

MEET THE...



Chef-turned-Teacher

Janice Kay has a passion for cooking and for teaching. She put them together, added some spice, and cooked up "Green Cuisine."

Cook

Janice's love of whole foods cooking started in her own kitchen and became, for 14 years, Not Just Desserts Caterers. She developed recipes in the test kitchen of Rodale Press.

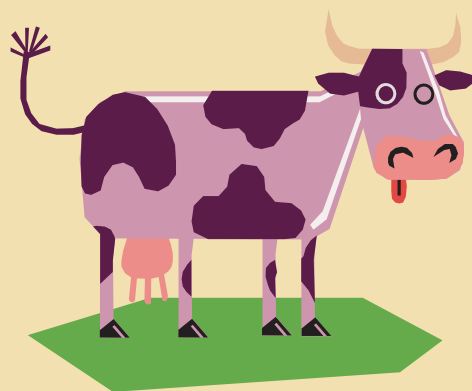
Educator

Janice reaches diverse groups—from children and teens to health educators. You'll find her at East Penn School District, St. Luke's and Lehigh Valley Hospital, The Wellness Community and private functions.

Activist

Janice has served as a nutrition educator in Africa, where she developed an HIV Awareness campaign and nutrition classes for mothers and children. Here in the Lehigh Valley, she is active in the Alliance for Sustainable Communities and the Sustainable Business Network. She belongs to the Women's Culinary Guild of Philadelphia.

Janice shows the *karate monkey* how to make a...



Combine...



banana

+



grape juice

+



milk

A Purple Cow

2-6 oz. servings

1 banana

¼ cup grape juice

1 cup milk

Peel and slice a banana. Combine the banana, milk, and grape juice in a blender and process until smooth.

The Smoothie is a source of vitamins and minerals, and fiber. Buttermilk, yogurt, or frozen yogurt can be used in place of milk. Non-dairy foods like enriched soy or rice milk or silken tofu can be substituted for the dairy.



JANICE KAY

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Nutrition Educator

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YOUR MENU

1st Course

Small Bites is a hands-on, multi-sensory program for children. Optimal health comes from eating healthfully, so this nutrition education is provided as "digestible bites."

2nd Course

Literacy through Cooking uses stories, cookbooks and cooking to develop literacy. Parents work alongside children in this class.

3rd Course

Wellness seminars for adults are also interactive! Courses cover nutrition, whole food selection, preparation and tasting!



JANICE KAY'S GREEN CUISINE HAS THE RECIPE FOR A HEALTHY DIET

1. Student of any age, any background
2. Inexpensive, readily available foods
3. Classes to choose from for learning about selecting, preparing and experiencing nutritious foods.

STUDENTS GIVE JANICE AN A+

"The class was informative, relaxed, fun and delicious...I gained better eating habits...Janice's love and joy of cooking real food is contagious and makes me feel that I can do this too!"



What's For Dinner?

WHOLE GRAINS AS YOU'VE NEVER KNOWN THEM.

Janice Kay's Green Cuisine shows you what they are and how to cook them—especially useful for those with food sensitivities or battling diabetes.

SNACKS THAT ARE QUICK AND INEXPENSIVE.

From the child coming home from school to the adult who "doesn't cook" to the nurse on a 12 hour shift, Janice makes it easy.

NOT YOUR MAMA'S VEGETABLES.
Green Cuisine makes eating 7 to 9 fruits or vegetables per day realistic, simple and tasty.

MEALS THAT ARE EASY TO ASSEMBLE.
You can say good-bye to fast food no matter how tired or busy you are. Saves money too!

How About a Snack?



JANICE WORKS WITH YOU TO MEET YOUR DIETARY REQUIREMENTS:

- Making snacks, meals and desserts healthy and appetizing.
- Counseling individuals on nutrition and food selection.
- Developing and presenting nutrition curriculum.