



CLASSES AT MARY JANE'S COOKING SCHOOL

SUPER SOUPS AND STEWS

Warm up to hearty and flavourful simmering vegan or vegetarian soups and stews featuring a variety of styles and ingredients. The classes will include making flavourful broths. As time permits participants will make crusty breads, scones or biscuits accompaniments.

Dates: Wednesday evenings January 21 & 28 and February 4 & 11, 2015.

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

Cost: \$160.00 for four classes.

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

COOKING CLASSES FOR KIDS

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

Dates: Thursday evenings from 5:00 to 7:00 p.m. January 15, 22, 29 & February 5, 2015.

Time: 5:00 - 7:00 p.m.

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

Cost: \$140.00 /student. Includes ingredients and supplies.

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

VEGAN & VEGETARIAN SPRING CLASSES

Learn the basics in vegan & vegetarian cooking and make wholesome, tasty main dishes, and accompanying sauces and salads. The recipes will highlight the use of legumes, grains, nuts and seeds and seasonal vegetables. Participants take home the food they prepare.

Dates and Time: Wednesday evenings April 8, 15, 22 & 29 from 6:00 to 8:30 p.m. The same class will be offered on **Thursday afternoons** from 1:00 to 4:00 p.m. on April 9, 16, 23 & 30. **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

BREAD MAKING WORKSHOPS

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 buns. **Workshop 2:** rolls or cinnamon buns and focaccia. Bring a bagged lunch. Take home what you bake.

Dates: Saturday February 28 and March 7, 2015.

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

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

Cost: \$50.00 per workshop.

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

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