

# Winter WORKSHOPS at the Eureka Co-op

Saturday, February 6 from 10:00 a.m. to 11:00 a.m.

## Food Allergies & Kids

*Chelsey Brown, RD \$10/Free Co-op Members*

This workshop is open to all ages & will cover all aspects of food allergies, including safe label reading, cooking techniques, school planning, and the emotional & social issues surrounding food allergies. You & your child will learn a fun new recipe & have the chance to taste everything we prepare in class. You'll have the opportunity to network with other parents who face similar challenges when it comes to keeping your children safe & healthy. When you sign up, please let us know the age of your child & what food(s) your child is allergic to.

Tuesday, Feb. 16 from 5:00 to 6:00 p.m.

## Knowledge for a Healthy Heart Diabetes & Dental Hygiene

*Margaret Stevens, RN & CDE  
\$10/Free to Co-op Members*

This workshop will teach you the vital importance of good dental hygiene, not only for a healthy mouth, but to prevent heart disease. Join us for this very important topic!



Saturday, Feb. 20 from 10:00 a.m. to 12:30 p.m.

## Make Your Own Herbal Medicine

*Sarah & Andrew Murray of Western*

*Botanical Medicine \$25/\$15 Co-op Members*

Have you ever wondered how to make tinctures or what an herbal decoction was? Join us to learn how medicinal tinctures/extracts, infusions & decoctions are made with detailed instructions so you can help your family & friends with herbs this year! We'll demonstrate several herbs & how best to process them. Take home samples & instructions so you can make herbal medicine at home.

Tuesday, March 2 from 6:00 to 7:00 p.m.

## Counter Top Gardens

*Michele Dulas \$15/\$5 Co-op Members*

Learn basic skills to get started growing nutritious food on your kitchen counter... all year long. Learn the ways of sprouts & add fresh, life-giving foods to your diet. Class includes supplies & samples to get you started!

Wednesday, March 3 from 6:00 to 7:00 p.m.

## Cooking with Legumes

*Co-op Staff Instruction \$10/Free Members*

Legumes are a class of vegetable that includes beans, peas and lentils. They are extremely versatile and nutritious. Legumes are generally low in fat, contain no cholesterol and are high in folate, potassium, iron & magnesium. We'll demo a few recipes using legumes and seasonal vegetables.

Monday, March 15 from 5:00 to 6:30 p.m.

## Alternative Therapies & The Control of Diabetes

*Margaret Stevens, RN & CDE \$5/Free Members*

What is "Alternative Therapy? Is that different from "Complimentary Medicine?" Learn the difference. We'll learn about herbal therapy, bio-feedback and ayurvedic therapies. Upon completion of this class, the participant will:

- Recognize alternative medicines that are currently in use & the difference between FDA approved use of drugs and "off-label" use of drugs.

- Understand the use, benefit and cautions of alternative therapies, vitamins & minerals and the consumption of herbs & herbal products.

Join us for this very informative evening!

Tuesday, March 23 from 6:30 to 8:00 p.m.

## Snack Attack

*Chelsey Brown, RD \$20/\$10 Co-op Members*

Snacks are a crucial part of a healthy diet, especially for young children. In this hands-on class, you'll have the opportunity to prepare a variety of different snacks. We'll discuss the importance of snacks in your diet & the components of a healthy snack. Chelsey will provide an extensive list of snack ideas to take with you. In addition, you'll be able to taste test a few healthy snack products available at the Co-op. Adults & kids are welcome!

Saturday, March 27 from 10:00 a.m. to 1:00 p.m.

## Food Preservation ~ Relish & Chutney

*Co-op Staff Instruction \$20/\$10 Co-op Members*

Join us for another fun canning class! We'll be making and canning two Relish and Chutney recipes. Please bring four (4) pint jars with lids (available at the Co-op).



= Gluten-Free



= Hands-On



= Wine Served



= Vegetarian

# Winter WORKSHOPS at the Eureka Co-op

Wednesday, January 6 from 6:00 to 7:00 p.m.  
**Cooking with Whole Grains** 

## Long Grain Brown Rice & Rye Berries

Co-op Staff Instruction \$10/Free Co-op Members

Brown Rice has more vitamin B, manganese and iron than White Rice and aids in digestion. Whole grain Rye contains more protein, phosphorus, iron, potassium and B vitamins than whole wheat. Learn new ways to incorporate whole grains into your everyday meals.

We'll demonstrate and sample a few recipes using whole grains & seasonal vegetables.

Monday, January 11 from 6:30 to 8:00 p.m.  
**Quick & Healthy**

## When You Don't Have Time To Cook From Scratch

Chelsey Brown, RD \$20/\$10 Co-op Members

Chelsey will give you the tools to prepare simple, healthy weeknight meals in a flash. The average American eats at restaurants or fast food joints for one out of every four meals & snacks, & spends almost half of their food budget on dining out, according to *Attitudes Towards Dining Out in the U.S. 2009* a report from [www.researchandmarkets.com](http://www.researchandmarkets.com). Even if you are healthier than the average American, this on-the-go lifestyle takes a huge toll on our health.

Friday, January 8 from 1:00 to 2:00 p.m.

## Lowdown on Labels

Margaret Stevens, RN, CDE

\$10/Free Co-op Members

Do you buy "sugar-free" products thinking they are healthier because they contain no sugar? Think again! These products sometimes have more sugar in them than the "regular" product! This course will teach you what the labels are actually telling you. What is that nutrition facts box & how does it relate to your health? What does "fat-free" really mean? How about "sugar-free?" Come find out!



Sat., January 23 from 11:00 a.m. to 1:00 p.m.

## Seed Starting

Rita Jacinto & Laurie Levey of Flying

Blue Dog Farm & Nursery

\$15/\$5 Co-op Members

Start getting ready for Spring by learning the rhythms of the planting calendar. Rita will demonstrate biodynamic seed starting methods using the moon & constellations to increase your seed starting success. Bring your enthusiasm & questions! Class participants will take seeds & planting materials home.

## Smart Shopping Workshops

Saturdays from 10:00 a.m. to 12:00 p.m.

January 9 ~ The Good Food Buzz on Citrus 

February 13 ~ Heart Healthy

March 13 ~ Beans & Lentils

Jonna Kitchen, RD & Chef Alex Begovic

\$10/Free to Co-op Members

Learn the latest nutrition information, shopping strategies and cooking techniques for a healthy lifestyle from a dynamic duo. Tour the store, taste new products and enjoy lively nutrition discussions with Dietician Jonna the first hour. Chef Alex will provide delicious, healthy recipes and an entertaining cooking demonstration the second hour. A shopping list and meal plan ideas will be provided for you to take home.

Thursday, Jan.28 from 3:00 to 4:00 p.m.

## Senior Nutrition

Margaret Stevens, RN & CDE \$5/Free Members

Learn what part carbohydrates, proteins & fats play in controlling your blood sugar, blood pressure & weight gain/loss. Find out what appropriate portion sizes are for you & how many grams of carbohydrates you should have per meal & snack. Learn about vitamins & minerals, herbal products & much more.



Sat., January 30 from 10:00 a.m. to 1:00 p.m.

## Food Preservation Workshop ~ Marmalade

Co-op Staff Instruction \$20/\$10 Co-op Members

In this workshop, we'll make and can three types of delicious Marmalade: Orange; Blood Orange; and Lemon Ginger for you to take home. Please bring three (3) wide mouth ½ pint jars with lids (available at the Co-op).



= Gluten~Free



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