



Taught by **Elizabeth Kovacs**  
**Nutrition Instructor**  
**Healthy Kitchen Healthy Life**  
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[www.healthykitchenhealthylife.com/events](http://www.healthykitchenhealthylife.com/events)

# NUTRITION CLASSES

## JUNE 2024

Classes held at the  
**Grand Island Recreation Community Center**

Nike Base Park, 3278 Whitehaven Rd.

Grand Island, NY 14072

Register at <https://grandislandny.myrec.com>

Each Class \$15 Residents

\$20 Non-Residents

**BRIDGING THE EDUCATION GAP IN  
NUTRITION SCIENCE AND DISEASE PREVENTION**

### COOKWARE MATTERS! LET'S TEST YOURS!

**Thursday, 6/6/24 @ 6PM-8PM**

Learn about the various cooking surfaces and the characteristics of each. We will learn how different surfaces touching our food can emit toxins and/or change the chemistry of our food, adding toxins and affecting vitamins and minerals. Each student is asked to bring 2-3 pieces of cookware from home. **Let's test your cookware!** Includes a cooking demo and food sampling in the highest grade 316 Ti (titanium) stainless steel.

### POWER FOODS: What are they? How can we

**Thurs. 6/13/2024 @ 6PM-8PM**

**use food-as-medicine to trap, tame and burn calories for easy weight loss, and maximum nutrition?** In his new book, "The Power Foods Diet", leading nutrition researcher and author Dr. Neal Barnard, MD reveals three breakthroughs that are supported by research, revealing that certain foods: #1. Can reduce the appetite #2. Trap calories so they are flushed away and cannot be absorbed, and #3. Increase the body's ability to burn calories for about three hours after each meal. Sample some great recipes containing power foods.

### THE POWER OF FOOD SEMINAR:

**Thurs., 6/20/24 @ 6PM-8PM**

**WHAT'S ON YOUR PLATE?** Our collective society is OVER-FED but UNDER-NOURISHED. We get enough calories but not enough nutrition. Learn what the human body needs to sustain itself and what a healing food plate should look like. Learn the power of colorful foods, the "Nutrition Rainbow" and the recommended food plate.



**"The doctor of the future will no longer treat the human frame with drugs but rather will cure and prevent disease with nutrition." Thomas Edison**

*Classes include videos, cooking demo, a beautiful full color class booklet including all the science presented and recipes, plus complimentary food sampling!*