

# START YOUR OWN COOKING SCHOOL

*Dear Health Enthusiast,*

First of all, thank you for getting this resource. I am sure you will find it full of useful information you can use for your own health and for sharing healthy living with others. Please remember I am not a doctor, all the materials are simply for educational use and general information, which is subject to change.

Please read this START HERE booklet in its entirety before you start as it will explain how everything is laid out and your rights and responsibilities.

It is my prayer you will gain a blessing, both physically and spiritually, by applying these health principles to your life. We would really like to hear from you so we know if we should continue to offer this program to others or what would be good to add or change. We want to be a blessing, time is SHORT!

Sincerely in Christ,



Angela Poch, NC and Director  
Vegan Vegetarian Cooking School  
Higher Path Print & Production

# START YOUR OWN COOKING SCHOOL

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Please do NOT sell or give out materials in mass market (over 100 at any one time). Do NOT share the video link or give out ANY of these materials electronically in ANY form - internet, e-mail, etc. You MUST use printed copies ONLY! Many of the items are available for download at our website: [www.VeganVegetarianCookingSchool.com](http://www.VeganVegetarianCookingSchool.com)

Please do NOT edit or print partial portions of the materials. You do NOT have permission to edit, modify, or change these materials with the following exceptions: You may add notes to, and revise and change the power points, and you may edit the marketing materials however you see fit. You may also create your own recipes from ideas in the cookbooks or other materials herein. You do NOT have permission imply you are part of, or have affiliation with, The Vegan Vegetarian Cooking School' or Higher Path, but you can make it known the material is from Higher Path Print & Production and The Vegetarian Cooking School. Please keep it clear to your participants and clients you are acting in your own behalf, you are simply using

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our materials as aids.

You can share information, and be there for moral and spiritual support, BUT unless you are a Doctor, M.D. or N.D., etc., you CANNOT diagnose, treat, suggest, or attempt to treat anyone for any disease or illness. Leave that to the professionals. Let me give you just a couple reasons why:

- You may miss something important that could hurt or harm another person.
- Life is complicated and so is the human body, don't over estimate your skills and knowledge.
- It is against the LAW!

If you don't agree to uphold all these statements above, please contact us right away for a full refund. Keeping and using ANY thing in this package is your agreement to all of the above!

**We thank you for getting involved in the health message!**

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# Start Your Own Cooking School

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*10th Edition - June 14, 2016*

### **What's in the Zip Folder (DVD Rom):**

1. Welcome Letter - how to use this package (this is what you are reading)
2. Your Guide to Becoming Vegetarian e-Book
3. Vegetarian Power Point - Getting Started
4. Information Sheets
  - B12, Vitamin D, and other trace elements
  - Basic Nutrition for the Vegetarian
  - Calcium
  - Children's Vegetarian Nutrition
  - Children's Vegetarian Nutrition - question sheet
  - Exercise
  - Fats - Good & Bad
  - Iron
  - Music and the Mind
  - Nutrition and the Mind
  - Protein
  - Rest and Sleep
  - Sodium & Hypertension
  - Stress Management
  - Water
  - Your Thoughts

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## 5. Miscellaneous Information Handouts

Adapting Recipes for Healthier Living

Alkaline Blood Diet

Allergy Cookbook

Arthritis Cookbook

Basic Tips for Cooking

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Candida & Colon Rest Recipes

Carob & Chocolate Health Benefits

Complete Cleanse

Eight True Remedies

Exercise Log

Food Combination Chart

Food Diary

Menu Planner - Blank

Menu Planner - Low Fat

Menu Planner - Meals for the Mind

Omega 3 Information

The Bible and Vegetarianism

Vegetarian Food Guide Poster

## 6. Health Quotes 'n' Notes

Diet & Nutrition

Exercise

Fasting

Health HELPERS

Prenatal Influence

Simple Remedies

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Stimulants & Substances

Sunlight, Fresh Air & Home Environment

Temperance

7. Marketing Materials for a Cooking School
8. “Let’s Cook Vegetarian” Booklet - For Presenter
9. “Let’s Cook Vegetarian” Booklet - For Participants
10. Marketing & Putting On a Cooking School
11. Recipe cards for small paper 8.5 x 11
12. Cookbook Index - PDF
13. Cookbook Index - excel file
14. Our Favourites Cookbook
15. Order Form

**Plus the separate video link/DVD for: “Let’s Cook Vegetarian” - Click [HERE](#)**

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## HOW TO USE THIS PACKAGE:

You can print any of the information in this package, but you may NOT sell any of the information or share ANY items electronically including, but not limited to, the internet, sharing this disc, sharing over networks, email, and so on. Please do NOT give away anything in mass market without contacting us (over 100 copies at a time). Please see Rights and Legal Statements!

