



Midcoast Maine Holistic Health Event Center - 2018

Event Venue:

Belfast Breeze Inn, 192 Northport Ave., Belfast, ME 04915

Call: 207-505-5231 www.belfastbreezeinn.com

Practitioners and service providers scheduled are professionals certified/trained/experienced in their respective fields. A biography for each provider is included on our Facebook and Brown Paper Tickets event descriptions.

2018 Healthy Living Cooking Classes

May & September

5/17 6-9p, 9/12 10a-1p

Gluten Free Cooking and Lifestyle

Here is a great meal that is so bursting with flavor that no one will ever expect it to be entirely gluten-free. Amy shares all the inside tips on how to create meals that satisfy, regardless of your gluten-status. Why gluten free? Whether you are simply curious,

interested in eating healthier or are eliminating gluten for medical reasons, come learn how gluten free should really be flavor-full! Using grain substitutions and grain free recipes that will delight the senses without stretching your budget, this workshop will be hands on with a gluten free feast at the close.

Book your seat at: <https://healthycooking.bpt.me/>



About Your Instructor



Amy Barnard has been acting as a Master Food Preserver volunteer with the University of Maine Extension going on six years. She was born and raised in Maine and since a child has been learning kitchen and gardening skills from her grandparents and parents. While living in the Midcoast she helped manage the culinary arts and gardening program at a boarding school for teenagers and could be found foraging blueberries on Cameron Mountain or collecting seashells to use for candle making on Ducktrap Beach. Most recently, she helped to win a Maine Ag in the Classroom Grant for a one week high school class she co-taught named Food for Life where students learn preserving skills while linking food to their culture and health. Sustainability, creativity, fun in the kitchen, healthy living and healthy eating for the mind and body are her passions. Although her food preservation skills were originally used for practicality, her training and experiences have brought out a creative touch. Her workshops will encourage everyone to look around at nature's bounty and eat as many plants in season as possible. Her recipes come from a desire to love every bite. Amy resides in Westbrook and believes the old adage is true; you are what you eat!

General Information: Classes will be demonstration-style as well as hands-on in format. Recipes, tips, tastes, and dinners are guaranteed to delight! If we make it in class, we're all eating it! Classes are held in the large commercial kitchen at the Belfast Breeze Inn. A demonstration area as well as a long communal dining table make it ideal for cooking with groups. Bring your friends, partners, couples, "guys-night out", "girl-friends escapes", parent/teen, or just come on your own and meet like-minded people seeking to learn more about food! Private dinners and private cooking classes can be arranged by calling 207-505-5231, ask for Jane. Cooking classes are open to ages 14 and up unless specified otherwise. Ages 14-18 must be accompanied by a parent with their own ticket.