

# Cooking Healthy On A Budget

*Demo, Tasting and Discussion*

Workshop for Faculty, Staff and Students



Chef Kevin Werner

## About the instructor...

Chef Werner comes to UMBC as a gifted culinary professional with over 23 years of culinary experience.

Kevin has prepared meals for former vice president, Dick Cheney, Tiger Woods, Run DMC and Arnold Palmer!

**If it's not delicious, satisfying and simple - it won't work!**

**It is possible for you to.....**

**... eat healthy without breaking the bank!**

**... feel great without spending all week and all your money in the kitchen!**

**In this cooking demo, tasting and discussion:**

- ▶ Learn delicious, time-saver tips for nutritious cooking on a budget.
- ▶ Taste delicious and satisfying foods on a shoestring budget.
- ▶ Coordinate your shopping and meal planning.
- ▶ Discover new ingredients and techniques to save time and money.

**THURSDAY  
MARCH 8, 2012**

**3:00 PM - 4:30 PM**

**UNIVERSITY CENTER  
Room 312**

**Register on the web by February 29<sup>th</sup> at [www.umbc.edu/training](http://www.umbc.edu/training)**

**Spaces are limited and pre-registration is required.**