

## The Instructors



**Mary Catherine Anderson** has been developing recipes and preparing nutritious and delicious meals for clients for 7 years. She is a culinary instructor here at the Big Carrot with Chef Nettie Cronish. She is excited to combine Sports Nutrition with amazing vegetarian and vegan recipes for this Food for Fitness class. Member of CANFITPRO & Certified in Vegetarian Cuisine. **Karen Soper BSc., C.N.P.**, has been practicing holistic nutrition since she graduated from the Institute of Holistic Nutrition in June 2003. Karen teaches a Nutrition and Wellness Certification for Canadian Fitness Professionals, and provides nutrition workshops for elementary students through her own Gorganic-Wellness Education program.



**Arvinda and Preena Chauhan**, mother-and-daughter team, have been teaching healthy, home-style Indian cooking classes for the last 17 years and are makers of Arvinda's natural, artisanal spice blends for Indian cooking. Check out their web site for product info and for a link to their blog: [arvindas.com](http://arvindas.com)



**Francesco Comito** is a Living Chef with knowledge and experience in Mediterranean, Modern Canadian and International Cuisine. He has trained extensively in both Italy and Canada under renowned chefs. For health concerns, Francesco decided to start his journey with a pristine lifestyle and took a new approach to Raw Cuisine. His unique style of living and food preparation has grown to be known as Vegan Fusion Cuisine. [makeitraw.com](http://makeitraw.com)



**Julie Daniluk, C.N.P.**, became a co-operative worker/owner of The Big Carrot after graduating from the Canadian School of Natural Nutrition. Currently on a leave from The Big Carrot, Julie is in the midst of publishing her first book called *Meals That Heal Inflammation*. She is the official on-line nutritionist for the W network and has a cooking show called "Healthy Gourmet" on the OWN channel. [juliedaniluk.com](http://juliedaniluk.com)



**Sarah Dobec, C.N.P.**, graduated with first class honours from the Institute of Holistic Nutrition. Sarah is an educator, speaker and writer. She has a private practice in Toronto. She aspires to restore her client's health through whole foods and a focus on balance in all aspects of one's life. Sarah is currently an on-site nutritionist at The Big Carrot. For more info check out Sarah at: [sarahdobec.ca](http://sarahdobec.ca)



**Patricia Meyer-Watt, C.N.P.**, works as a Nutritional Consultant with a holistically minded medical doctor and is a faculty member at the Institute of Holistic Nutrition. Her special interests are in promoting healthy traditional diets at home as well as in schools and supporting the local farming community by using naturally farmed local produce and pastured meats whenever possible. She is the Toronto (Volunteer) Chapter Leader of the Weston A. Price Foundation. [b-healthy.ca](http://b-healthy.ca)



**Eva Sue-Wah-Sing, C.N.P., R.N.C.P.R.O.H.P.** is the founder of Insight Health and a graduate of the HBLA Technical College in Austria where she studied Culinary Arts and became a Certified Chef. Today, Eva runs a private practice and is a Culinary Instructor for the Institute of Holistic Nutrition. For several years Eva has been providing culinary coaching to private clients focusing on digestive wellness, hormone balancing for women and cancer prevention, in a supportive and educational environment..



**Alexis Touyz** is originally from South Africa and a graduate of the University of Witwatersrand and Toronto School of Homeopathic Medicine. In addition to the various alternative modalities she practices, she rounds it all off with being a Master Vegan Chef with twelve years experience through Fruits & Roots Natural Food Company. A mother of two young children with a passion for life, good food, music and a great read she brings an enthusiasm and flare to the kitchen that is contagious! [smartmedicine.ca](http://smartmedicine.ca)

## Single Tuesday Evening Classes

These classes specialize in specific dietary needs prepared by some of the best-qualified instructors in Toronto.

**\$70.00 + HST = \$79.10 • 7:00 - 9:30 p.m.**

### Terms & Conditions

- We reserve the right to cancel or postpone classes with full reimbursement if class does not meet the minimum enrolment.
- Cancellations up to 72 hours before start time will result in full reimbursement issued as a Big Carrot Gift Card.
- Under 72 hours, a \$35 penalty will apply with the remainder of the balance issued as a Big Carrot Gift Card.
- There are no make up classes for missed classes, however all recipes will be available. Classes are non transferable.
- The Big Carrot is not responsible for any injury, loss or damage to persons or property during the class. Closed toe shoes are a requirement. Students are required to tie back loose or long hair. We are not a nut-free environment. Minors require parental consent.

