

NATURE'S FOOD PATCH

Market & Café.

DECEMBER 2018

PATCH WORKS™

CLEARWATER FREE EVENTS

**Clearwater & Dunedin locations. Not including case priced items, items already on sale or beer & wine. No double discounts. In-store only.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
HANUKKAH BEGINS	2	3	4	5	6	7
SPECIAL HOLIDAY DATE! 9 Zucchini "Lazagna"** 4 pm Brad Myers The Vegabond Chef	HANUKKAH ENDS 10 Become a Mentor: BBBS Orientation 6:30 pm Karen Kampel Big Brothers Big Sisters	11 Song Circle 6:30 pm Free Jam Session In PaTchWOrKs!	12 SENIORS DAY Christmas Chili* 6:30 pm Brad Myers The Vegabond Chef	13 Plant-Based Deviled "Eggz"** 6:30 pm John van Vlaardingen JvVHealth		14
16	17 Kids Story Time with Music + Craft 10 am Erika Davis Usborne Book Buddy	18 Wellness Sale Days 20% OFF** Supplements & Body Care 18th & 19th	19 SENIORS DAY	20 Raw Holiday Stuffing + Truffles* 6:30 pm Venus DeMarco A Healthy Life Made Simple	FIRST DAY OF WINTER 21 Holiday Hot Bar Starting at 11 am Clearwater Location Only 21st thru 24th	22 Dunedin Holiday Music 12 pm - 3 pm Row Jomah Duo In Front of NFP
23 Clearwater Holiday Music 12 pm - 3 pm Row Jomah Duo In Front of NFP	24  Christmas Eve 8 am - 5 pm**	25  Christmas Day Store Closed**	26 SENIORS DAY KWANZAA BEGINS	27 SPECIAL HOLIDAY DATE! Mr. Brad's Music Fun Time 10 am Brad Myers Mr. Brad's Music	28	29
30	31  New Year's Eve 8 am - 7 pm**	Healthy holidays from your Patch family!				

Clearwater location only. Come early. Seating is limited!
See Summary of Events at Customer Care for more information.



*FREE COOKING CLASS

The advice & informational content of our seminars do not necessarily represent the views of Nature's Food Patch. Please consult your health professional for your personal medical condition.



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FREE SPECIAL EVENTS

BECOME A MENTOR: BBBS ORIENTATION

Mon Dec 10th at 6:30 pm

Karen Kample, *Big Brothers Big Sisters of Tampa Bay*

Join BBBS of Tampa Bay as a "defender of potential" by becoming a Big Brother or Big Sister & together, you can change the world. All it takes is 4-8 hours a month, with a focus on being consistent & spending one-to-one quality time with your Little. You can help clear a path to a child's biggest possible future. Take the first step by attending this Orientation & Training session where you'll learn about their programs, commitments, expectations & their kids.

SONG CIRCLE

Tue Dec 11th at 6:30 pm

Free Jam Session, *In PaTchWOrKs*

This acoustic gathering of musicians & singers is a free-flowing expression of talent & creativity. Spectators welcome.
2nd Tuesday of every month. 4th Tuesday cancelled.

HOLIDAY MUSIC (12 pm - 3 pm)

Dunedin - Sat Dec 22nd

Clearwater - Sun Dec 23rd

Row Jomah Duo, *In Front of NFP*

Stop by for your local & organic holiday shopping & enjoy the seasonal sounds of the Row Jomah Duo by The Patch entrance!

FREE KIDS EVENTS

MR. BRAD'S MUSIC FUN TIME

Thu Dec 6th at 10 am & 6:30 pm & Tue Dec 27th at 10 am

Brad Myers, *Mr. Brad's Music*

Kids can sing along & dance to interactive songs! Mr. Brad will play guitar, mandolin, violin, flute, drums, glockenspiel, piano & more.
1st Thursday of every month. Special holiday date on 4th Thursday!

KIDS STORY TIME WITH MUSIC + CRAFT

Mon Dec 17th at 10 am | Erika Davis, *Usborne Book Buddy*

Bring the kids for stories, songs & a craft! Children of all ages welcome with their caregivers.

3rd Monday of every month.

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FREE COOKING CLASSES

HOLIDAY FRUIT PUNCH + VEGAN NOG

Sat Dec 1st at 11 am

Michelle Odiorne, *Whole-Food Plant-Based Chef*

Enjoy the holiday season with a healthy, homemade fruit punch & nutritious nut nog from scratch.

Michelle's class is the 1st Saturday of every month.

THE REYNOLDS HOLIDAY KITCHEN

Wed Dec 5th at 6:30 pm

Dr. Paul Reynolds DOM AP & Cara Reynolds, *The Reynolds Kitchen*

The Reynolds are a very important part of our Patch family! Every December, they share some of their family's favorite traditional foods for the holidays. This is a gluten-free & dairy-free cooking class that is anything but short of flavor!

Special holiday date on 1st Wednesday!

COOKING WITH WINTER SQUASH

Sat Dec 8th at 11 am | Demos to Di For, *NFP Demo Specialist*

Learn how to cut & prepare a variety of winter squash with Di. She will show you how easy it can be to stuff, dice or purée squash for any seasonal meal.

Di's class is the 2nd Saturday of every month.

ZUCCHINI "LAZAGNA"

Sun Dec 9th at 4 pm | Brad Myers, *The Vegabond Chef*

If you're looking to serve a low-carb seasonal dish for all to enjoy, then this class is where you need to be. This one-pan, vegan-friendly meal is loaded with plenty of veggies & bursting with all the flavors! It's the perfect addition to any holiday buffet.

Brad's class is the 2nd Wednesday of every month. Special holiday date on 2nd Sunday.

CHRISTMAS CHILI

Wed Dec 12th at 6:30 pm | Brad Myers, *The Vegabond Chef*

Chili is the ultimate winter comfort food with its warm & hearty fixin's. The Vegabond Chef will teach you how to make a festive Christmas chili for the whole family to melt over!

Brad's class is the 2nd Wednesday of every month. Special holiday date on 2nd Sunday.

PLANT-BASED DEVILED "EGGZ"

Thu Dec 13th at 6:30 pm | John van Vlaardingen, *JvVHealth*

Deviled eggs are an appetizer staple at many family get-togethers. If you're into trying something new, then check out these plant-based deviled mushrooms. They are a fun finger food & will have everyone at your next party raving.

John's class is the 2nd Thursday of every month.

CHRISTMAS COOKIES

Sat Dec 15th at 11 am

Debby DeGraaff, *Natural Foods Chef & Author*

Holiday treats are about being festive & delicious! Debby will show you how to make gluten-free cashew jewels & chocolate cranberry almond clusters. These recipes aren't only easy to make, but good for you, too.

Debby's class is the 3rd Saturday of every month.

RAW HOLIDAY STUFFING + TRUFFLES

Thu Dec 20th at 6:30 pm

Venus DeMarco, *A Healthy Life made Simple*

Gather together for a raw, vegan & gluten-free holiday meal! Venus will teach you how to make the best plant-based holiday stuffing, sans heat. Also on the menu are her tart almond cherry truffles!