



Create Your Own! –Workshop or Camp– –Private Cooking Lessons–

Summer 2021

Make this the summer you and your family learn to make healthy food together!

Create a



- **One-time workshop,**
- **Half-day camp,**
- **or a Series...**

For

- **a group of children or adults,**
- **your family,**
- **your child or teen,**
- **or yourself!**



3 session packages available



Let this vegan chef, instructor, and cookbook author, teach you, your family, your teen, and/or your children healthy life skills. In my kitchen or yours...



**EMAIL FOR DATES AND RATES:
NATASHA@JEWSEATVEGGIES.COM**



Create Your Own!

- Workshop or Camp-
- Private Cooking Lessons-

Let's Do This!

- #1 Who wants to cook?**
- #2 What do you want to learn?**
- #3 In person in Potomac, MD or Online?**
- #4 Choose a time and date that works for you.**



Options

- #1 Fruit Funshops: Fruit & Veggie Art & Platters**
- #2 Healthier Sweets**
- #3 One-pot/One-dish dinners**
- #4 Nutritious and Delicious Snacks and Smoothies**
- #5 Cooking for College Students & New Graduates**
- #6 Fifteen minute meals**
- #7 Foundational Plant-Based Meals the whole family will love**

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**Buy a
package
of 3 & get
15% off!**