

GIANT[®] COOKING SCHOOL

January/February classes and tours

**To register for classes, call the Camp Hill GIANT at (717) 724-1166.
Full payment is required at the time of registration.**

THURSDAY, JANUARY 10

Grilled Cheese, Please!

5:30–6:30pm • free • all ages

Meets in the Camp Hill GIANT Cooking School

Registration required

Grilled cheese paired with a bowl of warm soup is the perfect comfort meal for a cold winter's day. Join us as we try some unique grilled cheese combinations and explore ways to transform this simple meal into a nutrition powerhouse. Have you ever tried adding arugula or fresh fruit to your melt? Come hungry, you'll also get to make a creation of your own.

THURSDAY, JANUARY 24

Warm, Nourishing Soups

5:30–6:30pm • free • adults

Meets in the Camp Hill GIANT Cooking School

Registration required

Not loving winter? Let us help by warming you up with some nourishing soup! Join our nutritionist to explore new soup ideas to warm you up and add to your recipe collection.

WEDNESDAY, FEBRUARY 6

Cooking with the Cardiologist

5:30–7pm • \$10 • adults

Meets in the Camp Hill GIANT Cooking School

Call UPMC Pinnacle at 717-231-8900 or visit

UPMCPinnacle.com/Events for information and registration.

Join UPMC Pinnacle cardiologist Michael Bosak, MD as he shares heart-healthy tips while preparing yummy dishes with the Cooking School staff.

SATURDAY, FEBRUARY 9

Kids' Craft: Cupid Creations

1–2pm • free • kids 8 & under with an adult

Meets in the Camp Hill GIANT Cooking School

Registration required

The sweetest day of the year is right around the corner! Bring your little Valentine to this hands-on experience where they will make Cupid (and nutritionist) inspired sweet treats. Recommended for children 8 & younger. Adult attendance required.

THURSDAY, FEBRUARY 28

Nuts 101

5:30–6:30pm • free • adults

Meets in the Camp Hill GIANT Cooking School

Registration required

Research has shown that nuts can be a great asset for heart health, but how much should you eat and which are best? Find the answers to your questions at this class as our nutritionist explains the health benefits and culinary uses of these powerful little gems.



GUEST CHEF Series



FRIDAY, JANUARY 18

Chef Lance Smith from Millworks
6–7pm • \$15 • adults

Meets in the Camp Hill GIANT Cooking School
Registration required

Meet Chef Lance and learn how to make authentic tacos and salsa along with a meat option and a veggie option to be announced in class.

THURSDAY, FEBRUARY 21

Chef Wesley Hellberg from Devon
Seafood + Steak

6–7pm • \$15 • adults
Meets in the Camp Hill GIANT Cooking School

Registration required
Meet Chef Wesley and learn to cook fish like a restaurant chef! Come ready to ask all your seafood questions and sample some of Wesley's favorite fish recipes.

FREE CLASSES

Experience new products and recipes at the Cooking School.

Adults only • No registration required, limited space

SENIOR SURPRISE *Adults 55 and over*

Tuesdays from 10–11am

FREE FRIDAY

Fridays from 10–11am