You can purchase any of our cookbooks or materials AT WHOLESALE to sell to your cooking class participants - use order form provided on this disc or contact me: [angela@higherpath.ca](mailto:angela@higherpath.ca).

**THIS start guide:** After the list of what is in this package, a how to guide is provided on ideas on how much to charge, what time of day to hold meetings, and so on.

**E-book:** The second thing is the e-book “Your Guide to Becoming a Vegan Vegetarian”.

**Power Point:** The next item is the power point. This power point has been used for several years with success. I suggest you make it your own. Go through it and add notes for yourself in the notes section.

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**Information Sheets:** It is a high resolution file.

**Misc Handouts:** The handouts are organized as individual PDF's, to make printing and searching easier for you. You can browse the information handouts folder for these health PDF's. There are posters like the Vegetarian Food Guide Poster for you to print out and share with CLASS participants or if you are a health professional, to share with clients.

**The Health Quotes 'n' Notes** are booklets which have Bible quotes and health quotes from world renown author Ellen G. White, who science is proving right time and time again. in science publications such as "The American Journal of Medicine, Surgeon General's Report, Journal of the American Medical Association, National Cancer Institute, Centers for Disease Control and Prevention, Archives of Internal Medicine, and many more.

**The marketing materials** are yours to use for your cooking school programs. You can print them yourself or call us for a quote. Many customers have found us to be very competitive in pricing and excellent quality. Call us for a quote for your material needs. We can also make you custom materials, please contact us at Higher Path Print & Production for more information on our graphic and printing services.

**The "Let's Cook Vegetarian" Booklet** is design to help



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you put on a cooking school, but it is also the follow along for the cooking school done on the video. The presenter's booklet explains what you should and shouldn't do during a cooking school. Read the participant's booklet if you are just learning to cook yourself or read the presenter's booklet if you are interesting in learning to teach other. Read them before watching the "Let's Cook Vegetarian video so you can get an explanation of what is happening."

**Marketing** and Putting on a Cooking School is another informational booklet that helps guide you through putting on a cooking school. In this e-book we help you with budgeting, marketing, format of the program, and much more.

**The recipe cards.** Be sure to print them on heavy card stock and in color, preferably, for your cooking school participants. They are spaced the same on each page to make cutting a breeze. If you would rather leave the work to us you can purchase these cards all ready done, printed and cut. Contact us at Higher Path: [angela@higherpath.ca](mailto:angela@higherpath.ca)

**The Cookbook index** is for those of you who have the 7 volume cookbook set, Healthy Home Cookin'. If you don't have these cookbooks and would like to get a set please contact us for details.

**Our Favourites Cookbook** - with over 100 recipes for you to

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share. Keep in mind you can purchase these books in bulk for a low price.

Please do NOT share ANY of these items electronically and PLEASE refer people to our website for more videos and free recipes.

**The separate DVD:** The “Lets Cook Vegetarian” video is a raw, un-edited version of a cooking school put on by Angela Poch you can view on your T.V. We purposely left in the mistakes so you could get an understanding how to keep going in your live presentation. So often we watch cooking shows on T.V. and are intimidated by the perfection. Guess what, the average half hour cooking show on T.V. takes 2 to 4 hours to produce! This video is great for those just learning how to cook as well, so we hope you enjoy them whatever your level. We hope you enjoy your package and we hope you are encouraged to share what you learn with others. Even if you wanted this package for self-improvement and didn't intend on doing a cooking school or other health program, we encourage you to share your new knowledge. You will gain a blessing in giving!