## Single Tuesday Evening Classes

SEPTEMBER 20

### The Anti-Inflammatory Diet

Participants will learn how to reduce inflammation in the body with the right food selection. A full outline of foods that increase and decrease inflammation will be covered and creative ways to substitute foods that cause inflammation will be a focus. Recipes will be gluten, dairy and sugar free to help the immune system recover. This is a great course for anyone who may be suffering from arthritis, irritable bowel syndrome or chronic pain.

**Julie Daniluk**

SEPTEMBER 27

### RAW: Fitness in the Raw

High level performance and raw food.

This class will focus on the importance of foods that will improve PH level and increase energy. Recipes containing foods such as maca, coconut, and chlorophyll from greens will be reviewed. Get ready to run! **Francesco Comito**

OCTOBER 4

### Fermented Foods: Easy to Digest, Delicious and Natural Pro-biotics

Fermentation of foods has been used for many generations to preserve the bounty of the harvest, to make foods more digestible and to add enzymes and beneficial pro-biotic bacteria to the diet. This class will show you easy and safe ways to ferment at home, no special equipment required! We will begin with a demonstration of fermented dairy (Kefir), participants will then prepare Spicy Korean Kimchi, Ginger and Carrot Sauerkraut, Daikon Radish Delight, etc. We will finish the class by making scrumptious kefir-oatmeal pancakes. Participants will take home starter cultures for Kefir and printed recipes. **Patricia Meyer-Watt**



OCTOBER 11

### Family Food Series: 20 Minute Dinners

We all want to eat well but often can't find the time. Preparing healthy meals does take a little effort but there are a few tricks and simple recipes that make feeding the family easier and still taste good. In this class we will prepare dishes that are either quick and easy or dishes we can make in large batches and freeze. We will go over the basics of a healthy pantry, why eating mostly whole foods and avoiding processed foods is so important and best of all, we will have fun! **Sarah Dobec**

OCTOBER 18

### Healthy Snacks for the Whole Family

Strategies for healthier choices will be highlighted while we create a beet based chocolate cake, 'green' smoothies and ice creams, lemony salads, granola and more. This workshop will highlight simple easy recipes which everyone in your family will be able to make and enjoy. **Alexis Touyz**

OCTOBER 25

### Ayurveda: An Introduction to Vegetarian Indian Cooking

Ayurveda, known as the *science of life*, is India's ancient healthcare system that dates back 5,000 years. In this cooking class, join Arvinda and Preena Chauhan of Arvinda's to create a delicious, nourishing and comforting vegetarian Indian meal with the use of flavourful herbs and aromatic spices that possess medicinal benefit. Ayurveda aids in maintaining a body, mind and spirit connection through the foods we eat, which is reflected through our menu: Curried Carrot & Lentil Soup, Moong Dal in a delicious curry sauce paired with an aromatic Cumin-Scented Mattar Basmati Pullao, served with Spiced Potato and Eggplant Curry finished with a steamy cup of authentic Masala Chai. **Arvinda and Preena Chauhan**

NOVEMBER 1

### **Food For Fitness: Vegetarian Food For Fitness Cooking Class**

Analyse vegetarian sports nutrition needs, then enjoy amazing cuisine and meal planning ideas for nourishing an active vegetarian lifestyle! Protein, Hydration, Nutrition, Recovery Beverages and more! Join Nutritionist and CANFITPRO trainer Karen Soper and Recipe Developer and Food Educator, Mary Catherine Anderson for this amazing and informative hands-on course. Whether you are a multi-marathoner or just starting out on the path to fitness, this class is for you! Recipes include Lemon Lime Recovery Drink, Mocha Shake, Agave Energy Gels, Raw "Power" Bars and Savoury Quinoa Crepes.

**Mary Catherine Anderson and Karen Soper**

NOVEMBER 8

### **The Anti-Inflammatory Diet**

Participants will learn how to reduce inflammation in the body with the right food selection. A full outline of foods that increase and decrease inflammation will be covered and creative ways to substitute foods that cause inflammation will be a focus. Recipes will be gluten, dairy and sugar free to help the immune system recover. This is a great course for anyone who may be suffering from arthritis, irritable bowel syndrome or chronic pain.

