

# HEALTHY EATING CLASSES



**Dawn Berthelette,**  
Healthy Eating Specialist  
at Whole Foods Market  
in Bellingham

## DAWN'S BIO

Dawn is a graduate of The Institute for Integrative Nutrition and a Certified Holistic Health Coach. Prior to becoming a health coach, she worked for the restaurant industry for ten years in various roles. Let Dawn plan your menu! Cooking with health in mind doesn't mean sacrificing flavor.

## DON'T KNOW WHERE TO START?



It can be overwhelming to make dramatic changes to the way you plan your meals. Dawn has delicious ideas for special diets and loves to play in the kitchen. Sometimes, all you need is a little guidance for that first week before you're ready to tackle a new approach to menu planning on your own.

# FALL & WINTER CLASS LISTINGS

## Fall Harvest

**Monday October 21 • 7:00pm – 8:00pm**

Mother Nature gives us what we need, when we need it. Come celebrate the fall harvest of sweet potatoes, butternut squash, apples, pumpkins and all types of greens.

## Kitchen Helpers Class (for Kids!) \*

**Thursday, October 24 • 10:00am & 1:00pm**

Celebrate National Food Day! This child and parent partners class is designed to help teach kids how to identify, cook and eat healthy foods. We will be exploring various kitchen tools, tips and safety, so that they can confidently help out at home too!

## Healthy Halloween Treats (for Kids!) \*

**Sunday, October 27 • 1:00pm – 2:00pm**

Halloween is right around the corner, come learn how to have a plant strong celebration without the sugar coma.

## Winter Squashes

**Monday, November 4 • 7:00pm – 8:00pm**

Pumpkins and squashes can be somewhat intimidating if you are unfamiliar with cooking with them. Their dense, creamy texture, bold orange colors, and sweet, subtle flavors make them a tasty nutrient dense addition to the winter kitchen menu. Come learn some great ways to include these in your life beyond using them as a beautiful centerpiece.

## Healthy Whole Food Holiday Entertaining

**Monday, November 18 • 7:00pm – 8:00pm**

You can enjoy healthy holiday dishes without burdening your body with all the added sugar and fat. Even better, lots of recipes are simple to make ahead of time so that you can have something already prepared for your busy holiday season.

\* Children must be accompanied by an adult, it's fun for grown-ups too!

## Seasonal Super Spices

**Monday, December 2 • 7:00pm – 8:00pm**

Spices can be used much like medicine, and when used properly they can nurture, restore, and heal. Some excellent warming spices include ginger, cinnamon, cardamom, nutmeg, black pepper, cumin, coriander, and fenugreek. Come learn some creative recipes that will allow you to benefit from their amazing healing properties.

## Healthy Holiday Treats and Gift Ideas

**Monday, December 16 • 7:00pm – 8:00pm**

Come learn how to create some amazing, tasty, and good-for-you holiday treats. If you can manage to not eat them all yourself you could even pack them up as gifts!

## Plant Strong Cooking Class (for Kids!) \*

**Friday, December 27 • 1:00pm**

Join us for some fun kids cooking activities in our café and learn how you can start your new year Plant-Strong!

## Classic Comforts

**Monday, December 30 • 7:00pm – 8:00pm**

Put a more nourishing spin on some of your favorite classic winter comfort foods.

\* Children must be accompanied by an adult, it's fun for grown-ups too!

---

Bring this form to Customer Service to sign up our Healthy Eating Classes. A \$5 Class Fee is required for all class participants.

