Well-Being Initiative 2012/2013
VBP (Very Busy People) HEALTHY COOKING SERIES
Reisner Hall - 7:00 to 8:00 PM
NEW RECIPES!!

SPONSORED BY CHARTWELLS

- Demonstrations and sampling of quickly and easily prepared healthy food for you and your famil**y.**
- Dining Services will provide each registered employee free admission for dinner in Reisner and charge $4 per registered guest on the evening of each session.

Thursday, October 18 - KNOW YOUR VEGGIES – Nick Iula
A cooking demo using common and not so common vegetables. Brief discussions of benefits each vegetable has to offer and cooking techniques.

Thursday, November 1 - MEDITERRANEAN STYLE – John Gaughan
A cooking demo that boasts the healthy eating styles of the Mediterranean. Olive oil, fresh vegetables and seafood will be featured.

Thursday, November 15 - GOBBLING UP THE GRAINS – Mike Haus
A cooking demo and show of culinary talent. Many different grains will be shown and tasted. Discussions on the value of eating grains, including fiber and nutritional info.

Wednesday, December 12 - THE INCREDIBLE EDIBLE EGG – Tony Emondi
A cooking demo that features the egg and its two parts, the white and the yolk. Discussion includes the benefits of eating eggs and the stigma behind it. Eggs are considered a holistic food.

Thursday, January 24 – SATISFY MY SWEET TOOTH PLEASE – Nick Iula
This demo features exciting desserts that also provide nutritional value and reduced calories

Thursday February 21 -UNCAGE MY CHICKEN – Mike Haus
A cooking demo feature hormone free and free-range chicken. Discussions on how to properly cook and season chicken.

Wednesday, March 6 –
IS IT A FRUIT OR A VEGETABLE? THE TRUTH ABOUT TOMATOES AND MELONS - John Gaughan
A demonstration and discussion on the great nutrition contained within these two very healthy fruits.

Thursday, April 11 - THE BENEFITS OF EATING GREENS - Tony Emondi
Cooking demo on the healthy benefits of eating greens and how to prepare them without losing precious nutrients.

Registration required. A minimum of 10 participants is required for each session. Spouses and domestic partners welcome! The Registration form is below.

Healthy U Points= 25 total for any combination of six sessions.

REGISTRATION
VPB HEALTHY COOKING SERIES

Please register me for the following Healthy Cooking session(s):

☐	10/18	Know Your Veggies	☐	1/24	Satisfy My Sweet Tooth Please
☐	11/1	Mediterranean Style	☐	2/21	Uncage my Chicken
☐	11/15	Gobbling Up the Grains	☐	3/6	Is It a Fruit or Vegetable-The Truth About Tomatoes & Melons
☐	12/12	The Incredible Edible Egg	☐	4/11	Benefits of Eating Greens

- I understand that my registration will be confirmed.

Name		Email	
Dept		Extension	

Send Registration via:

→ Email to mwilson@ship.edu
→ Fax to extension 4037 or from off campus to 717-477-4037
→ Hard copy to Human Resources, Old Main 109