



LAURA STEC

I N N O V A T I V E C U I S I N E

EMPLOYEE WELLNESS EVENTS

For the best in corporate wellness entertainment, try a 5-Minute Cooking Class, a Discovery Bar, or go all out with a Food Party! Designed for fairs where attendees quickly pass by tables - these activities add a delicious and novel attraction to your health fair or wellness event. Half and full-hour cooking classes or lectures also available (see additional flyer).

5-Minute Cooking Classes

5-Minute Cooking Classes demonstrate dishes easy to assemble and quick to cook. Classes are suitable for indoor or outdoor fairs. Two or three featured dishes repeat over the length of fair. Attendees can watch the entire process, or just pick up a taste as they pass. Recipes are available and Laura can initial attendee raffle cards. Seasonal presentations include:

- Eat More Vegetables! (Harker School Fair)
- Gluten-free and Naturally Sweetened Desserts (Kaiser outdoor fair)
- Snack Attack for Kids (Adobe Children's Fair)
- Welcome Fall! (Gigamon Wellness Festival)

5 minute cooking class video: <http://www.youtube.com/watch?v=j-w2UQvMczo&feature=plcp>



DISCOVERY BAR

Tastings / food product comparisons are fun and informative. They deepen our understanding of what we like to eat and why, and introduce us to new favorites. Discovery Bars teach a theme, such as Winter Squash, Bay Area Chocolate, Artisan Salts, Taste of California, or Leftover Makeover. They can be paired with a live cooking demo or not, and attendees can vote

for favorites with results and a raffle announced at the end. Learn things such as “how to cook for leftovers” or “taste chocolate comparisons” at these exploration stations.

FOOD AND WINE PAIRINGS

Did you know there are over 50 urban wineries that ring the Bay Bridge? We feature them in casual seasonal pairings. Our style? All palettes are unique, everyone has their preferences, and all are correct. We can pair with one dish or the whole menu. Or do a focus class such as Port, Cheese and Chocolate.



THE FOOD PARTY!

Imagine an on site farmers market, goodie bags filled with seasonal produce, and live cooking demos using those ingredients. Add on a Make Your Own Appetizer, hands-on knife skills station, or quick cook dishes with Bay Area wine pair. Even a food meets chemistry table with live experiments! We team with local farmers markets, food producers and vineyards to bring a party of fun to your next event. Pair a couple classes and events together on one day or a few. Everyone loves The Food Party!





RATES

Cost based on type of event, number of attendees, prep hours and food/wine cost. Tailored to preferences, designed for your budget.

ADDITIONAL SERVICES

1. Healthy and Fun Cooking Classes

Half and full-hour classes on a variety of subjects (see separate handout)

2. Green Cuisine for corporate food service / Forager-for-Hire

Fashioned after work with Loews Hotels and Lawrence Livermore Lab, Chef Stec offers half, full, or two-day workshops and trainings for food-service personnel. Seminars design and help implement regional green cuisine networks for institutional food service.

3. Nutrition Consulting

For groups or individuals, addressing meal planning, behavior and motivational change, allergies, recipe adjustment for dietary restrictions, cooking for one, disordered eating, healthy lifestyle campaigns

4. Presentations / Keynotes

Based on her book *Cool Cuisine*, Laura addresses food, environment, and health current events and trends. See presentation list at www.laurastec.com and www.globalwarmingdiet.org, or contact EcoSpeakers.com for more information.

ABOUT LAURA

Laura Stec is a private and corporate chef, nutritionist educator, and author, specializing in sustainable food education and products. She is Culinary Health Educator for Kaiser Permanente, former chef Instructor for Lifelong Inc. and former consulting chef for the International Culinary School. As Corporate Chef for Pescadero Foods Inc., Laura worked on-farm with pastured-raised chickens, and on a local-food product line for the National School Lunch Program. In 1988 she founded EcoEaters, the premiere food and environment education program in the U.S. and lectures nationally and internationally. Her book, *Cool Cuisine - Taking the Bite Out of Global Warming*, is co-authored with atmospheric scientist Dr. Eugene Cordero. She writes *The Food Party!* for San Francisco-based Embarcadero Media.