If you would like more recipes to share with your cooking class participants or if you would like to show DVD's of an advanced full length cooking school visit:

**[www.VeganVegetarianCookingSchool.com](http://www.VeganVegetarianCookingSchool.com)**

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By the way if you are interested you can purchase the entire Vegan Vegetarian Cooking School and the VVCS Sharing Guide which gives you permission to share the VVCS DVD's as well as it has the recipe lesson book. This resource will be a welcome tool to share healthful recipes with others. Great for starting a DVD ministry!

## THE PROGRAM

There are many ways to put on a cooking school. You can have one, three, or keep them on going. Here are three ideas to get you started.

1. Opening Wedge: You can hold one, two, three or more classes in your home or other venue and then sign people up for the remaining programs at the church (use it as an opportunity to make friends). The more people come to your church building the 'less scary' and easier it is to get them there for other programs.
2. Stand-a-Lone Program: You can do the entire program in your home (or other venue) as a weekly or monthly health program. Hold them once a week, every second week, or once a month, it's up to you. If you only hold them once a month, it is likely people will hit and miss coming. Once a week is ideal

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as it will keep their interest up. NOTE: A fun variation is to have a “potluck” style program. So the first night you provide the samples and the next session everyone brings a recipe they have made from the previous lesson. This gets everyone involved and makes less work for you and your helpers.

3. Follow-up Program: You can also use a health program like this as follow-up for another health program or evangelistic series. Use it once a month for CHIP alumni or Depression Recovery Program follow through. It is also great for new members or attendees after an evangelistic series. Use it as an opportunity to create friendships and leading souls to a deeper walk with God. (The “potluck” idea from above works VERY, VERY well for this type of program and creates more of a friendship atmosphere.

No matter which method of delivery you choose to do, pray for God to lead you for the correct structure of those you are trying to reach out to. Pray, PRAY, pray that God will guide you every step of the way. I can’t encourage you enough to read both Ministry of Healing and Evangelism by Ellen White. Both these books will give you the perspective you need to work effectively and draw you closer to God as well.

I highly recommend pre-registering your participants so you know how much to cook and how many recipes to print (or cookbooks to order). Offer a pre-registration gift or discount to

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encourage people to call in and register.

## COOKING CLASS SCHEDULE & OTHER IDEAS

(FOR A 90 MINUTE NIGHT CLASS)

For an advertised start at 7:00pm:

6:00pm	Helpers arrive, go over any questions, have prayer and set up for the cooking school (for dishes that take longer prepare the night before or early morning).
7:00pm	Register ,Welcome & Door Prize
7:15pm	Start Cookin!
8:45pm	Have tasting, mingling, questions, and answers.
9:00pm	Close up meeting

Of course the times are just a suggestion. You can do afternoon programs or morning programs for seniors, mothers, or shift workers. In fact, most seniors prefer early programs and as a bonus you can eat the samples for lunch, thus promoting better health. You can do the program earlier so people are “sampling for supper”, but keep in mind many people who work can’t make it before 5:30 or even 6pm. You can do the tasting first so your participants are not eating so late (again follows our health message). Just be sure you can get everyone settled for the DVD. Also, having the tasting after allows for more friendships to be established. Pray about what is best for your

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group.

Door prizes are such a favorite with participants. They really, really LOVE this part. If you can't afford one every night, do it for at least the first 2-3 nights or do it randomly and tell your participants they don't want to miss any night because they might miss the best door prize yet. Door prize ideas: Favorites or other Healthy Home Cookin' cookbook, Salads DVD, 3ABN Cooking DVD, health infosheets, cookbooklets, food guide posters, and more all available from us at wholesale price for orders over \$100, please email or fax your order.

## SETTING THE FEE

Your church may decide to sponsor the entire event and offer it free to the community. Keep in mind, however, people who pay, will value the information. Those who value the information are more likely to use it and to continue coming each night. So charging a fee is really a very good idea to ensure a successful program. In addition, churches and individuals can put on more programs if the programs pay for themselves.

If you are reaching out to those who are struggling financially, you can offer a "sponsor" who can help with their fee or a Payment Plan. This will give them a sense of value and appreciation for all you are doing to help them. In the USA

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and Canada, VERY FEW people can't scrape up some money to contribute at least part of the fee. Most poor spend money on junk food, cigarettes, and other non-essentials. It is important they are committed to making changes in their life or you may be wasting your time with this type of program.