NAME: \_\_\_\_\_

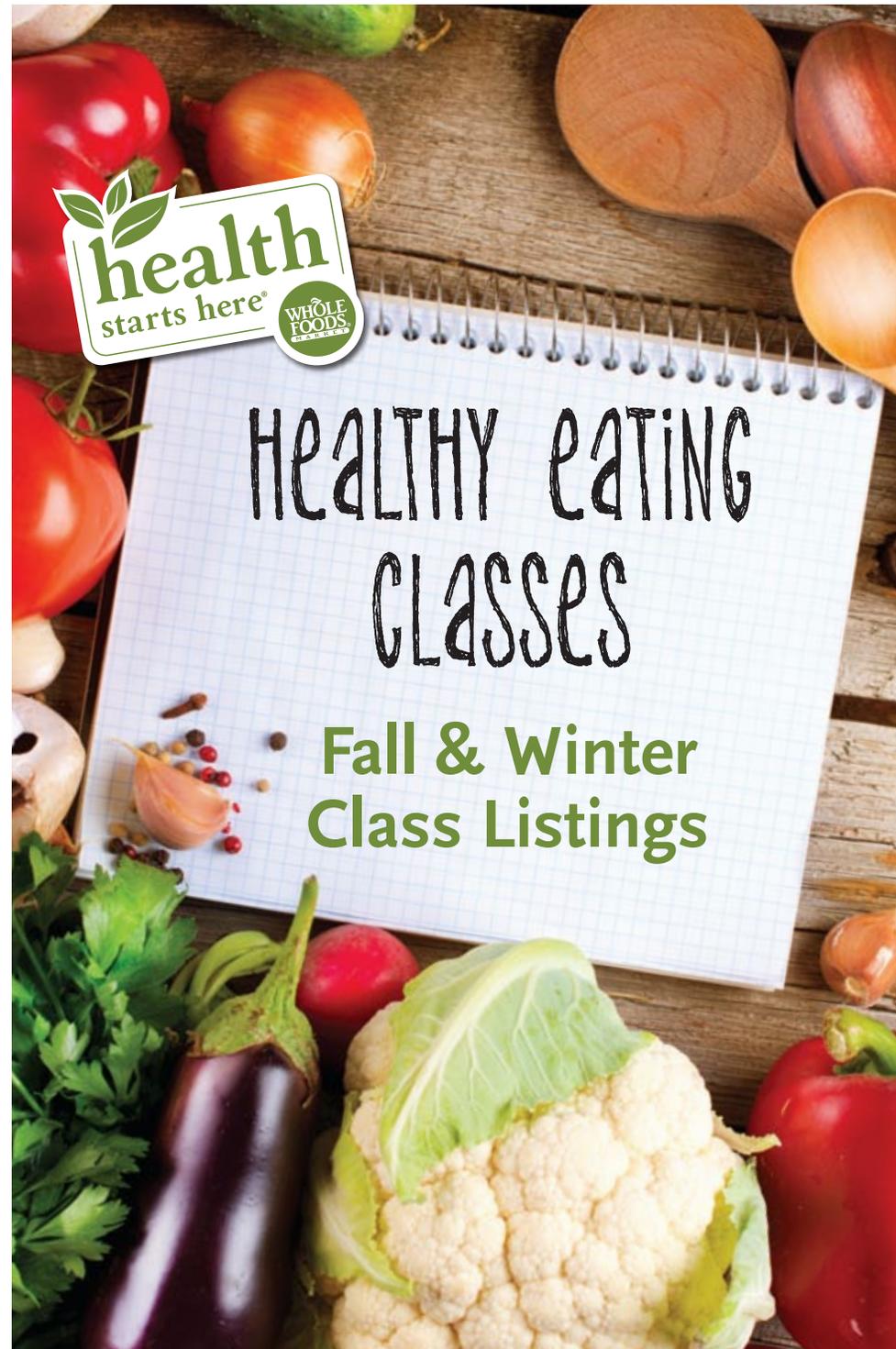
PHONE NUMBER: \_\_\_\_\_

EMAIL: \_\_\_\_\_

Class(es) attending: \_\_\_\_\_

Away from the store and want to sign up? Have questions?  
Send an email to [Dawn.Berthelette@wholefoods.com](mailto:Dawn.Berthelette@wholefoods.com) with your information!

**BELLINGHAM • 255 Hartford Avenue • 508-966-3331**



**BELLINGHAM • 255 Hartford Avenue • 508-966-3331**