



**Healthy
Living**
MARKET & CAFÉ

SPECIAL EVENTS MENU

The Learning Center at Healthy Living



MEET INSTRUCTOR CLARINA CRAVINS

Clarina, our Learning Center Coordinator, came to us after four years as a go-getting, from-scratch-cooking, stay-at-home Mom. Her colorful upbringing, beginning with forays into kitchen experimentation while living on a small Wisconsin family farm and time spent in Indonesia soaking in the culture of street food and open-air markets, has formed her culinary perspective. Clarina pulls from these sources and her studies in nutrition to inspire her creative dishes and classes, and she enjoys everything from stuffing sausage to preparing raw vegan cuisine, with a common thread of nutritious, from-scratch wholesomeness.

To sign up for a private class call or email Clarina Cravins at 802.863.2569 or clarinac@healthylivingmarket.com.

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

GROUP PRIVATE COOKING CLASSES

cost based on menu • class size: 5-10 • menu size: 1-3 dishes

To coordinate a private hands-on cooking class, all you need is a love of 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 Instructor Clarina 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 group will be sent home with recipes to recreate the meals again and again.

Our private classes are great for

- *unique 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

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 prepare for the class by chatting with Instructor Clarina 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!

REGISTER TODAY: 802.863.2569 • HEALTHYLIVINGMARKET.COM/LEARNING-CENTER • GUEST SERVICE DESK

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

\$25/ 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 Party 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 Ideas:

- *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

Sous Chef Package - \$25.00 Executive Chef Package - \$30.00 • class size: up to 10 • great for kids in preschool through 8th grade

Are you a teacher looking for a fresh field trip idea? Or a parent trying to coordinate a classroom outing? We are famous for 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 hand-on cooking classes, time to eat, and take-home recipes. We cheerfully accommodate special needs kids and special diets, and we do everything we can to make you and your class feel welcome!

Menu Ideas:

- *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 just half an 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 and 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 healthy. If you'd like, we'll even include a workshop in our Learning Center about the basics of eating well!

TESTIMONIALS

"I love learning new ways to cook and new foods to cook. My kids are always with me, in the kitchen, asking how they can help. I needed someone to teach them safety in the kitchen when it comes to tools, the oven and cook tops. My daughters, ages 7 and 9 are as comfortable prepping and cooking as I am now. And I feel comfortable allowing them to use knives to cut or chop with me, stir on the stove top or check something in the oven. As a result of their interest and desire to learn I created a private monthly Top Chef Kids class that alternates between sweet and savory, allowing the kids to help create their recipes and encourage them to try new things.

On the heels of TCK I created Top Chef Moms - we meet about 1x month as a group and cook on a journey. We decided beforehand what we want to learn: technique, type of cuisine, holiday treats etc and we all come together to learn, prep, create and spend time together. I have re-made several of the recipes I learned in TLC at Healthy Living. Clarina and Brian are knowledgeable, helpful, inventive, personable, creative and so fun to cook with."

Milissa O'Brien, South Burlington, VT

"I wanted something very, very special when I was planning an event for the Temple Sinai Sisterhood. I thought of Healthy Living because I had a wonderful experience attending a cooking class at the Learning Center with my husband. They returned all my emails promptly and worked with me to create a fabulous program. Not only did we see how to create our own creative appetizers, but we also were able to sample them! Given the hour of the day our class took place, it was very important to nibble on the fabulous cuisine as it was being created. Healthy Living's Learning Center is an inspiring place to nosh and learn! What more could you ask for?"

Linda Retchin, Shelburne, VT