



www.thecreativefeast.com

603.321.5011

**Feasting on a Budget**  
**Cooking demonstration and tasting**



Life is busy and money is tight. Join Chef/Instructor Liz Barbour as she presents a program about how to plan healthy meals that are quick to prepare, inexpensive, and delicious for the whole family. Participants will learn how to save money by creating shopping lists, understanding portion size, and how to add inexpensive, healthy ingredients to every meal. Following her slide show, Liz will demonstrate two healthy recipes using low-cost ingredients featured in the program. Enjoy a cooking demonstration of two delicious recipes and samples. Recipes and paper goods included.

[Knives and knife sharpeners](#) will be available for purchase.

**Program Fees**

**Private Parties, Clubs, Retail Shops, Markets:**

\$350 plus .51 per mile travel.

0-35 guests

Additional guests \$3.50 per person

**Public Libraries:**

First Booking: \$150 plus .50 per mile travel.

Repeat Bookings: \$200 each plus .51 per mile travel.

0-35 guests

Additional guests \$3.50 per person