



**FALL CLASS SCHEDULE
AT MARY JANE'S COOKING SCHOOL**

2017

VEGAN & VEGETARIAN AFTERNOON CLASSES

Dates: Tuesday afternoons October 17, 24 & 31 & November 7

Time: 1:00 to 4:00 p.m.

Cost: \$160.00 Includes ingredients

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

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

COOKING CLASSES FOR TEENS

In these after-school classes, youth aged 13-16 years will learn to make wholesome teen-friendly dishes and snacks. Using whole foods teens will learn about good food choices and how to make easy and tasty foods for fitness and health while having fun. Prepared foods will be eaten at the school and/or taken home.

Dates: Wednesday evenings October 25, November 1, 8 & 15, 2017.

Time: 6:00 to 8:30 p.m.

Cost: \$160.00 for 4 classes

Location: 252 Arlington Street, just south of Portage Ave.

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

WORKSHOPS

SAUERKRAUT SATURDAY

Enjoy the flavour and health benefits of fermented food by making your own sauerkraut. In this workshop participants will creatively make sauerkraut from organic cabbages and condiments to take home and enjoy for months to come. The fermented vegetables loaded with beneficial live bacteria are a real health booster.

Date: Saturday October 14

Time: 1:00 to 4:00 p.m.

Cost: \$40.00

Location: 252 Arlington Street, just south of Portage Ave.

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INDIAN COOKING WORKSHOPS WITH NANDITA SELVANATHAN

In these workshops with Nandita participants will become familiar with the spices and dishes of India and learn how to prepare a healthy Indian meal and enjoy wonderful a sit down dinner. (Bring containers for leftovers to take home).

Dates: Wednesday afternoon October 18 and Saturday afternoon November 4

Time: 1:00 to 4:00 p.m.

Cost: \$40:00

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

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