



Healthy Cooking Series 2016-2017



**Each year Marquette Wellness and Sodexo Campus Services partner on this Healthy Cooking Series. This series brings inspiring ideas to all participants on healthy alternatives to at home cooking. Chef demos and Q&A, dietician input, printed recipes and freshly made samples make this an experience you should not miss!
Can't wait to see you this year!**

Cooking With Kids – Tuesday August 9th – 4:30pm-5:30pm

Junior chefs will meet with our Sodexo culinary and catering team in a fun and fresh learning experience! In this hands-on workshop, students will learn table settings, tour the Marquette University kitchen, and prepare their own pizza. This class will be held on August 9, 2016 from 4:00-5:30pm in the Marquette University Alumni Memorial Union. Open to children ages 5-12.



Native American Cuisine – Thursday November 3, 2016 -12:00pm-1:00pm

Kicking off our Healthy Cooking Series for this school year, we have partnered with the Center for Intercultural Engagement for our November program! We are very excited to work with community and campus partners on recipes and resources that will create a great educational, inspiring and healthy event! This will also be a sneak peek of the menu offerings we will have in retail locations the following week in celebration of Native American Heritage month. Please join us!



Mindful Holiday Cooking – Monday December 5th – 3:30pm-4:30pm

Join us to learn more about Sodexo’s Mindful initiative and how these healthy recipes can really add to your holiday cooking and events! Sodexo is committed to creating healthy environments for our customers. Central to this effort is providing healthy, nutritious foods. We’ve listened to our customers. We’ve researched marketplace trends. Our executive chefs and registered dietitians worked together to create an exciting collection of recipes. The result is Mindful by Sodexo – an approach that focuses on transparency of ingredients, delicious food, satisfying portions and clarity in message so that making Mindful choices becomes second nature. While designed for use in our cafes, Mindful is an approach that you can easily adopt at home with your family. <https://mindful.sodexo.com/>



Mason Jar on the Go Meals! – Wednesday February 22nd, 2016 – 4:30pm -5:30pm

Make your own Mason Jar Salad! A Pinterest favorite...We will have all the fixings and this will be an interactive experience with all guests receiving a mason jar upon arrival to make your own “on the go” salad. Demos on easy healthy homemade dressings and mason jar soups and parfaits will also be demonstrated as a fun way to take lunch or breakfast to the office or on the way to class. Can’t wait to get started with this creative series!



Fast and Easy Healthy Breakfast! – Tuesday May 2nd, 2017 – 8:00am – 9:00am

It can be hard to eat healthy on the run, especially with all of the everyday responsibilities we all have! Join us to get some easy crock pot and batch cooking breakfast recipes and ideas for the entertainer and everyday working and busy person. Our local partner Stone Creek Coffee will also be present to demo and sample coffee. Please come hungry!

