

Class Schedule 2008
All Classes Free
1 (801) 399-3221--3030 Grant Ave. Ogden, Ut 84401

JANUARY 19TH ---10:00 AM

Basic instruction to Muscle Testing/Kinesiology

Instructor---Dr. Tony Schraedel

JANUARY 19TH—6:00 PM WHAT TO DO FOR EXTREME COLD

Instructor—Bruce Crane **PLEASE CALL**

FEBRUARY 1ST ----7:00 PM ORIGINAL FAST FOODS

Instructor---James & Colleen Simmons

FEBRUARY 2ND —9:30 A.M. WHOLE WHEAT BREAD CLASS

Whole wheat angel food cake followed by bread making tips

Instructor—Cindy Child

FEBRUARY 7TH –THURSDAY EVENING --6:30 PM

Book of Revelation/Latter Day Preparation

Instructor---Farley Anderson

FEBRUARY 9TH—9:30 AM –GRAIN AND BEAN CLASS

Teaching about food storage and how to use it. Samples included. (Need to sign up.)

Instructors—Bruce and Carla Crane

FEBRUARY 16TH—9:30 AM—WHERE DO I BEGIN?

Whole wheat tortillas, whole wheat crepes, and blender waffles. Follow up with more helps from the Grain and Bean class.

INSTRUCTORS---BRUCE CRANE AND CINDY CHILD

FEBRUARY 23RD 9:30 AM---USING POWDERED EGGS AND POWDERED MILK

Breakfast casserole and other items.

Instructor---Cindy Child

MARCH 1ST —9:30 AM—WHOLE WHEAT BREAD CLASS

Whole wheat angel food cake followed by bread making tips

Instructor—Cindy Child **FREE**

MARCH 8TH ---9:30 AM---GLUTEN FREE CLASS

Instructor---Cindy Child **FREE**

MARCH 8TH ---1:00 P.M. TO 2:00 P.M.----CANDY DEMO/open house

Instructor—Nikki Madsen **FREE**

MARCH 15TH —9:30 AM –GRAIN AND BEAN CLASS

Teaching about food storage and how to use it. Samples included. (Need to sign up.)

Instructors—Bruce and Carla Crane

MARCH 29TH —9:30 AM—WHERE DO I BEGIN?

Whole wheat tortillas, whole wheat crepes, and blender waffles. Follow up with more helps from the Grain and Bean class.

INSTRUCTORS---BRUCE CRANE AND CINDY CHILD

APRIL 5TH

CLOSED FOR GENERAL CONFERENCE

APRIL 12TH —9:30 A.M. WHOLE WHEAT BREAD CLASS

FEATURING INSTRUCTION AND RECIPES ON THE MILL AND MIXER.

INSTRUCTOR—CINDY CHILD

APRIL 19TH—9:30 AM—WHERE DO I BEGIN?

Whole wheat tortillas, whole wheat crepes, and blender waffles. Follow up with more helps from the Grain and Bean class.

INSTRUCTORS---BRUCE CRANE AND CINDY CHILD

MAY 3RD 9:30 A.M. WHOLE WHEAT BREAD CLASS

FEATURING INSTRUCTIONS AND RECIPES ON THE MILL AND MIXER

INSTRUCTOR---CINDY CHILD

MAY 10TH—9:30 A.M. TECHNIQUES FOR GRILLING AND MARINATING

INSTRUCTOR—BRIAN CHILD

MAY 17TH 9:30 AM---USING POWDERED EGGS AND POWDERED MILK

Breakfast casserole and other items.

Instructor---Cindy Child

JUNE 7TH —9:30 A.M. WHOLE WHEAT BREAD CLASS

FEATURING INSTRUCTION AND RECIPES ON THE MILL AND MIXER

INSTRUCTOR—CINDY CHILD

JUNE 14TH —9:30 A.M. DEHYDRATING CLASS

FUN IDEAS FOR DEHYDRATING

INSTRUCTOR—BRUCE CRANE AND GINA WILLIAMS

JULY 12TH —9:30 A.M. WHOLE WHEAT BREAD CLASS

FEATURING INSTRUCTION AND RECIPES ON THE MILL AND MIXER

INSTRUCTOR—CINDY CHILD

JULY 19TH —9:30 A.M. DEHYDRATING CLASS

FUN IDEAS FOR DEHYDRATING

INSTRUCTOR—BRUCE CRANE & GINA WILLIAMS

AUG. 2ND —9:30 A.M. WHOLE WHEAT BREAD CLASS

FEATURING INSTRUCTION AND RECIPES ON THE MILL AND MIXER.

INSTRUCTOR—CINDY CHILD

AUGUST 9TH —9:30 A.M. DEHYDRATING CLASS

FUN IDEAS FOR DEHYDRATING

INSTRUCTOR—BRUCE CRANE & GINA WILLIAMS

SEPT. 6TH —9:30 A.M. WHOLE WHEAT BREAD CLASS

FEATURING INSTRUCTION AND RECIPES ON THE MILL AND MIXER.

INSTRUCTOR—CINDY CHILD

SEPT. 13TH —9:30 A.M. DEHYDRATING CLASS

FUN IDEAS FOR DEHYDRATING

INSTRUCTORS—BRUCE CRANE & GINA WILLIAM

SEPT. 20TH 9:30 AM GRAIN AND BEAN CLASS

USING YOUR FOOD STORAGE (SIGN UP CLASS LIMITED SEATING)

INSTRUCTORS—BRUCE & CARLA CRANE

SEPTEMBER 27TH —9:30 AM—FUN CLASS /WHERE DO I BEGIN?

Whole wheat tortillas, whole wheat crepes, and blender waffles. Follow up with more helps from the Grain and Bean class.

INSTRUCTORS---BRUCE CRANE AND CINDY CHILD

OCT. 4TH

CLOSED FOR GENERAL CONFERENCE

OCT. 11TH 9:30 AM WHOLE WHEAT BREAD CLASS

FEATURING INSTRUCTION AND RECIPES ON THE MILL AND MIXER.

INSTRUCTOR- CINDY CHILD

OCT. 18TH OR NOV 8TH 10:30 AM CANDIES & CHOCOLATES MADE EASY

DEMO PRESENTED BY NIKKI MADSEN

NOV. 1ST 9:30 AM HOLIDAY BREAD CLASS

FUN WITH MAKING DIFFERENT BREADS. FEATURING INSTRUCTION AND RECIPES ON THE MILL AND MIXER.

INSTRUCTOR- CINDY CHILD

Classes Subject to change without notice