



HENRY FORD
WEST BLOOMFIELD HOSPITAL
6777 W. Maple Road
West Bloomfield, MI 48322

Classes are \$19 per person, unless otherwise noted.

Registration closes 72 hours prior to the day of class.



For more information, or to register for classes, call (248) 325-3890 or email dk@hfhs.org. Visit us online at www.henryfordwestbloomfield.com

DEMONSTRATION KITCHEN WINTER/SPRING 2012 COOKING CLASSES



They say, “you are what you eat.”
At Henry Ford West Bloomfield Hospital’s
Demonstration Kitchen, you will learn
how to transition to a healthy lifestyle
with education on nutrition, special
dietary conditions, and culinary
tips to cook fun, flavorful meals.



Each class includes delicious food samples, educational information, and advice from Henry Ford physicians or registered dieticians. It's never too late to start eating healthy and take steps to get your health back on track.

THURSDAY, FEBRUARY 2, 11 a.m. to 12:30 p.m.

HEART HEALTHY SPA FOOD

Are you ready to re-energize for the New Year? This class will help you get back into shape and transition to a healthier lifestyle. Learn the importance of portion control, calorie counting and the health benefits to eating fresh food. Heart healthy options will be discussed and a Henry Ford dietician will discuss the best ways to keep your heart healthy.

TUESDAY, FEBRUARY 7, 6:30 P.M. TO 8 P.M.

VEGETARIAN ENTREES – NOT JUST FOR HERBIVORES ANYMORE!

The entrees featured in this class will show you how to add more vegetarian options to your meal planning without compromising flavor. We will bring recipes to your table that will introduce more vegetables and beans to your diet. This class is designed for vegetarians wanting new options, or those just wanting to explore how to make vegetarian meals.

THURSDAY, FEBRUARY 9, 11 A.M. TO 12:30 P.M.

SENIOR HEALTHY LIVING

This class promises an afternoon filled with food, fun and community. Class includes healthy twists to traditional favorite recipes with a cooking demo, sampling and tour of the award-winning hospital. A member of our physician's panel will be available to answer health questions.

WEDNESDAY, FEBRUARY 22, 6:30 P.M. TO 8 P.M.

WORK-OUT NUTRITION

This class will help you determine the best foods to eat after a great work out and how to achieve maximum results. Learn how to build muscles and stay toned, how different foods affect our body's metabolism and the best things to eat when you leave the gym. A Henry Ford dietician will be there to answer all your questions regarding nutrition and fitness.

WEDNESDAY, MARCH 7, 6:30 P.M. TO 8 P.M.

NUTRITION FOR THE ACTIVE MAN

This class is all about men and what keeps them healthy. It will focus on nutritional needs for a man's active body and busy schedule. Learn how to incorporate a healthy twist to make some of your favorite recipes. A Henry Ford dietician will be there to discuss specific conditions that effect men of all ages and to answer your health related questions. Women, feel free to attend to learn tips about keeping the men in your life healthy.

WEDNESDAY, MARCH 14, 6:30 P.M. TO 8 P.M.

DIABETES – HEALTHY SOUL FOOD

Living with diabetes doesn't mean you have to feel deprived or restricted; it also doesn't mean you have to sacrifice flavor. If you are currently struggling with dietary challenges, this class will help you learn what you can eat and the ways to make it enjoyable with a healthy "Soul Food" twist. Meal planning and how to add flavor to your plate will be discussed along with a question and answer session from a Henry Ford dietician.

WEDNESDAY, MARCH 21, 11 A.M. TO 12:30 P.M.

SUSTAINABLE GARDENING 101 – PREPARING A HEALTHY GARDEN

Get ready for spring with information on how to prepare a healthy garden. Learn about seed selection, succession planning, tips and techniques, and garden layout. Topics discussed include sustainable growing and recipes for the first harvest.

SATURDAY, MARCH 24, 10 A.M. TO 11:30 A.M.

DK KIDS FAMILY FIELD TRIP

\$35 per family (up to 4 people per family, \$10 each additional person)

During the Family Field Trip, you and your family will learn how to read labels, understand nutrition facts/ingredients, how to stock a healthy pantry and the importance of healthy habits. The cooking demo will include easy foods and snacks for kids to create and share with the whole family, and quick meals for families on the go. Materials for this class include a healthy pantry inventory checklist, healthy habit tracking sheet and recipes/information from a Henry Ford Registered Dietician.

WEDNESDAY, MARCH 28, 6:30 P.M. TO 8 P.M.

VEGAN COOKING WITH CHEF GEORGE VUTETAKIS, FORMER OWNER OF INN SEASON CAFE

Are you curious about learning how to transition to a vegan diet or simply adding healthy plant-based options to your current lifestyle? This class will feature vegan recipes from Chef George's "Vegetarian Traditions" cookbook, inspired by cultural traditions around the world.

TUESDAY, APRIL 12, 6:30 P.M. TO 8 P.M.

CANCER PREVENTION AND SURVIVORSHIP – “THE NEW AMERICAN PLATE”

Join Susan Hill, Josephine Ford Cancer Center dietician, for a discussion regarding prevention, survivorship and “The New American Plate”. This class will focus on foods to improve stamina and adding flavor to meals. The cooking demonstration will feature foods in alignment with “The New American Plate”



THURSDAY, APRIL 19, 6:30 P.M. TO 8 P.M.

SIMPLE SUSHI

\$29 per person (Interactive Class)

In this fun and interactive class you will learn how to make different types of sushi. Learn how to make a variety of sushi rolls and dipping sauces to add a unique flavor. Each participant will take home a sushi kit.

The Demonstration Kitchen also offers private events, corporate outings, field trips and fundraising opportunities. Registration closes 72 hours prior to the day of class. To register, call (248) 325-3890 or email dk@hfhs.org