



Food for Life

Cooking Classes for Adults

sponsored by the
Wauwatosa Recreation Department

Kick Start Your Health – Go Vegetarian!

Discover the relationship between diet and disease with cancer survivor, Amberlea Childs. We will discuss the power of plant foods in preventing specific diseases and how food can help the body recover and heal from illness. Kick Start is ideal for those interested in rebooting their diet, weight loss, disease prevention (Type 2 diabetes, heart disease, cancers, and high blood pressure), illness recovery or just optimal health. Attendees will learn about food as medicine and take home nutrition handouts. Demo 3 plant-based recipes then eat delicious food.

East (Room 188)

\$35 Resident & Non-resident

Tu 12/11 6:00 - 8:00pm 246065-01

Kick Start Immersion!

Is it time to reboot your health? The Kick Start Immersion is a way to jump right in. This day of education will demonstrate the power of a plant-based diet in disease prevention and optimal health with how to steps for you to put into action. We will discuss budget cooking, one-pot meals, watch cooking demonstrations, and eat all day long. Healthy food can be budget friendly! Join cancer survivor Amberlea Childs to learn how to reboot your life with food as medicine. This class will be a life-changing experience that includes everything you need to revamp the way you eat and get started on the path to the best possible health.

East (Room 188)

\$125 Resident & Non-resident

Sa 2/16 9:00am - 3:00 pm 246070-01

Let's Cook Tofu

Tofu is a very versatile food that can be used from breakfast to dinner, and is good for you. It's made from soy beans and, if you're eating a plant-based diet, you'll want to learn how easily tofu can replace meat in your kitchen. It is a great source of protein and full of vitamins, minerals, and good fats. This class will demo 3 tofu recipes and show you how easy and awesome tofu can be. We're even making dessert!

Food for Life Instructor: Amberlea Childs, CHW, cancer survivor

\$22 Resident & Non-resident

East (room 188)

Tu 1/22 6:00 - 8:00pm 246060-01

Sauces, Dips & Dressings

Why spend a fortune stocking your fridge with dressings you barely use. This class is back to the basics, the basic needs for your kitchen table. We will discuss simple steps to making your own salad dressings, quick dips, and a red marinara sauce. We will dine on vegan Caesar salad and pasta with marinara sauce. This is a hands on class so come prepared to get in the mix. You will leave with many new plant based recipes to keep your fridge stocked year round.

Instructor Amberlea Childs, CHW

East (Room 188)

\$40 Resident & Non-resident

Tu 3/19 6:00 - 8:00pm 246075-01



Register ONLINE at www.tosarec.com

**Questions: call 414-773-2900 or email
tosarec@wauwatosa.k12.wi.us**



Recreation Department Registration Form

One household only – Please print clearly in ink.

Each adult participant must sign below. The signature of a parent or legal guardian is required for youth registration.

I, the undersigned or parent/guardian of the individual(s) named below, do hereby agree to indemnify and hold harmless the Wauwatosa School District and its employees, officers and agents from and against any and all liability resulting from participation in the activities listed below. I understand that the program(s) in which I am enrolling. Like all activity programs, has some inherent risk, for which I agree to assume the liability. Furthermore, the individuals named herein are in good physical health appropriate for the activities in which they will be participating. I understand that the Wauwatosa School District does not provide accident insurance.

Signature (Participating adult OR parent/guardian of minors listed below)

Signature (Participating adult #2)

Household Information

Name(s) of Head(s) of Household: _____

Email _____

Address _____

City _____

ZIP _____

Home Phone _____

Work Phone _____

Cell Phone _____

Office Use Only
\$ _____
Date _____
Initials _____

Please list more than one choice of a class. If your first choice is filled, we will try your second choice. If both are filled, we will contact you.

Program Choice	Class Name	Activity Number	Participant's Name (Include First, MI and Last Name)	Date of Birth	Grade 2017 - 18	School	Fee
1st Choice			Name: _____ <input type="checkbox"/> Male <input type="checkbox"/> Female				\$
Alternate			Name: _____ <input type="checkbox"/> Male <input type="checkbox"/> Female				\$
1st Choice			Name: _____ <input type="checkbox"/> Male <input type="checkbox"/> Female				\$
Alternate			Name: _____ <input type="checkbox"/> Male <input type="checkbox"/> Female				\$
1st Choice			Name: _____ <input type="checkbox"/> Male <input type="checkbox"/> Female				\$
Alternate			Name: _____ <input type="checkbox"/> Male <input type="checkbox"/> Female				\$
1st Choice			Name: _____ <input type="checkbox"/> Male <input type="checkbox"/> Female				\$
Alternate			Name: _____ <input type="checkbox"/> Male <input type="checkbox"/> Female				\$

Special considerations (medical, physical): _____

My child will need physical assistance and/or additional supervision to participate.

MasterCard VISA _____

exp. Date _____ / _____ on back _____

Cardholder's Signature _____

Fax to: (414)773-2920 OR Mail to: Wauwatosa Recreation Department 12011 W. North Avenue, Wauwatosa, WI 53226 Make all checks payable to Wauwatosa Recreation Department.

Please note: For program promotion purposes, photographs may be taken of participants. If you do not wish to have your photo taken, please notify the photographer or instructor.