

Monthly Meeting and Special Presentation:

“Watch your ingredients being cooked healthy way”

Saturday March 13, 2010

9:30 am – 12:30 pm

TOPIC: HEALTHY COOKWARE

Presented by Dorota Baginski and special guest Nijaz Durmic

Of Lifetime Cookware

In this presentation you will learn about different types of cookware, from Teflon to cast iron; what to use and what to avoid and witness live food demonstration how to prepare healthy meal.

Bring your favored vegetable like carrot, potato, broccoli, cabbage; meats like chicken breast or drumstick, breakfast link, hotdog or hamburger. Watch them being cooked and taste the difference.

You are welcome to bring your favored pot to brag about or in the contrary –this dreadful Teflon pan which ruined your health so you would like to share the story.

**PLEASE JOIN US FOR 2 HOURS OF FOOD TASTING,
LIVELY DISCUSSION AND FUN!**