

LEARN HOW TO:

- > Improve your kitchen skills and techniques
- > Cook with smarter, healthier ingredients
- > Adapt family recipes or learn new ones
- > Adjust to necessary medical diet changes
- > Prepare meals in cost-effective ways



Culinary coaching provides one-on-one instruction, with immediate feedback on how you are progressing toward more skilled and healthy cooking.



Consider personal Culinary Coaching for birthdays, bridal showers, weddings, housewarmings, employee appreciation, and retirement.

Gift certificates are available.



For more information, contact:

Anita Brown, Chef

Anita Brown Culinary Coach

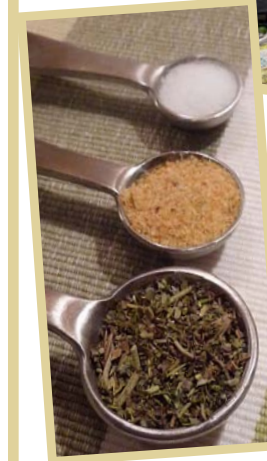
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ANITA BROWN CULINARY COACH

Your Personal Guide to Cooking in the Kitchen



DO YOU NEED A PERSONAL COOKING COACH?

We all know how important it is to eat well and stay fit but often our busy lifestyles prevent us from effectively and efficiently using our own kitchens and pantries to our advantage. The pressures of the day and a lack of information and know-how often result in poor food and menu choices. These things keep us from practicing good cooking techniques and smart menu planning.



Anita Brown Culinary Coach can help with an array of personal services to help you navigate – in your own kitchen – to healthier, more economical meals and cooking competency.



SERVICE IN THREE EASY STEPS:

Step 1: "Eats Analysis" – a pre-assessment questionnaire of your culinary interests, tastes, knowledge and skills.

Step 2: Setting specific goals based on questionnaire results. The goals may include kitchen skills such as the proper use of knives and kitchen tools, recipe pre-preparation, pantry stocking and recipe/menu selection and preparation.

Step 3: Tailored one-on-one coaching in the comfort and convenience of your own kitchen. When the session(s) are completed, clients are newly empowered with a renewed commitment to cooking and eating smart. Sessions (one-time or part of a series) are generally two hours each.

A pre-assessment questionnaire titled "ANITA BROWN CULINARY COACH Pre-assessment 'Eats Analysis'". The form includes instructions for the user to answer questions about their cooking experience and preferences. It has several blank lines for writing answers. At the bottom, there are fields for "Your name:", "Phone #:", and "email address:". A note at the bottom asks the user to return the questionnaire to Anita at culinarycoach@comcast.net or Anita will be contacting you soon. Thank you.

YOUR COACH

Your personal guide to cooking in your kitchen is Anita Brown, who received her formal culinary training at Kendall College, and has previously worked as a caterer, Culinary Expert for Bloomingtondale's, Cooking School Director for Treasure Island Foods, Chef and Business Developer for the Now We're Cookin' Culinary Service Center and Director of Training and Development for Advocate Lutheran General Hospital and The Cradle Adoption Agency.

