Wellness Forum Speakers

Classes and Workshops

The following workshops and cooking demos are offered by Del Sroufe, Executive Chef, Wellness Forum Foods:

Wellness Forum Foods Cooking Classes
Wellness Forum Foods offers a variety of hands on classes and cooking demonstrations, in our facility or yours, for the beginner cook, who wants to learn how to prepare healthy vegetarian meals using natural ingredients. Instructor Del Sroufe has been teaching vegetarian cooking classes for over 8 years and brings over 18 years of professional cooking experience to his classes. Del makes his students feel at ease in his classes and is always entertaining!

Other Topics:

- Intro to Grains
- Intro to Bean Cookery
- Meat Substitutes – tofu, tempeh, seitan
- Fat-Free Stir Fry
- Gluten Free Cooking
- Gluten Free Baking
- Healthy Vegan Baking – cookies, cakes, pies, breads, low fat baking
- Healthy Cooking for the Holidays – Making a Healthy Feast
- Cooking with Herbs
- Cooking for Diabetics
- Healthy Soups
- Thirty Minute Meals
- Cooking for Weight Loss – lose the fat, not the flavor
- Ethnic, Regional and International Cooking – Italian, Chinese, Japanese, Thai, Caribbean, Mexican, Southern, Mardi Gras, Moroccan
- Creative Healthy Lunches for Kids
- Cooking With Kids = pizza party, healthy snacks
- Making Bread from Scratch

Talks:

- Intro to Veganism
- Why Vegan?
- Pursuing the Healthy Vegan Diet
- The Environmental Argument for Healthier Eating
- Vegan Weight Loss

Don't see the topic you are interested in on this list? Just ask – we can create a workshop for you! Call 614 841-7700.