandwich fillings, homemade “fruit rollups” and make ahead salads.	Fri Sep 12 7 - 8 pm Adults	\$15	<p>Online: Visit online registration page.</p> <p>By phone: 403-245-7630 Call between 9 am – 5 pm Mon – Friday, please make sure you have the date, time and indicate the location as South Health Campus.</p> <p>In person: Even though these classes are held at the South Health Campus location, you can register at the Calgary Learning Centre front desk.</p>	 <p>In Partnership with  Alberta Health Services</p>
Cuban Cooking	At this <i>demonstration class</i> , take a visit to the beautiful island of Cuba! Featuring a slow-braised pork sandwich “Mixto al Plancha” with cheese oozing out the sides along with an inspired dessert featuring aged Havana Club Rum Butter Sauce and Grilled Pineapple!	Thu Sep 25 7 - 8 pm Adults	\$15		
Cooking Pub Grub	At this <i>demonstration class</i> get ready for a tasting of amazing pub fair including the ultimate Mini Burger, a classic Quebec poutine with a western twist and a chicken wing course to remember!! Also we will feature a dessert using craft beer.	Thu Oct 9 7 - 8 pm Adults	\$15		
Cooking Seafood	At this <i>demonstration class</i> covering the east coast to the west coast, we will take seafood – including prawns, scallops oysters and tuna – to a new level of flavour!	Thu Oct 23 7 - 8 pm Adults	\$15		
Baking with Whole Grains	At this <i>demonstration class</i> we will make simple muffins, loaves, cookies and bread, all with whole grains such as whole wheat, oats, spelt and rye.	Thu Nov 20 7 - 8 pm Adult	\$15		
Cooking for Company	Company coming for the holidays? No problem! At this <i>demonstration class</i> , learn simple, large-batch recipes such as lasagna, enchiladas, stews and casseroles that you can make ahead and freeze!	Thu Nov 27 7 - 8 pm Adults	\$15		
Holiday Brunch	At this <i>demonstration class</i> we will focus on cooking for a large family. You will learn how to use up left-overs from other holiday meals to make a brunch full of classic seasonal flavours.	Fri Dec 5 7 - 8 pm Adults	\$15		
Hands-On: Sushi	At this <i>hands-on class</i> , the chef Instructor will demonstrate how to cook and season rice and the proper way to handle fresh fish and seafood. Then learn to use your knife like a professional Chef while making sushi and nigiri with an assortment of vegetables, sweet egg, barbecued eel and other traditional ingredients.	Sat Oct 4 10 - 11:30 am Adults	\$50		
Hands-On: Holiday Hors d’oeuvres	Hosting a dinner party this holiday season? We have tasty, elegant appetizers and finger foods to impress your guests!	Sat Nov 1 10 - 11:30 am Adults	\$50		

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Gluten Free Baking for Beginners	<p>During this <i>hands-on cooking session</i>, we will:</p> <ul style="list-style-type: none"> • Discuss gluten-free flours and their unique properties • Work with gluten-free flours and lentils • Taste delicious gluten-free baking • Discuss the nutritional challenges of eating gluten-free & who needs to follow a gluten-free diet • Share recipes, ideas and tips for gluten-free baking • Meet and network with people interested in gluten-free baking 	<p>Tue Oct 28 6 to 8:30 pm</p> <p>Adults</p>	<p>\$79</p> <p>Members of Canadian Celiac Association receive a \$10 discount</p>	<p>Online: http://www.nutritionandculinarysolutions.ca/upcoming-classes-events</p> <p>Phone: 403-874-1715</p>	 
Gluten Free Tapas	<p>During this culinary <i>demonstration</i> cooking class, we will:</p> <ul style="list-style-type: none"> • Work with nutrient-packed whole foods • Prepare and taste gluten-free tapas • Discuss strategies for gluten-free entertaining • Learn to identify hidden sources of gluten 	<p>Wed Nov 12 6 to 7:30 pm</p> <p>Adults</p>	<p>\$45</p> <p>Members of Canadian Celiac Association receive a \$10 discount</p>		
Parent and Child Culinary Program	<p>Children and parents learning to cook together is a winning recipe! In this six week program, children are able to develop fundamental cooking skills and parents learn how to support their child in a fun, safe, environment and make delicious, healthy food to enjoy together in the class. Targeted for children aged 9+. Families can register with up to two children.</p>	<p>Wednesdays Sep 24 – Oct 29 5:30 – 7 pm</p> <p>Tuesdays Nov 4 – Dec 16 (no class November 11) 5:30 – 7 pm</p> <p>Parents with child/ren 9+</p>	<p>\$175 for one parent and child (additional child \$30)</p>	<p>Online: http://www.poppyinnovations.ca/classes-events/edible-education-gate-plate-cooking-classes/</p> <p>Phone: 403-919-0176</p>	 
Canning with a Twist: Time to Salsa	<p>Learn fundamentals of canning with modern recipes. Take home your bounty to enjoy with the sealed in goodness of fresh ingredients.</p>	<p>Sat Sep 20 1 – 4 pm</p> <p>Ages 15+</p>		<p>Online: http://www.poppyinnovations.ca/classes-events/edible-education-gate-plate-cooking-classes/</p> <p>Phone: 403-919-0176</p>	
Canning with a Twist: Modern Pickling		<p>Tue Sep 23 5 – 8 pm</p> <p>Ages 15+</p>			