

THE PANTRY MASTERCLASS

WINTER 2009

THE PANTRY PRACTITIONER

Winter nourishment to Warm the heart



The Pantry Practitioner friends and guests are invited to the Winter **MASTERCLASS** to share in warming, restorative, delicious and nourishing foods with a glass of Settler's Ridge organic wines.



This session will cover preparation and **TASTING** of

- Fermented foods to fight off flu
 - Slow Food in a Pot-crock pots for crack-pots
 - Gluten-free and sugar free- desserts!
- Discover how these foods help such conditions as diabetes, recurrent viral infections, anxiety & obesity.

Classes are run by Jillaine Wheeler holistic nutritionist

TIME: 5.30 -7.30 pm
Wednesday, June 24th, at
VITALITY Centro on
James ST NEW FARM.

Learn to prepare divine & Luscious foods. Become your own family physician in the kitchen.

For information and bookings:

jillaine@pantrypractitioner.com.au OR Phone: 0407403787



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Questions or comments? E-mail us at jillaine@pantrypractitioner.com.au or call 0407403787