

COOKING BY THE BOOK

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OVERVIEW

COOKING BY THE BOOK DVD CLASSES

Using ***COOKING BY THE BOOK*** DVDS is a simple way to provide cooking classes for the community without the need for a professional instructor on site and without hours and hours of preparation. The recipes and concepts are plant based using fruits, grains, nuts, and vegetables in nutritious and tasty recipes that for the most part can be found in supermarkets that feature a whole foods section. This ***COOKING BY THE BOOK*** DVD class Instructor's Packet will provide the needed master copies and instructions for giving DVD cooking classes.

A good plan is to offer 1 ½ to 2-hour classes once per week for a series of 4-6 or more weeks. Each night a 30-minute DVD is shown followed by live food demonstrations and tasting of dishes shown on the DVD lesson. The corresponding Cookbook Chapter should be discussed together.

The use of WHOLE foods is emphasized. Although the DVD lessons show total plant based recipes, the cookbook in a number of recipes gives the option of making it with or without dairy products or eggs. Health reform is a gradual process and giving a choice in the recipes helps the beginner to bridge gradually into total plant based eating as they feel comfortable and as taste buds adjust.

The thirteen 30-minute DVD lessons in Marcella's Series I set cover the first 13 chapters of the cookbook. The DVD lessons are designed for the beginner and provide basic information and concepts for teaching its topic. Lessons include meal planning concepts, healthy eating principles, how-to's for cooking with basic raw materials such as beans and grains, and demonstrations of recipes.

Twelve additional DVD lessons make up Series II. See Cooking By The Book brochure for titles.

Ideally, each student is provided with a cookbook to serve as a textbook. The cookbook contains many basic charts, lists, menus, guidelines, and worksheets as well as hundreds of recipes.

As an additional nightly feature, you might find someone to lead out in presenting a 10-15 minute HEALTH NUGGET power point presentation on the **Principles of Health & Happiness** (Eight Laws of Health) such as Exercise, Rest, Sunlight, Water, Fresh Air, etc. There is a CD available for \$20 for this purpose if you are interested.

Charging a class fee to cover cost of food ingredients, the cookbook, and other expenses is your option or can be your gift to neighbors and friends. Depending upon your community, a \$5.00 per session fee is acceptable. You might advertise a series of 6 classes for \$30 or \$35. The classes, therefore, are self-supporting and neither the church nor your personal budget would be strained to conduct the class. People often value and attend more regularly when investing monetarily as well.

It is OK to skip some DVD lessons (and chapters) in order to create a shorter cooking school series.

You can decide whether to serve food samples at the beginning of class or towards the end. There are advantages both ways. If the class is held in the evening, people may come hungry and would enjoy having food to eat when they arrive. As we know, it is not ideal to eat late in the evening. However, extra time and food preparation is saved by using the demonstrated foods to serve at the end of class. A sample cooking class nightly format is included in the packet.

Advertising ideas for flyers, radio and TV ads is included in the packet as well as instructions for organizing the team and the cooking school.

Please contact me anytime for further information, questions, or for help with step-by-step planning and organization of the classes.

Serving HIM,
Marcella Lynch