

2018 Cooking Classes

Classes are held at 1150 Pontiac Dr., Sarnia or at St. Andrew's Presbyterian Church in Corunna.

You must pre-register by calling 519-339-8949

January 2018



Solutions For Your New Year's Resolutions

Wed. Jan. 10, 1:30 PM & Thurs. Jan. 11, 9:30 AM

Wed. Jan. 17, 1:00 PM (Corunna)

Learn to increase protein and fibre in your meals to help increase satiety, decrease portion sizes and reduce the frequency of snacking to help achieve and maintain a healthy body weight

February



Love Your Heart—Eat Smart!

Tues. Feb. 6, 9:30 AM & Tues. Feb. 6, 1:30 PM

Thurs. Feb. 15, 1:00 PM (Corunna)

In support of national Heart Month, this class fosters an emphasis on nutrition advice to reduce your risk of developing heart disease and stroke.

March



Budget Bites

Mon. Mar. 12, 5:30 PM; Tues. Mar. 13, 1:30 PM

Tues. Mar. 20, 9:30AM (Corunna)

March is Nutrition Month! In support of this year's theme "Take the fight out of food! Spot the problem, Get the facts. Seek support." We'll be cooking up some budget friendly dishes.