



FALL SCHEDULE 2013

COOKING CLASSES FOR CHILDREN

In this unique program of 5 classes Tanya Marinelli, Certified Life Coach and cooking instructor will help children gain knowledge and understanding of the difference between processed food and real foods. Using whole and organic foods children will learn how to make good food choices while making amazing tasting snacks and having fun.

Dates: Monday evenings November 18 & 25; December 2, 9 & 16.

Time: 6- 7:15 p.m.

Location: Mary Jane's Cooking School at 252 Arlington Street (just south of Portage Ave.)

Cost: \$100.00 /student. Includes cookbook, info sheets and recipes

To Register: Call Mary Jane's Cooking School at 204 775-2522 or email: mjcookin@mymts.net

SOUP DAY AT MARY JANE'S COOKING SCHOOL

In these one-day workshops participants will make four different vegan/vegetarian soups representing a wide range of foods and styles. The same soups will be made at both workshops unless there is a demand for two different workshops. Bring your own containers and if you want your soups for refrigerator canning, bring your own sealers with snap top lids. (If you forget we will provide).

Dates: Friday November 15 and Saturday November 16

Time: 10:00 a.m. to 3:30 p.m. **Cost:** \$40.00 per class

To register: Call Mary Jane's Cooking School at 203 775-2522 or email mjcookin@mymts.net.

BREADMAKING WORKSHOPS

Learn the traditional way of making yeast breads, using wholesome organic flours and experience kneading and shaping bread, rolls and buns. We will make bread and focaccio. A follow up to Workshop 1 is Workshop 2 when we will make rolls and a Christmas wreath or Christmas style cinnamon. Bring a bagged lunch. Take home what you bake.

Dates: Saturday November 30 and December 7

Time: 10:00 a.m. to 5:00 p.m.

Location: Mary Jane's Cooking School at 252 Arlington Street.

Cost: \$50.00 per workshop.

To Register call 204 775-2522 or email: mjcookin@mymts.net