

Fresh from the Farm

SUPER NATURAL COOKING CLASSES

Health in Hurry ~ Fast, Fun and Frugal

COOK WITH CHEF CHERYL HEDGER OF THE NEW MEDICINE COMMUNITY

Market inspired cooking Tips, tools and “how-to”:

- “Meal in Minutes” Fast fixes everyone loves
- Demos & Tastings
- “Get Rid of the Bad Stuff” Healthy pantry & refrigerator makeovers



CLASS I ~ THE WHOLE FOODS PANTRY

1. What is an “**American Pantry**”
What ingredients to take out
2. What is a “**Whole Foods Pantry**”?
What ingredients comprise a pantry?
3. One Pot Wonders
your whole foods larder allows you to make many quick and healthy meals .

Class II ~

How to Stock a **HEALTHY REFRIGERATOR** “No Barcodes Allowed”

1. What is an “**Unhealthy Refrigerator**”?
Deciding what stays and what goes
2. What is a “**Healthy Refrigerator**”?
What comprises this makeover?
3. Organize your Healthy Refrigerator.

Class III ~ Food on the Go

- Tools to shopping efficiently
 - Equipment to pack food **on-the-go**
 - Tips for perishable foods
 - Where not to eat **food on--the-go**.
1. What constitutes Food on the Go”
 2. Organizing your “**To Go Foods**”
 3. Quick breakfast & Lunch “**on-the-go**”.
 4. Wrap Up

Recipes inspired by noted author
Heidi Swanson’s book
Super Natural Cooking

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CLASS~
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Now —
Space is
Limited



SUPER NATURAL COOKING~ Classes

Series of 3 \$75 • Individual \$30
(FREE copy of Super Natural Cooking, a \$20 value, when you register for Series while attending a Sampler Class!)

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