**Julie Daniluk**

NOVEMBER 15

### **Exploring Indian Vegetarian Classics for Fall**

This fall, explore some of India's most celebrated classic vegetarian dishes perfect for the fall season. In this class we're cooking Aloo Gobi – Potato, Cauliflower and Peas Curry, Channa Masala – Whole Chick Pea Curry; Handmade Whole Wheat Chappatis; Mattar Rice Pullao – Basmati Rice with Peas and steamy, aromatic Authentic Masala Chai. Everyone will have a chance to roll and make their own chappatis. Join us and learn to bring together a full nourishing and wholesome Indian meal that is perfect for both everyday and entertaining

**Arvinda and Preena Chauhan**

NOVEMBER 22

### **RAW: Living Foods and Fun with Kids**

Get your kids preparing nutritious food! Fun, easy raw food treats/meals for your kids. This class will demonstrate how to make raw chocolate pudding, raw brownies, cookies and a delicious raw zucchini noodles with meatless balls entrée. **Francesco Comito**

NOVEMBER 29

### **Low Glycemic Foods**

Join me in the kitchen and experience how low glycemic foods improve your energy, help alleviate mood swings and sugar cravings. Learn what types of foods and spices will balance your blood sugar levels so you can achieve your optimal weight, alleviate the signs and symptoms of hypoglycemia and prevent a multitude of diseases such as cancer and diabetes. **Eva Sue-Wah-Sing**

DECEMBER 6

### **The Anti-Inflammatory Diet**

Participants will learn how to reduce inflammation in the body with the right food selection. A full outline of foods that increase and decrease inflammation will be covered and creative ways to substitute foods that cause inflammation will be a focus. Recipes will be gluten, dairy and sugar free to help the immune system recover. This is a great course for anyone who may be suffering from arthritis, irritable bowel syndrome or chronic pain.

**Julie Daniluk**

JANUARY 17

### **Food For Fitness: Vegetarian Food For Fitness Cooking Class**

Analyse vegetarian sports nutrition needs, then enjoy amazing cuisine and meal planning ideas for nourishing an active vegetarian lifestyle! Protein, Hydration, Nutrition, Recovery Beverages and more! Join Nutritionist and CANFITPRO trainer Karen Soper and Recipe Developer and Food Educator, Mary Catherine Anderson for this amazing and informative hands-on course. Whether you are a multi-marathoner or just starting out on the path to fitness, this class is for you! Recipes include Lemon Lime Recovery Drink, Mocha Shake, Agave Energy Gels, Raw "Power" Bars and Savoury Quinoa Crepes.

**Mary Catherine Anderson and Karen Soper**

JANUARY 24

### **Family Food Series: Feed. That. Kid!**

Between picky eaters, an overabundance of processed food and being busy, feeding our kids properly seems like an impossible task. Proper nutrition builds healthy bodies, minds and the foundation for a long life. Current research shows that childhood obesity and diabetes are on the rise so it's time to take control and get our kids back on track. This class will be full of delicious and nutritious snacks, meals and even treats! **Sarah Dobec**

JANUARY 31

### **RAW: Sexy Red Tomato**

The class will highlight how to use the tomato in a variety of ways. You will learn how to make a four course meal using the tomato in a soup, entrée, as an appetizer etc... This fruit is high in nutrients and is alkaline and should be included in your daily diet! **Francesco Comito**

FEBRUARY 7

### **Finger Licking Healthy Treats**

This cooking class is all about chocolate! We'll explore amazing finger lickin' healthy treats that both you and your family will love. You will be taught how to make your own little chocolate bon bons and truffles. You will learn how to work with raw cacao and why it's good for you as well as learn about natural sweeteners you can use in place of sugar. **Eva Sue-Wah-Sing**

FEBRUARY 21

### **Really Delicious Vegetarian Cooking**

Enjoy the luscious luxury of really delicious vegetarian cuisine and brighten up the dark of winter with incredible healthy meals. This class will feature gourmet recipes like scrumptious mellazzane with a warm mushroom salad. A whole grain wild rice risotto, and a warm roasted butter-nut squash tart with a tangy cilantro sauce. **Alexis Touyz**

FEBRUARY 28

### **Family Food Series: Winter Rut Shake Up!**

Take control of Seasonal Affective Disorder(SAD) and the winter blues through your diet. We will define SAD and learn what foods help to combat this common condition. Recipes will include nourishing and delicious dishes that will lift your spirit and inspire you like the first day of spring! **Sarah Dobec**

## **The Big Carrot's**

# **Cooking Classes**

**2011 FALL & WINTER**

**Single Evening Schedule**



**348 Danforth Ave.**

**416-466-2129**

**www.thebigcarrot.ca**

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