

Green Palette

Nutrition and Culinary Services

CALENDAR FOR COOKING GROUPS

February 17, 2012

Living The Whole Foods Way Of Eating

We have all heard the lingo: plant-based, vegan, paleo, clean eating, gluten free. Every month seems to bring a new diet or the secret to perfect health but what does it really all mean and how can we eat in the best possible way? Start this New Year right and join Heather to learn about all the different eating styles out there and the best one for you. We will create easy, nourishing dishes that support a plant based, unprocessed, whole foods philosophy and that sustain a totally healthy lifestyle.

February 29, 2012

Eat To Protect Your Heart

February is American Heart Month and a great time to think about making food and lifestyle choices to prevent heart disease. Heart disease is the #1 killer of men and woman in the United States and there are many steps we can take to prevent it. Heather will discuss food and lifestyle choices while cooking some delicious recipes that you can incorporate at home.

March 14, 2012

Living (and Eating) Gluten-Free

Have you or someone in your family been diagnosed with Celiac disease or do you suspect that you have a gluten sensitivity? Are you wondering if eating a gluten free diet a healthier way to live? For some, gluten-free cooking can be a whole new way of living and the task can seem daunting. With some planning and knowledge of all the gluten free foods out there, cooking gluten free can be a breeze. Come to class to gain some solid understanding of living gluten free and try out some new recipes to take home with you.

March 28, 2012

Food and Your Moods

Can eating certain foods actually affect how you feel mentally? Absolutely. Certain foods have the power to lift you mentally or drag you down. Learn how what you eat has an affect on how you feel, why this happens and leave with some good mood recipes to try at home. We will cook these recipes in class too!

April 11, 2012

Eating For Your Healthiest Immune System

Immune boosting foods and supplements seem to be all the rage these days - from green drinks to gluten free foods - who can keep separate the facts from the hype? Food does have the power help you or heal you in many ways. In this class, Heather will discuss the best immune boosting foods to have in your diet and show you easy ways to prepare and incorporate them into your everyday eating.

April 25, 2012

Eat To Beat Cancer

Learning about cancer, while concerning to think about, can give us the opportunity to learn how to eat our best and be at our best physically. Are there certain foods that help ward off cancer? Eating certain foods might give us a better chance at good health than others. In this class we will learn about the latest research on food and its relationship to cancer. Heather will demonstrate some delicious recipes that you can take home.

May 9, 2012

Eat To Beat Diabetes

Diabetes is one of the most prevalent diseases in the United States and many times it is very reversible or preventable. Diet and food intake play a major role in reversing the harmful effects of diabetes. Heather will lead in an in-depth discussion of this all too common disease and discuss the many food choices you have. Food demos and recipes are included in the class.