Price SUGGESTIONS (this will vary from area to area - suggestions are for USA and Canada):

Nightly: \$5-7.50 per person (PLUS \$12.95 for the Cookbook, optional of course!)

For a 3 to 4 night/day series IE: The "Opening Wedge", you should charge about \$25 to \$45 per person which should include a cookbook plus the recipes you are doing.

## THE SURVEY

It is highly recommended you print and offer a survey to your participants AFTER the last program or after 5 programs if they are on going. This gives you the opportunity to cater your program to people's needs.

## SAMPLE BUDGET - VARIES FROM AREA TO AREA (ABOUT 10 PARTICIPANTS)

Advertising:

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newspaper ad - 2 weeks	\$60
flyers (200 @ 20¢ our price to you)	\$40
posters (50 @ 95¢ our price to you)	\$50
Cookbooks: 10 (\$7.95 each) \$79.95 plus shipping	\$98
Misc: disposable plates, name tags, etc.	\$12
Food samples: (depends on how many people come or FREE if you do 'potluck' style)	\$50
Venue (FREE if doing it in your own home or at the church)	
<b>Total</b>	<b>\$310</b>

These numbers are approximations, obviously the more people or recipes you do the more the food and handouts will cost. Also, door prizes are not included in above costs.

Getting funds: If you are doing this on your own ask your church for sponsorship. If your church is putting this program on, often your local conference will help your church with evangelism expenses. BUT ideally you should charge enough of a fee to cover your costs.

The fee schedule above should cover these costs if you get 5 or more participants to come for 12 or more sessions. IE: If 5 participants come for 12 session and you've charged \$5 per night plus collected \$12.95 for the cookbook, that equals



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\$312.95. Obviously if you are trying to use this as a business to make money you need to charge \$15-20 per night and make sure you use fine linens, garnish the food well, and so on. More advance for those of you who are inclined.

## MATERIALS

You will need some materials for your cooking school. You can print ANY of the materials from this package except the “Our Favourites Cookbook”. Please purchase the Cookbook from us at wholesale pricing.

Supplies & Suppliers for participant materials:

1. Registration Forms, Sign in Sheet, Surveys.
2. Pens, pencils, clip boards
3. Money bag (or equivalent) to handle registration fees collected. Receipt book, float, etc.
4. Door Prizes, optional - Menu Planner, Cookbooks, Vegetarian Food Guide Poster, are just a few ideas for door prizes.
5. Optionally, materials for the Materials Table

## MATERIALS TABLE

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A materials table is a great way to share what is out there for new vegetarians. Have a few catalogues from other companies (we are more than happy to mail you some of our own free of charge) or purchase a few materials of your own to show them. We can offer you wholesale pricing on our materials - cookbooks, health books, etc. for bulk purchases. See our catalogue for more info.

## ADVERTISING

We've included a sample poster/flyer for. It is a good idea to offer the FIRST program FREE of charge (they don't get a Lesson Book that night) and you can writing that on the flyer, so they can see what the program will be like. Many people are apprehensive to pay for something they have not seen. However with enough word of mouth you will be surprised how this program can grow IF you do it regularly. I used to hold a weekly program for 2 years in my own home and it grew to over flowing my little kitchen!

It is important to promote your program by getting advertisements put in newspapers, submitting applications for free ads in community "What's Happening" lists in the local newspapers, local cable TV, on radio stations and getting posters and flyers printed, distributed and posted at various high-profile establishments.

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Day care centers are good for reaching young parents. Doctors will often allow you to place fliers for free distribution in their offices and some may even be willing to personally promote it to their patients.

Here are more suggestions for posters or flyers:

6. Community Bulletin Boards
7. Grocery stores
8. Gas stations
9. Hair Salons
10. Post Office
11. Banks
12. Mall & Shopping Centers
13. Restaurants
14. Fitness Clubs
15. Laundry Mats
16. Community Groups - Better Babies, Other health programs, Women's programs, etc.
17. Hospital waiting rooms

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18. Doctor's offices (General Physicians, Optometrists, Dentists, Specialists, Dieticians, etc.)
19. Library & Community Centers

## HELPERS

It is a good idea to have a kitchen helper and hostess or greeter. You can also have someone in charge of marketing, in charge of registration, someone for the materials table, and so on.

