

# Crunchybits Workshops

For people seeking better health for themselves, their family and the planet.

Workshops can be held as a single offering or combined to create a custom series. We welcome input that will enable us to tailor the presentation to meet your group's needs.

Programs range in length from 1-2 hours and include time for questions, menu samples, and hands-on activities. All recipes are free of dairy and gluten, and are determined by seasonal and local availability.

More details at [www.crunchybits.net](http://www.crunchybits.net)

## Eating for Optimal Health

Many health problems, from minor inconveniences to serious illnesses such as diabetes, high cholesterol and obesity, are due to the foods we eat. Come learn tips and recipes for cooking meals with nutrient-dense alternatives, including quinoa and superfoods. Tasting included.



*"Sioux and Sabrina's enthusiasm...gave me the confidence to try sprouting... it's certainly something that everyone should try."*

— Bonnie Desaulnier

East Hampton Garden Club

## Supercharge with Raw Foods

Looking for ways to incorporate more nutrients into your diet without taking the pleasure out of eating? Learn to prepare raw foods that will delight your taste buds, fill your belly and serve up an optimal amount of nutrients. This workshop includes demonstrations and tastings of quick and easy recipes using only a food processor or blender.



## Make Your Own Milk Alternative

Join us to explore the scrumptious world of non-dairy milks, which take only minutes to prepare in any kitchen. These milks can be used anywhere you would use dairy milk – in cereal, baking, coffee/tea, smoothies and more. We will make and sample a variety of homemade nut and seed milks.

## The Joy of Allergy-Free Living

If you or someone you love is sensitive or allergic to one or more foods, we've got survival tips and recipes to share! We will explore alternatives to common food allergens and discuss how to eat well and not feel deprived when faced with allergens outside of your home.



## Sustainable Gardening

Grow local, nutrient-dense foods no matter where you live! Topics include lasagna gardening, composting, growing sprouts, organic pest control and more. Participants leave with materials for sprouting.



## Natural Living

We often unwittingly bring chemicals into our homes in the guise of body-care, cleaning products, and household goods. Come learn about safe and easy alternatives! The class will make an all-purpose cleaner to take home.



# Crunchybits 4 You!

## Kitchen Makeover

Learning how to use whole foods efficiently in the kitchen makes transitioning to a healthier lifestyle easier. During this personalized in-home workshop, we will examine your current diet and discuss your nutritional goals. We will help you reorganize your kitchen to make healthy meal prep a breeze.

## Personal Chef Services

We provide vegan, allergy-friendly meal preparation for individuals, families or special occasions. Please contact us for details.

## Kids in the Kitchen

Healthy habits begin at an early age when kids are able to take an active role. These hands-on programs are one hour long.

Roll up your sleeves and join us for an exciting kitchen adventure. Choose one class or customize a series from the list below:

- **Tutti Fruitti:** Raw Applesauce and Berry Sorbet
- **Go for a Dip:** Herbin' Ranch and Cheezy Dip
- **Succulent Slurps:** Green Smoothie and Milkshake
- **Perfect Parfaits:** pudding, cookie crumble & berries
- **Banana Ice Cream:** Includes a toppings bar
- **Play with Your Food:** Build and sculpt edible creations using a variety of fruits and vegetables
- **Gifts from the Kitchen:** Pamper your friends and relations, or keep them to enjoy yourself! Activities can include salt or sugar scrubs, bath salts, potpourri bag, dream pillow, paint a pot & plant a seed, or tea bag medicine chest



*"Sioux and Sabrina offer excellent programs that touch on so many contemporary health and wellness concerns. Great for locavores, foodies of all stripes, or anyone who wants to rethink how and what they eat."*

—Sue Berescik, Director, East Hampton Library

## About Crunchybits

The creators of Crunchybits, Sabrina Granniss and Sioux Wimler, are two earth-loving moms living in Connecticut with a passion for all things crunchy.

**What's crunchy?** For us, it involved deep exploration of a number of topics including:

- Food: raw, allergy-free, vegetarian, local, seasonal, organic, wild
- Growing: sprouts and edible landscaping
- Body care: ingredients safe enough to eat
- Home: greening our cleaning
- Holistic Family Living: breastfeeding, cloth diapering, babywearing, homeschooling, and more

Our goal is to share information, tips and recipes gleaned from many years of education, research and experience, with others looking to tread lightly on the earth.



**For more information or to schedule a workshop, contact us at:**

[2crunchybits@gmail.com](mailto:2crunchybits@gmail.com)

860.416.6143

[www.crunchybits.net](http://www.crunchybits.net)

# Crunchybits!



**Revitalize with raw foods**  
**simple sprouts**  
**allergy-friendly meals**  
**natural home & body**  
**kids in the kitchen**

Crunchybits **workshops** inform & inspire participants, making it easier to implement healthful practices at home. Our programs are perfect for:

- Libraries
- Home Parties
- Garden clubs
- Civic groups
- and more!

[www.crunchybits.net](http://www.crunchybits.net)