

Transform Your Life

- *Jump-Start Your Health*
- *Enhance Your Cooking Skills*
- *Discover New Foods*
- *Retrain Your Palate*
- *Prepare Meals with Ease & Confidence*
- *Rediscover the Joys of Cooking*



Author, teacher, chef, coach & friend in the kitchen . . . Janice Feuer Haugen



"Thank you, Janice, for the amazing presentation you did yesterday. You did a wonderful job. Your spirit, knowledge, aesthetic sense and warm, articulate enthusiasm, not to mention your generosity, were really a great gift to the group." NA

Everyday Healthy! Everyday Delicious!

everydayhealthyeverydaydelicious.com

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Culinary Classes & Coaching



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Keys for Living Everyday Healthy! Everyday Delicious!

Jump-Start Your Health

Food has the potential to transform your life, if only you know where and how to begin.



How do you eat real food, cook from scratch and shop locally—especially if you grew up eating the standard American diet?

Perhaps you already eat well and want to enhance your skills, learn new recipes, be more creative and have more fun in the process.

Through Culinary Coaching I offer hands-on guidance, tips and recipes to help you shop, cook and entertain with ease and confidence so that Everyday is Healthy, Everyday is Delicious!

- Cooking classes for both individuals and groups
- Shopping tours, kitchen reorganization, meal planning and preparation tips
- Teacher, inspirational speaker and friend in the kitchen.

Let's talk.

Food Is Only Half the Story

The root of the word diet is an ancient Greek word "*diaita*" which means "way of life." *Diaita* acknowledges the unique life of each individual and of how our diet reflects who we are not just what we eat. All of our beliefs and life choices, including our careers, how we exercise, our relationships with friends and family, our spirituality, our age, where we live and even our sleep habits are important aspects of our "diet." When we alter our life choices, we change our way of life, we change our diet.

"This is my invariable advice to people: learn how to cook—try new recipes, learn from your mistakes, be fearless and above all have fun!" Julia Child

Everyday Healthy! Everyday Delicious!

Real Food. Seasonal Recipes.

Mostly Vegetarian.

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7 Keys for Healthier Living

1. Eat food in a rainbow of colors for the full spectrum of nutrients
2. Consume fresh, local & seasonal produce—begin growing your own
3. Learn how to cook and shop
4. Take a few extra minutes each day to plan and prepare healthier meals
5. Dine together as a family or with friends as often as possible
6. Celebrate life—appreciate the moment—express gratitude for the preciousness of life
7. "Eat food. Not too much. Mostly plants."
Michael Pollan



"Your class was terrific. You are a natural teacher, more like a "friend" in front of the room." PDW