

# "SUSTAIN-A-SPRING-A-BILITY"

## COOKING CLASS!

*Radically improve the "pleasure factor" in your life  
in a lasting (sustainable) way!!!*

**Host:** Chef Trusan & Ann Gibson

**Location:** Exquisite Living  
1035 Pearl Street, 4th Floor Kitchen  
Boulder, CO 80302

**When:** Wednesday, May 6, 7:30PM  
**Phone:** 303-993-4359 or 303-517-6225  
**Cost:** \$35 per person



### **BENEFITS:**

- ◆ Learn how to use local, in-season foods in a way that is spontaneous, simple, & low-stress to make delicious, fresh, nourishing meals in minutes!
- ◆ Learn how to infuse more satisfaction, taste, and nutrition in meals
- ◆ Discover Chef Trusan's "Secrets" to maximizing taste and pleasure on a budget!
- ◆ Gain ideas for how to go "green" with kids ~ yummy foods for picky palates
- ◆ **And most of all! . . .** Learn simple "tips & tricks" to make a significant dent in your personal impact on the planet on a daily basis, simply by learning how to use local fresh foods for maximum flavor and variety!

### **MENU:**

It's a surprise, based on what the Farmer's Market has in store that day!

***Sustainability is more than just a trend,  
it is the "new way of life."  
Small changes = HUGE benefits!***

### **TUITION:**

Only \$35/person (dinner included!)