Healthy Celebrations

(Cooks Session)

March 1st, 2018

1:30 – 3:30pm @ the TBDHU Auditorium

We are excited to welcome back Megan Bellinger, Public Health Dietician from the TBDHU, for an informative session on Healthy Celebrations.

This session will provide ideas on healthy menu options to serve during the holidays, as well as ways to modify traditional holiday favourites to boost the nutrition content.

The session will also include an opportunity for cooks to share some of their "go-to" holiday recipes, as well as a cooking component where cooks will prepare and share a simple holiday recipe.

We kindly ask all cooks who register to email 1 or 2 of their favourite holiday recipes to share with the group. Recipes can be sent to Jodi.Corbett@tbdssab.ca

To register, please contact Jodi
766-2111 ext. 4113 | jodi.corbett@tbdssab.ca