

2ND  
MONDAY  
MONTHLY

SEVENTH DAY ADVENTIST CHURCH PRESENTS.....

PLANT-BASED  
*Supper*  
CLUB

TASTE THE  
DIFFERENCE  
WHOLE FOODS  
CAN MAKE!



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## WELCOME TO SUPPER CLUB!

Welcome to SupperClub, the plant based cooking classroom that will inspire you to create delicious and healthy dishes with fresh and natural ingredients.

Whether you are a vegan, vegetarian, or just curious about plant based cuisine, you will find something to suit your taste buds and dietary needs in our classes. Together we will learn how to:

- Prepare a variety of plant based recipes, from appetizers and salads to main courses and desserts
- Use herbs, spices, and sauces to add flavor and texture to your dishes
- Make your own plant based milks, cheeses, yogurts, and butter
- Substitute animal products with plant based alternatives in your favorite recipes
- Incorporate more fruits, vegetables, grains, legumes, nuts, and seeds into your diet
- Save time and money by planning and cooking your meals in advance
- Enjoy the benefits of plant based eating, such as improved health, energy, and mood

Our classes are fun, interactive, and hands-on. You will work in small groups with our experienced and friendly instructors, who will guide you through every step of the cooking process. You will also get to taste these wonderful recipes throughout each class.



# Small Group INSTRUCTIONS

Part of your learning experience will involve breaking out into small groups. Here is a summary of what to do during small group time:

## YOU WILL BE ASKED A QUESTION

Your instructor will pose a question for you to think about. Take a few moments to consider your answer and write it down.

## DIVIDE INTO GROUPS

Quickly divide into small groups of 3-4. Once in your group, appoint someone as timekeeper to gently remind people when their time is running out. Then allow the first volunteer to briefly share their answer.

## APPRECIATE THE INSIGHTS OF OTHERS

After someone has shared, the other members of the group should each take a moment to appreciate what was shared before moving on and allowing the next person to answer. Please be careful to stay within the given time frame so everyone's voice can contribute to the conversation.

## SHARE WITH THE LARGER GROUP

When you return to the larger group, a few of you will have the opportunity to share any meaningful insights that came up in your small group.

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