

Saint John Local Dental Assistants Meeting



March 14, 2017 @ 6:00pm
Superstore Kennebecasis

K.V.

We are going to do a healthy cooking class at the Superstore in KV for the upcoming meeting! There is a \$10.00 charge payable that night. Please bring cash.

This is the Menu!!

The Basics of Smart Cooking

- Whether you're a novice or want to enhance your existing cooking skills, join us tonight. Our PC Chef will show you how cooking smart with proper techniques and healthier ingredients can create delicious, nutritious, family-friendly dishes. Your mouth-watering menu includes colourful Citrus & Beet Salad; flavour-packed Gluten Free Chicken and Mushroom Pot Pie; delectable Banana Chocolate Chip Spring Rolls; and creamy Tropical Coconut Water Smoothies. The in-store Dietitian will also be there to provide information on the health benefits of featured foods, tips on selection plus storage, and to answer questions during the class.