



## ***Nourishing Traditions Cooking Program Summer learning for Teens***

Learn how to cook and find delicious foods and drinks that are also healing and restorative. Find out how food when properly prepared can help you and your loved ones feel better physically, emotionally and mentally using modern tools to cook in ways that our ancestors did with much better health than modern day people

### **Class 1– The Art of Fermentation ~ June 23rd**

What is fermentation? Why is it important? Learn how to transform vegetables and dairy so they can actually help mind, emotions and body~We will be creating Kimchi, Pickles, Yogurt and more

### **Class 2– Fat as your BFF ~ June 30th**

Did you know eating more of the right kind of fat can help you lose fat, and gain muscle? Learn how to figure out what type of fats are your BFF's and which are sabotaging you~ We will create homemade chips, jerky and more

### **Class 3– The Amazing, Incredible, Versatile Egg ~ July 7th**

We will learn some wonderful ways to prepare one of nature's perfect foods, and learn how to compare and to see which eggs are nutrient rich. In this class you will learn how to make homemade Mayonnaise, beneficial Eggnog, Custard and homemade Ice Cream as well as creative ideas for incorporating eggs into your home

### **Class 4– Bread, Beans and Nuts are your high-maintenance friends ~ July 21st**

Have you heard all the hype about the evils of gluten, but you love your bread and can't figure out why it is bad for you? Learn why bread, beans and nuts are wonderful foods that just aren't made like they used to be, and how you can learn to make them in a way that is both delicious and good for you

### **Class 5– Ol' Time Soda that is Great for You ~August 4th**

Do you love bubbly beverages, but keep hearing they are bad for you? Learn how our ancestors prepared drinks that were naturally bubbly in a way that improves your health, not robs you of it. We will use fruit, tea and plants from a garden to prepare drinks that are delicious and healing at the same time

### **Class 6– Holistic Home Health Care 101 ~August 11th**

Learn how to take charge of your health with holistic home remedies using plants, flowers, minerals, movement and more so you get sick less often and feel better more often.

Classes taught by Eve Mitchell, a Holistic Health Practitioner and Educator with over 15 year experience as a healing professional, childcare expert, and mother;  
check out her website [aproventheory.com](http://aproventheory.com) for more information

**Classes held Fridays from 11am to 1pm; eating and taking home starter cultures included**

6 week program is 300, early bird discount of \$30 off if registered before May23rd

**Location is A Proven Theory Holistic Health**

**1809 19th St. Sacramento, CA 95811 (19th and S St)**



**For more information call 916-899-0054 or email [eve@aproventheory.com](mailto:eve@aproventheory.com)**