

01

JANUARY

COOKING CLASSES & WORKSHOP CALENDAR

WHAT TO EXPECT AT OUR CLASSES?

SMALL CLASS SIZES (8-12 PEOPLE)
EDUCATION BASED
HANDS ON

★ COOKING CLASSES

HANDS ON COOKING FOR ALL SKILL LEVELS
EDUCATION TO ENHANCE SKILL LEVEL
ENJOY EATING ALL THE FOODS JUST COOKED

★ EDUCATION CLASSES

EDUCATION MATERIALS PROVIDED FOR EACH CLASS
WORKSHOP STYLE CLASSES WITH APPLICATION OF MATERIAL
SAFE AND COMFORTABLE ENVIRONMENT FOR SHARING

PRIVATE BOOKINGS

HAVE A GROUP OF 8-12 PEOPLE THAT WANT TO GET TOGETHER TO
LEARN MORE ABOUT NUTRITION, COOKING OR A COMBINATION OF
BOTH? GIVE US A CALL FOR BOOKING SCHEDULE AND PRICING.

PRIVATE COOKING LESSONS

LEARN BETTER AS AN INDIVIDUAL? OR HAVE SPECIFIC LESSONS YOU
WANT TO LEARN? GIVE US A CALL FOR BOOKING AND PRICING.

★ KIDS COOKING CLASSES

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16 ★ Meal Planning 101 6:00 - 7:30	17	18	19
20	21	22 ★ Baby Led Weaning 10:00 - 12:00	23 ★ One Pan Dinner 6:00 - 8:30	24	25	26 ★ Escape Dieting 9:30 - 12:00
27	28	29 ★ Fuel 4 Fitness 6:00 - 7:30	30 ★ Kids Pizza Night Ages 6-13 5:30 - 7:00	31 ★ Comfort Food 6:00 - 8:30		

TO BOOK A CLASS, HEAD TO WWW.RDNUTRITION.CA

02

FEBRUARY

COOKING CLASSES & WORKSHOP CALENDAR

WHAT TO EXPECT AT OUR CLASSES?

SMALL CLASS SIZES (8-12 PEOPLE)
EDUCATION BASED
HANDS ON

★ COOKING CLASSES

HANDS ON COOKING FOR ALL SKILL LEVELS
EDUCATION TO ENHANCE SKILL LEVEL
ENJOY EATING ALL THE FOODS JUST COOKED

★ EDUCATION CLASSES

EDUCATION MATERIALS PROVIDED FOR EACH CLASS
WORKSHOP STYLE CLASSES WITH APPLICATION OF MATERIAL
SAFE AND COMFORTABLE ENVIRONMENT FOR SHARING

PRIVATE BOOKINGS

HAVE A GROUP OF 8-12 PEOPLE THAT WANT TO GET TOGETHER TO
LEARN MORE ABOUT NUTRITION, COOKING OR A COMBINATION OF
BOTH? GIVE US A CALL FOR BOOKING SCHEDULE AND PRICING.

PRIVATE COOKING LESSONS

LEARN BETTER AS AN INDIVIDUAL? OR HAVE SPECIFIC LESSONS YOU
WANT TO LEARN? GIVE US A CALL FOR BOOKING AND PRICING.

★ KIDS COOKING CLASSES

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6 ★ Meal Planning 101 6:00 - 7:30	7	8	9 ★ Gluten Free Baking (3-7) 10:00 - 12:00 ★ Gluten Free Baking (8-13) 1:00 - 3:00
10	11	12	13 ★ Instant Pot 6:00 - 8:30	14 ★ Valentines Date Night 6:00 - 8:30	15	16
17	18	19 ★ Baby Led Weaning 10:00 - 12:00	20 ★ Low Fodmap Cooking 6:00 - 8:30	21	22	23 ★ Escape Dieting 9:30 - 12:00
24	25	26 ★ Fuel 4 Fitness 6:00 - 7:30	27 ★ Instant Pot 6:00 - 8:30	28		

TO BOOK A CLASS, HEAD TO WWW.RDNUTRITION.CA

03

MARCH

WHAT TO EXPECT AT OUR CLASSES?

SMALL CLASS SIZES (8-12 PEOPLE)
EDUCATION BASED
HANDS ON

★ COOKING CLASSES

HANDS ON COOKING FOR ALL SKILL LEVELS
EDUCATION TO ENHANCE SKILL LEVEL
ENJOY EATING ALL THE FOODS JUST COOKED

★ EDUCATION CLASSES

EDUCATION MATERIALS PROVIDED FOR EACH CLASS
WORKSHOP STYLE CLASSES WITH APPLICATION OF MATERIAL
SAFE AND COMFORTABLE ENVIRONMENT FOR SHARING

PRIVATE BOOKINGS

HAVE A GROUP OF 8-12 PEOPLE THAT WANT TO GET TOGETHER TO
LEARN MORE ABOUT NUTRITION, COOKING OR A COMBINATION OF
BOTH? GIVE US A CALL FOR BOOKING SCHEDULE AND PRICING.

PRIVATE COOKING LESSONS

LEARN BETTER AS AN INDIVIDUAL? OR HAVE SPECIFIC LESSONS YOU
WANT TO LEARN? GIVE US A CALL FOR BOOKING AND PRICING.

★ KIDS COOKING CLASSES

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5 ★ Meal Planning 101 6:00 – 7:30	6 ★ Instant Pot 6:00 – 8:30	7	8	9 ★ Kids Cooking (3-7) 10:00 – 12:00 ★ Kids Cooking (8-13) 1:00 – 3:00
10	11	12	13 ★ Cooking for One 6:00 – 8:30	14	15	16
17	18	19 ★ Baby Led Weaning 10:00 – 12:00	20 ★ Low Fodmap Cooking 6:00 – 8:30	21	22	23 ★ Escape Dieting 9:30 – 12:00
24	25	26 ★ Fuel 4 Fitness 6:00 – 7:30	27 ★ Instant Pot 6:00 – 8:30	28	29	30 ★ Grand Opening
31						

TO BOOK A CLASS, HEAD TO WWW.RDNUTRITION.CA