

**WINTER AND SPRING CLASS SCHEDULE
AT MARY JANE'S COOKING SCHOOL**

2021

HEALTHY COOKING AND EATING FOR BODY & MIND

A continuation of the Session 3 cooking and nutrition classes, for people with lived experience with mental health issues will resume on Wednesday January 13, pending regulations. Community Nutritionist, Mary Jane Eason and Mental Health Worker Chantal Driedger will be facilitating the classes that involve discussion, nutrition information, and journaling and mindfully cooking nutritious and affordable meals using whole foods. A continuation of Session 4 which addresses the needs of newcomers to Canada, many of whom are refugees will also resume on Sunday January 17, pending regulations. This program will be facilitated by Mary Jane Eason and Ariana Yaftali who has lived refugee experience and training in mental health services.

Each session of 8 classes will end with a completion ceremony and home-made feast. At the end of the program there will be a follow up event to strengthen and maintain friendships and support.

The program Healthy Cooking and Eating for Body & Mind is generously funded by The Winnipeg Foundation.

SUPER SOUPS & STEWS

Warm up with hearty and wholesome soups. Learn how to prepare a variety of soups and how to highlight the flavours using herbs, spices and natural seasonings. As time permits, participants will also prepare soup accompaniments such as croutons and breadsticks, breads and soup toppings.

Dates: Tuesdays February 2, 9, 16 & 23.

Time: 1:00 to 3:00 p.m.

Cost: \$200 for 4 classes, includes ingredients and supplies.

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

VEGAN/VEGETARIAN COOKING

Learn the basics in vegan & vegetarian cooking and make wholesome, tasty main dishes and accompanying sauces and salads. To prepare balanced meals, recipes will highlight the use of squashes and other vegetables, legumes, grains, nuts and seeds, as well a variety of herbs, spices, and vegan condiments. Gluten-free options are included. Participants take home the foods they have prepared.

Dates: Tuesday evenings: April 6, 13, 20 & 27.

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

Location: Mary Jane's Cooking School, 252 Arlington Street, just south of Portage Ave

Cost: \$200 for 4 classes, includes supplies and ingredients.

To Register: call Mary Jane's Cooking School: 204 775-2522 or email:

mjcookin@mymts.net.

BREAD MAKING WORKSHOPS 2021

Learn the traditional way of making yeast breads, using wholesome organic flours and experience kneading and shaping bread, rolls and buns. **Workshop 1:** whole grain bread and white flour buns. **Workshop 2:** Whole Grain Sour Dough Bread using prepared starter made with organic rye flour.

Date: Workshop 1 Saturday February 6. **Time:** 10:00 a.m. – 5:00 p.m.

Date: Workshop 2 Saturday March 6. **Time:** 10:00 a.m. – 5:00 p.m.

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

Cost: \$60.00 per workshop.

To Register: call Mary Jane's Cooking School: 204 775-2522 or email:

mjcookin@mymts.net.

COOKING CLASSES FOR KIDS

In these after-school classes, children aged 8 - 12 years will learn to make wholesome kid-friendly dishes and snacks. Using whole foods children will learn about good food choices and how to make easy and tasty foods while having fun. Prepared foods will be eaten at the school and/or taken home.

Dates: Thursday Evenings: May 6, 13, 20 & 27

Time: 5:30 to 8:00 p.m.

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

Cost: \$200.00 for 4 classes Includes ingredients, supplies and refreshments

To Register: call Mary Jane's Cooking School: 204 775-2522 or email:

mjcookin@mymts.net.

EDUCATIONAL EVENINGS AT MARY JANE'S COOKING SCHOOL

Mary Jane's Cooking School will be launching a series of Educational Evenings providing information on health, nutrition and /or cooking-related topics once a month for small groups. Each monthly evening will feature a guest speaker on a wide range of holistic topics followed by a nutritious and delicious lunch. Due to covid restrictions the evening will stand in for the fundraising Fall Suppers of the past three years.

We will begin with two educational evenings described below and plan to have 5 events during the year which will be posted on our website and Facebook.

SESSION 1

Talking Ancestral Health with Bruce Berry and Jan Pangilman of Tribe Wpg.

Jan Pangilinan, health coach and holistic nutritionist and Bruce Berry, local farming and health advocate will talk about their workshop series Tribe Health Coaching which takes a community-based approach to health and wellness involving ancestral health principles for eating and living.

Date: February 26, 2021

Time: 6:00 p.m. – 9:00 p.m.

Cost: \$50.00

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

SESSION 2

Principals, Values and Health

In this workshop Community Nutritionist Mary Jane Eason, MSc. will highlight the values and principles of Mary Jane's Cooking School, and will also share some vital but lesser known nutrition information that could have a major impact on health.

Date: March 26, 2021

Time: 6:00 – 9:00 p.m.

Cost: \$50.00

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

