

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 29th at www.umbc.edu/training

Spaces are limited and pre-registration is required.

