

Cornell Cooperative Extension of Monroe County's Healthy Monroe Learning Center presents:

# Wondrous Winter Cooking!

Be a Localvore this Winter! Join in the fun and come to one or more Healthy Monroe cooking classes. Learn from area chefs how to prepare tasty, healthy dishes.



## The Healthier Super Bowl Party

Register by Mon., Jan. 4

Monday, Jan. 11

6:00 - 8:00 p.m.

Try a new game plan for your Super Bowl XLIV party! Learn how to add healthy twists to traditional favorites from Rosita Caridi-Miller, Chef/Owner of Cibi Deliziosi.



## Comforting Winter Stews for every Palate

Register by Mon., Feb. 1

Monday, Feb. 8

6:00 - 8:00 p.m.

Escape the cold and snow! Nothing warms you up like a steamy bowl of homemade stew. From hearty poultry to vegetarian, learn how to make delicious healthy stews with Mary Beth Brinkerhoff, Personal Chef and Owner of For Goodness Taste, Inc Personal Chef Services.



## Spring Holiday Brunches and Buffets

Register by Mon., Mar. 1

Monday, Mar. 8

6:00 - 8:00 p.m.

Looking for new ideas for Easter and Passover? Join Bradley Butler, Certified Executive Chef and Executive Chef at Thompson Health, as he shares valuable tips for your Spring holiday brunches and buffets.

**Location:** Cornell Cooperative Extension of Monroe County  
249 Highland Avenue, Rochester, NY 14620

**Cost:** General: \$30 per session or Members\*: \$25 per session  
\$75 if you attend all 3 sessions

**Registration:** Call 461-1000 ext 0 or register online at [mycce.org/monroe](http://mycce.org/monroe)  
Maximum 24 enrollees per class

\* Become a Friend of the Extension & save! Visit <https://www.mycce.org/monroe/friends/friends.taf>

Cornell Cooperative Extension in Monroe County provides equal program and employment opportunities.



Cornell University  
Cooperative Extension  
Monroe County

# Be a Localvore!

