



Raising Your Pulses
better beans for
leaner protein

Greens with Envy
modern meat-less cooking
for less-meat eaters

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- Want vegetarian dishes that all your customers will enjoy?
- Looking for inspiring recipes for interesting menus, avoiding more cheese and eggs?
- Need the skills and techniques to make vegetarian food a real success?
- Want international options for a diverse population?
- Keen to serve healthier protein for your staff and customers?
- Determined to reduce your organisation's environmental impact and concerned about animal welfare?

**Fully-funded vegetarian cookery events
for public sector cooks!**

Raising Your Pulses
15th October 2009 9am- 4.30pm.

Professional vegetarian chef Lucille Glenn and Indian cookery guru Cyrus Todiwala will demonstrate creative ways with beans, pulses and nuts to give your customers tasty, healthy and environmentally-friendly sources of protein.

Greens with Envy
27th October 2009 9.00am- 4.30pm.

Christina Tilbury, head of the Vegetarian Society's Cordon Vert cookery school, will lead a hands-on class of modern vegetarian cookery - with no grated cheddar in sight!

A qualified nutritionist will be on hand at the two events to discuss the nutritional implications of all the dishes.

Both events will take place in Hackney, East London and include a complementary lunch to demonstrate the delicious results! For more information on the events and speakers, plus booking instructions and a downloadable booking form, please see: www.sustainweb.org/goodfoodtraining/events

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Booking Form

I / we would like to attend the **'Raising Your Pulses'** event on **Thursday 15 October 2009**.

I enclose a cheque/s for £25 per person deposit, returnable on the day (please send one cheque per person - thank you).

Name/s	Job Title	Institution	Direct number	Email

I / we would like to attend the **'Greens with Envy'** event on **Tuesday 27 October 2009**.

I enclose a cheque/s for £25 per person deposit, returnable on the day (please send one cheque per person - thank you).

Name/s	Job Title	Institution	Direct number	Email

Please make cheques payable to Sustain, the alliance for better food and farming, and send to:
Pamela Brunton: Sustain, 94 White Lion Street, London. NI 9PF. We will send you venue details and directions when we confirm your booking.

More information available at www.sustainweb.org/goodfoodtraining/

If you have any queries, please email pamela@sustainweb.org,
or call Pamela on 0207 837 1228.