



SPECIAL EVENTS MENU

The Learning Center at Healthy Living



MEET CHEF SHANNON

Shannon Beckwith, our Learning Center Chef-Instructor, comes to us from the Culinary Institute of America with a passion for teaching kids and adults the finer points of home cooking. Shannon's passionate about education; she's focused on teaching people about making healthy cooking choices. She loves to show her students how delicious and easy truly healthy food can be!

To sign up for a private class simply call or email Shannon Beckwith at shannonb@healthylivingmarket.com or 518.306.4900.

**Please allow 1-2 months notice for private event requests.*

GROUP PRIVATE COOKING CLASSES

\$55/person

class size: 5-8

menu size: 1-3 dishes

To coordinate a private hands-on cooking class, all you need is a love for food and the desire to whip up something spectacular! Simply gather your friends, choose what you'd like to learn, and get ready to have some culinary fun. If you'd like to leave the planning up to us, that's fine too: give Chef Shannon the basics of what you'd like and she'll figure out the rest. All classes will have time budgeted for eating, of course, and your guests will be sent home with recipes to recreate the meals again and again.

Our private classes are great for

- fun nights out with friends
- birthday parties
- business team building
- Holiday get-togethers
- family fun
- school trips

GROUP DEMONSTRATION CLASSES

\$20/person

class size: 10-20

menu size: 3-5 dishes

REGISTER TODAY: 306.4900 · HEALTHYLIVINGMARKET.COM/LEARNING-CENTER · CUSTOMER SERVICE DESK

Our group demonstration classes are a great alternative to our hands-on classes, especially if you have a big group to entertain or don't feel like getting your hands dirty. You'll start by chatting with Chef Shannon to figure out your menu; on the day of the party, you'll receive a demonstration of all the dishes selected as you and your audience watch comfortably... plus, you'll taste each dish as it's cooked!

INDIVIDUAL PRIVATE COOKING CLASSES

cost based on menu

class size: 1-2

Have a specific dish in mind you'd like to master? A technique you'd like to practice 'til it's perfect (like a pastry crust or a classic braise)? Try one of our individualized private cooking classes, where absolutely everything is up to YOU. You choose the dish, the technique, or the cuisine; we'll put together the recipe and make sure you've mastered it by the time you leave!



BIRTHDAY PARTIES

\$15/ child

class size: up to 10

If you're looking for a fresh birthday idea, look to our Learning Center. Birthdays are our specialty! Each Birthday Class features a 1-hour hands-on cooking activity, time for games and gifts, take-home recipes, and a totally fun and fascinating time for kids! They LOVE it!

Menu Options:

- *Pizza with Veggie Toppings*
- *Veggie Summer Rolls*
- *Homemade Meatballs in Marinara Lasagna Roll-Ups*
- *Homemade Mac-n-Cheese*
- *Whatever your heart desires!*

SCHOOL FIELD TRIPS

\$15/child

class size: up to 10

great for kids in preschool - 8th grade

Are you a teacher looking for a fresh field trip idea? Or a parents trying to coordinate a classroom outing? We are famous for happily hosting local students for fun foodie field trips! While the kids are here, we'll teach them to make better food choices and how to pick the best options at home, school and everywhere in between. Field trips include an hour in our Learning Center for hands-on cooking classes, time to eat, and take-home recipes. We joyously accommodate special needs kids and do everything we can to make you and your class feel welcome!

Menu Options:

- *Pizza with Veggie Topping Bar*
- *Veggie Spring Rolls*
- *Greensicles*
- *Hummus-and-Veggie Sandwiches*
- *Food Art*
- *Homemade Meatballs with Marinara*
- *Custom meals*



STORE TOURS

free!

size: up to 15

Discover our wonderful world of food in a half-hour! We'll take you and your group through the store and focus on the fresh, healthy food we're known for. You'll learn how to shop produce, bulk, meat & seafood, cheese, and dairy; we'll snack on delicious samples from the various departments along the way. Great for your scout troop, field trip, personal trainees, or any other bunch of people who want to eat right. If you'd like, we'll even include a workshop in our Learning Center about the basics of eating well.

TESTIMONIALS

Cooking class with Shannon was awesome! So much fun, learned a lot. Just the right amount of people. Enjoyed meeting others that were as enthusiastic as us! I will definitely come again! Thanks Shannon.
-Deb Manell