New Classes for 2020

Saturday January 18th – Great Guts Cooking Workshop

What will the day include? – Lots of fun, learning, cooking and eating!
You will learn: what function the gut has and why it's so important to have a healthy gut for overall health, how our food is digested and absorbed, which foods may be causing digestive issues (bloating, flatulence), and how your lifestyle may be affecting your health. We will talk about fermented foods and you will make your own Kimchi to take home.
Lunch will be cooked by you – 3 courses, with lots of dishes to choose from – you will not leave hungry!

Saturday February 8th – Sailing through the Menopause

What will the day include? – Lots of fun, learning, cooking and eating!
You will learn: What is happening in your body and why you may be suffering with so many symptoms, such as hot flushes, night sweats, irritability, forgetfulness and more. We will talk about eating a hormone balancing diet and you will make your own sour-dough starter to take home.
Lunch will be cooked by you – 3 courses, with lots of dishes to choose from – you will not leave hungry!

Saturday March 7th – How to be a Healthy Vegan

Eating a HEALTHY vegan diet is trickier than it seems. We will talk about great protein and how to achieve the correct intake for an optimum vegan diet, plus other nutrients that are important for your health and where to get them. You will make your own pesto to take home.
Lunch will be cooked by you – 3 courses, with lots of vegan dishes to choose from.

Date of your Choice – Workshops Tailored to You

Do you have a nutrition or food topic you would like to learn more about? Get in touch and tell me what you would like to learn – I love coming up with new ideas and recipes to share. And if you can get together 4 friends, we can run the workshop on a date of your choice.

Cost of workshops: £95 (includes recipes, information pack, 3 course lunch and goody bag)

To book courses please email – joy@joyskipper.co.uk

Cooking with Registered Nutritionist:
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