Your kitchen help should come one hour early to help you get all set up. You will need one hour (depending on recipe - if it needs chilling you may wish to do it the day before) to prepare any of the recipes in the booklet ahead of time.

## FORMS AND OTHER

In the appendix we have some sample registration and other forms. These forms are important for follow up. Remember this is the right arm and your church will want to invite these participants to other venues. This is only the beginning of reaching out to those in your community.

## FOLLOW UP

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It is important to follow up on your participants. We create friendship by first initiating contact, second being friendly, and thirdly keeping in touch. Invite your new friends to gatherings, have a supper club, and so on. Don't lose touch with your NEW friends in Jesus. You can do a DVD ministry with the VVCS - see the Vegan Vegetarian Cooking School Sharing Guide for details: [www.HigherPath.ca](http://www.HigherPath.ca)

In addition to friendship, a spiritual follow up is VITAL to any health message and Bible studies can be part of that. If your participants are not interested in religion, follow up with a Creation vs Evolution seminar. Please visit: [www.SDAPersonalMinistries.com](http://www.SDAPersonalMinistries.com) for more information on 'bridging the gap' between a cooking school and the complete health message which includes growing a relationship with our Lord and Saviour.

## APPENDIX

Registration Form  
Sign In Form  
Door Prize Cards  
Survey



# START YOUR OWN COOKING SCHOOL

# Cooking School Registration

Date: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State/Province: \_\_\_\_\_ Zip/Postal Code: \_\_\_\_\_

Residence Phone: \_\_\_\_\_ Business or Cell Phone: \_\_\_\_\_

E-mail Address: \_\_\_\_\_

## 1. How did you learn of this program?

Newspaper: \_\_\_\_\_ Friend: \_\_\_\_\_ Radio: \_\_\_\_\_ Flyer/Poster: \_\_\_\_\_ Other: \_\_\_\_\_

## 2. Are you interested in attending any other seminar if it comes to your area? (Circle all that apply.)

- A. Depression Recovery Program
- B. Stress Seminar
- C. Wellness Seminar
- D. Bible Study or Seminar
- E. Exercise Club
- F. Natural Remedies
- G. Supper Club (light food & devotional)

3. Occupation: \_\_\_\_\_

## 4. Religious preference, OPTIONAL:

- A. \_\_\_\_\_
- B. None

THIS SECTION FOR OFFICIAL USE ONLY

PAID: \_\_\_\_\_

Method of Payment: \_\_\_\_\_





These cards can be used to keep track of participants attendance. You can write the date on the back each night they attend. Place the cards in a box for the door prize and you've got door prize cards and sign up all in one.

# Gift Draw Card

Yes, I have all ready registered for this program. (If you have NOT filled out a registration card, please see the greeter!)

Contact information:

Name: \_\_\_\_\_

# Gift Draw Card

Yes, I have all ready registered for this program. (If you have NOT filled out a registration card, please see the greeter!)

Contact information:

Name: \_\_\_\_\_

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Yes, I have all ready registered for this program. (If you have NOT filled out a registration card, please see the greeter!)

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Contact information:

Name: \_\_\_\_\_

# Cooking School Survey

QUESTION		ANSWER			
1 . The speaker is easy to hear.	VERY good!	Yes	N/A or not sure	Could be better	NO
2 . The lessons are easy to understand.	VERY good!	Yes	N/A or not sure	Could be better	NO
3 . The recipes taste good.	VERY good!	Yes	N/A or not sure	Could be better	NO
4 . The health information in the lesson is good.	Too much (I just want recipes.)	Maybe a little less	Fine the way it is!	Could have more	Not enough (less recipes are ok.)
5 . I would like to see more _____					
6 . Other Comments (The more detailed the better. What do you like about it? How are the recipes? What is the food like? Do you enjoy the presentations? etc.):					

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QUESTION		ANSWER			
1 . The speaker is easy to hear.	VERY good!	Yes	N/A or not sure	Could be better	NO
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