



FLAVORFUL IDEAS FOR A LIFE TIME OF HEALTHY LIVING

PLAYING WITH FLAVOR

FREE, OPEN HOUSE – MAY 15 5:30 – 7:30PM

NON-MEMBERS WELCOME

Learn how to use your senses to create flavor and texture combinations which will lead to well balanced, simple, tasty dishes. Food sampling stations representing each cooking element, flavor profile and a variety of proteins, vegetables and grains help guide your exploration.

SEASONAL EATING

CLASS – JULY 10TH, 5:30 – 7:30PM

\$10 MEMBERS, \$15 NON-MEMBERS

Guided by a professional chef and a nutritionist, this class will explore foods that are in season, what they can do for your health and wellbeing, and how to shop for, prepare, and cook them. Get to know our local food system and learn how to incorporate these ingredients into new dishes.

COOKING WELL FOR LESS

CLASS – JUNE 12, 5:30 – 7:30PM

\$10 MEMBERS, \$15 NON-MEMBERS

Learn simple tricks for creating delicious meals with whole, seasonal ingredients that won't break the bank. Taught by a professional chef and a nutritionist, topics include menu planning, batch cooking, buying in bulk, and repurposing ingredients.



THESE EVENTS ARE CO-SPONSORED BY NOURISHING MINNESOTA, AN INITIATIVE OF THE UNIVERSITY OF MINNESOTA BAKKEN CENTER FOR SPIRITUALITY & HEALING THAT IS MADE POSSIBLE BY A GENEROUS GIFT FROM THE GEORGE FAMILY FOUNDATION.

VISIT YMCAMN.ORG/MIDWAYKITCHEN TO REGISTER

INSTRUCTOR BIOS

CAROLYN DENTON, MA, LN

As a Licensed Nutritionist, Carolyn's work focuses on nutrition for general health and disease prevention and as a complementary therapy for existing chronic and degenerative diseases.

In addition to nutritional counseling, Carolyn has developed and implemented nutritional programs addressing specific health concerns. She has also designed and conducted numerous large-group patient education programs as well as presenting nutrition education in a variety of corporate settings.

Currently, Carolyn is a member of the Integrative Medicine Team at Abbott Northwestern's George Institute for Health and Healing. She also teaches Functional Nutrition at the University of Minnesota.

JENNY BREEN, MPH

Jenny Breen is a professional chef and food systems advocate. Co-owner of Good Life Cafe and Catering from 1996-2013, she completed her MPH in Nutrition at the University of Minnesota in 2011 and focused on cooking for personal, community and environmental health. Her cookbook "Cooking up the Good Life" was released in April of 2011. She currently teaches 3 courses at the University of Minnesota and contracts as a food and nutrition Public Health educator with local health departments, school districts and non profit food and farming organizations.

**TO REQUEST ADDITIONAL INFORMATION PLEASE CONTACT CATHY QUINLIVAN
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