



www.thecreativefeast.com

603.321.5011



### **Whole Foods for the Whole Family Cooking Demonstration and Tasting**

Learn the basics about whole foods and how to identify healthy whole foods in your local grocery store. If you are considering making the shift to a whole foods diet, are curious about how to identify whole foods, or want to learn how to prepare whole food recipes the entire family will love don't miss Liz Barbour's cooking demonstration and tasting. Learn how to prepare whole food recipes the entire family will love as Liz offers a cooking demonstration and tasting of two recipes. 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