

CREATE NEW HABITS for HEALTHY EATING!!

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A series of five 1 1/2hour workshops which lead to establishing new habits for healthy and satisfying eating.

Each week a one day menu plan is given to participants to begin the process.

First week:

- creating new habits of eating: the why and how
- benefits to health
- relationship to food
- looking at present diet
- planning choices
- pros & cons of buying organic, local, and super market produce

Second week:

- planning, shopping, & cooking techniques---simply & tastily
- where and how to shop (including super and non-super markets, local farmers, farm markets, & CSA's)
- how to translate ingredients of packaged foods
- choosing healthy snacks
- meal planning

Third week:

- what are other sources of protein besides meat
- how to cook them and benefits
- what is meaning of "pasture fed", "cage free, "naturally raised" labeling of both meat & eggs
- discussion of healthy fats & carbohydrates

Fourth week:

- how to simplify & organize your kitchen
- types of cookware best for health
- choice of basic ingredients & storage
- sources of supplies & information
- discussion of the challenges you have experienced & solution examples

Fifth week:

- Technique of improvising your own recipes & having fun creating
- eating as a satisfying event
- examples of recipes & day plans

Optional sixth week: - How to can and freeze abundant summer produce and fruits