



Culinary  
Education  
Center  
*of Sanibel*

# Here's what's COOKIN' JULY

Learn healthy cooking techniques in these demonstrations and hands-on classes, where global flavors and fresh whole foods from farm to table are the inspiration!



## SUMMERTIME COOKING AT HOME

These classes will teach you how to prepare the best of summer produce with healthy cooking techniques.

Menus include out-of-the-ordinary fresh salads, adventurous protein main dishes, interesting desserts and frosty cold beverages. Menu planning is done for you, invite your neighbors to dinner after you master Chef Jarred's techniques!

**July 20, Thursday**  
10a-1p  
(hands on)—\$75

**July 27, Thursday**  
10a-1p  
(hands on)—\$75

**July 30, Sunday**  
4-6p  
(Chef demo)—\$35

*Hands-on class is full meal. Chef demo is lite meal. Purchase all three classes for \$150*

## KIDS IN THE KITCHEN!

Kids & teens (ages 10-15) will learn to cook delicious and nutritious foods that will impress friends and family. Their new culinary skills may lead them to becoming the next Junior Chef!

**Summer Cooking Camp**  
**July 10-14, Mon-Fri**  
10a-1p  
(includes 5-day series of classes and lunch each day)—\$175

## MORE PLEASE

Just when you think you're satisfied, there's always a little more to enjoy at the Community House! Check out these additional learning opportunities:

**Holiday Hog Roast**  
**July 1, Saturday**  
5-8p—\$10

**College Bound Cooking**  
**July 21, Friday**  
2-5p—\$35

**All About Mangos**  
**July 22, Saturday**  
10a-noon—(Chef demo)—\$20



Come join your Sanibel friends and neighbors for **fun and learning!** Healthy food has never **tasted so good!**

Resident Chef Jarred Harris

*Building Community by joining education, health awareness and social activity through food*



To register, call 239-472-2155 or visit our website calendar and click on the event.

[sanibelcommunityhouse.net](http://sanibelcommunityhouse.net)



**The Community House**  
SANIBEL COMMUNITY ASSOCIATION

2173 Periwinkle Way | Sanibel, FL 33957