

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

2020

### **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:** Thursday evenings: January 9, 16, 23 & 30.

**Time:** 6:00 to 8:30 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](mailto:mjcookin@mymts).

### **HEALTHY COOKING AND EATING FOR BODY & MIND**

Three eight-week cooking and nutrition classes, one day a week starting Wednesday January 15 will be offered for people with lived experience. Community Nutritionist, Mary Jane Eason and Mental Health Worker Chantal Driedger will be facilitating the classes that involve discussion, nutrition information, journaling and cooking nutritious and affordable meals with mindfulness, using whole foods. Each series of 8 classes will end with a completion ceremony and home-made dinner. At the end of the program there will be a get together of all the groups for a festive meal and socializing as a way of building a support community.

A fourth program will address the needs of newcomers to Canada, many whom are refugees. This program will be facilitated by a person with lived refugee experience and training in mental health services. This program is funded by The Winnipeg Foundation.

**Starting Date:** Wednesday January 15, 2020.

**Time:** 12:00 to 3:00 p.m.

**For more information and to register** call Mary Jane's Cooking School at 204 775-2522 or email [mjcookin@mymts.net](mailto:mjcookin@mymts.net).

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

**Cost:** Free.

## **TRIBE HEALTH COACHING**

This nutritional and wellness support group facilitated by Bruce Berry, Organic Farmer and Jan Pangilinan, a Practical Nutritional Health Coach. This is an eight week coaching program offered on Tuesday evenings at 7:00 p.m. beginning on January 21.

“The next coaching block will be an 8-week kick start to your health journey. At each weekly session we will come together, supporting each other through our goals and challenges, learning about health related topics that are relevant to you. We have the ability to reset our health - by returning to whole unprocessed foods, listening to our bodies, and interacting with our community. Nearly every modern chronic health condition can be drastically improved or even resolved through an ancestral approach everything from diabetes, obesity, digestion, and more. By connecting with others who are also on their journey, you greatly increase your own chances of success. We can help you unwind chronic problems and get back to your roots.”

**To register** and for more information email Bruce or Jan at [tribewpg@gmail.com](mailto:tribewpg@gmail.com) or check the website at [www.tribewpg.com](http://www.tribewpg.com)

## **VEGAN & VEGETARIAN EVENING CLASSES**

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:** Thursday evenings: February 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](mailto:mjcookin@mymts.net).

## **BREAD MAKING WORKSHOPS 2020**

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 15. **Time:** 10:00 a.m. – 5:00 p.m.

**Date: Workshop 2** Saturday February 22. **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](mailto: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:** March 5, 12, 19 & 26.

**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](mailto:mjcookin@mymts.net).

## **INDIAN COOKING W NANDITA**

Join Nandita Selvanathan and learn about the spices and flavours of India and how to prepare an authentic Indian meal followed by a sit-down dinner. The menu features Butter Chicken and Veggie Pulao.

**Date:** Saturday, January 25.

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

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

**Cost:** \$50.00