



**Well-Being Initiative 2011/2012**  
**VBP (Very Busy People) HEALTHY COOKING SERIES**  
**Reisner Hall - 7:00 to 8:30 PM**  
**NEW RECIPES!!**

**SPONSORED BY CHARTWELLS**

- Demonstrations and sampling of quickly and easily prepared healthy food for you and your family.
- 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, Oct 13 - KNOW YOUR VEGGIES - Tony Emondi**

A cooking demo using common and eccentric vegetables. Brief discussions of benefits each vegetable has to offer and cooking techniques. Most cooking will take place on the char-broiler and the woks.

**Wednesday, November 2 - MEDITERRANEAN STYLE - Mike Haus**

A cooking demo that boasts the healthy eating styles of the Mediterranean. Olive oil, fresh vegetables and seafood will be featured.

**Tuesday, November 15 - GOBBLING UP THE GRAINS - Ron Best**

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.

**Monday, December 12 - THE INCREDIBLE EDIBLE EGG - John Gaughan**

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 an holistic food.

**Wednesday, January 25 - SUSTAINABLE SEAFOOD - Tony Emondi**

A cooking demo that will feature the ocean's bountiful harvest and discussions on how to sustain and reap the benefits of good seafood.

**Thursday February 21 -UNCAGE MY CHICKEN -**

A cooking demo feature hormone free and free-range chicken. Discussions on how to properly cook and season chicken, as well as what the terms free range and cage free really mean.

**Thursday, March 1 - 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.

**Friday, March 30- STAND BACK I HAVE BEEN EATING GARLIC! - Mike Haus**

A cooking and eating session that will include one of the worlds wonders, garlic. Be ready to have your senses tingled and your brain rocked when you learn about this incredible food.

**Wednesday, April 11 - THE BENEFITS OF EATING YOGURT - Nick Iula**

Cooking demo on the healthy benefits of eating yogurt. Assorted smoothies will be made using healthy grains, proteins, berries, and yogurt. Also some quick 'no cook' entrée's featuring yogurt as main ingredient.

**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):

<input type="checkbox"/>	10/13	Know Your Veggies	<input type="checkbox"/>	2/16	Uncage my Chicken
<input type="checkbox"/>	11/2	Mediterranean Style	<input type="checkbox"/>	3/1	Is It a Fruit or Vegetable-The Truth About Tomatoes & Melons
<input type="checkbox"/>	11/15	Gobbling Up the Grains	<input type="checkbox"/>	3/30	Stand Back- I Have Been Eating Garlic!
<input type="checkbox"/>	12/12	The Incredible Edible Egg	<input type="checkbox"/>	4/11	Benefits of Eating Yogurt
<input type="checkbox"/>	1/25	Sustainable Seafood			

- I understand that my registration will be confirmed.

Name		Email	
Dept		Extension	

Send Registration via:

- ➔ Email to [mwilson@ship.edu](mailto:mwilson@ship.edu)
- ➔ Fax to extension 4037 or from off campus to 717-477-4037
- ➔ Hard copy to Human Resources, Old Main 109