



The Courage to Make a Difference



2010 QCC Cooks!

Come out and learn from the experts – FREE food and fun!

WHEN: All programs are held on Saturdays at 11am

WHERE: QCC Office, 327 W. Main, behind West Main Restaurant

WHAT: Wonderful demonstrations by chefs and dieticians from UVa Hospital Nutrition Services

WHO: Open to all – FAMILY FRIENDLY
Call QCC at 977-3045 for more info

May 15: Southern Dishes – the HEALTHY way ☺

June 12: Meatless Mondays – a “FLEXITARIAN” menu

July 17: Kamikaze Vegetables- sneaking fruits and veggies into your kid’s diet (sshhh....don’t tell ‘em about this class!)

Aug 14: Kid Friendly cooking – meals KIDS can make themselves

Sept 11: "Take Out" you "Make In" - cooking Chinese food at home