



For more information, contact:

Erin Sullivan, Public Relations Administrator

407-835-7480

sullivan.erin@ocls.info

Let the library be your guide to healthier eating habits: learn basic cooking skills, get info on paleo diets and more

A new year calls for new goals and resolutions, like choosing a healthier diet. Let the library help you start on that journey. Join us at the South Creek Branch on January 6 and 20 as Chef Farah Davids demonstrates basic cooking skills, like how to poach or boil an egg and preparing rice properly. Cuisine Corner presents Food is Fuel: Live and Age Well at the Hiawassee Branch on January 13 and again at the Washington Park Branch on January 20. During these sessions, Yamira Lee Johnson, chef and certified holistic life coach, will show how to prepare delicious foods that are healthy for you.

If you have any questions about the events or information shared below, or to register for an event, call the library at 407-835-7323. You can also check for more food-related library events online at ocls.info/cuisinecorner

Cuisine Corner: Tranquil Moments

Windermere Branch, 530 Main St., Windermere

Thursday, January 4, 6:30 p.m.

Orlando Public Library, Cypress Room, 101 E. Central Blvd.

Thursday, January 11, 6:30 p.m.

Eatonville Branch, 200 E. Kennedy Blvd., Eatonville

Tuesday, January 16, 6:30 p.m.

Winter Garden Branch, 805 E. Plant St., Winter Garden

Tuesday, January 23, 6:30 p.m.

Relax after the holidays and celebrate Hot Tea Month with a cup of stress relief tea. Karon Cannon of Tea Craze shares tips on blending teas to get the perfect cup for your needs, each participant will blend their own tea to take home. Enjoy a sampling of Karon's stress relief tea called Tranquil Moments. Registration required.

Cuisine Corner: Basic Cooking Skills

South Creek Branch, 1702 Deerfield Blvd.

Saturdays, January 6 & 20, 1 p.m.

Saturday, February 3, 1 p.m.

Every other week, local chef Farah Davids, will show you how to conquer basic cooking skills from boiling or poaching an egg and getting chicken just right to boiling rice and getting pasta al dente. Registration required. 1/6 – Pasta and rice with tips and tricks for herbs and spices. 1/20 – One chicken, three ways with food prep tips. 2/3 – All about eggs!

Cuisine Corner Junior: Holy Guacamole!

North Orange Branch, 1211 E. Semoran Blvd., Apopka

Wednesday, January 10, 5:30 p.m.

Orlando Public Library, 101 E. Central Blvd.

Thursday, January 18, 3:15 p.m.

Eatonville Branch, 200 E. Kennedy Blvd., Eatonville

Tuesday, January 23, 4 p.m.

West Oaks Branch, 1821 E. Silver Star Road., Ocoee

Tuesday, January 23, 5 p.m.

Nothing is better than fresh guacamole! Learn to prepare this classic dip that's both easy to whip up and delicious. Space is limited. Registration required. Ages 8–18.

Cuisine Corner: Food is Fuel: Live and Age Well

Hiawasse Branch, 7391 W. Colonial Drive

Saturday, January 13, 11 a.m.

Washington Park Branch, 5151 Raleigh St., Suite A.

Saturday, January 20, 11 a.m.

Food is not only fuel for your body it is one of the keys to aging well. Yamira Lee Johnson, head chef and founder of Breaking Bread with Mira and certified holistic life coach, will demonstrate how to create delightful tasting food that is also good for you. For more information about Breaking Bread with Mira, visit facebook.com/breakingbreadwithmira. Space is limited. Registration required.

Cuisine Corner: Dig In to Paleo

Orlando Public Library, Cypress Room, 101 E. Central Blvd.

Wednesdays, January 17 & 31, 6:30 p.m.

Eating paleo can help you avoid additives, decrease inflammation, ditch processed foods and lose weight. Library staff will demonstrate delicious paleo dishes in this two-week series. Registration required.

Cuisine Corner: Vegan Pasta Night

Orlando Public Library, Cypress Room, 101 E. Central Blvd.

Monday, January 22, 6:15 p.m.

Victoria from True Radiant You shares how to easily hand-make healthy zucchini noodles with a hearty lentil marinara sauce. This is a nutritious and delicious vegan pasta dish the whole family

will love. For more information, visit victoriarooneyyoga.com. Space is limited. Registration required.

####