

# NATURE'S FOOD PATCH Market & Café

1225 Cleveland St • Clearwater, FL 33755 • 727-443-6703  
[www.naturesfoodpatch.com](http://www.naturesfoodpatch.com)

## Clearwater Free Events December 2018

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### Sale Days

#### Senior's Day

Now EVERY Wednesday!

10% OFF\* EVERYTHING FOR SENIORS 60+.

*\*DUNEDIN & CLEARWATER LOCATIONS. Not including case priced items, items already on sale or beer & wine. No double discounts. In-store only.*

#### Wellness Sale Days

Tue Dec 18th & Wed Dec 19th!

20% OFF\* ALL SUPPLEMENTS & BODY CARE.

*\*DUNEDIN & CLEARWATER LOCATIONS. Not including case priced items or items already on sale. No double discounts. In-store only.*

### Free Special Events

#### Mr. Brad's Music Fun Time

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

Brad Myers, Mr. Brad's Music

& Thu Dec 27th at 10 am

*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!*

#### Become a Mentor: BBBS Orientation

Mon Dec 10th at 6:30 pm

Karen Kampel, Big Brothers Big Sisters

*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 6:30 pm

Free Jam Session, In PaTchWoRks

*This gathering of musicians & singers is a free-flowing expression of creativity. Selections driven by group energy & consensus. 50's-present, classic rock, folk, blues & originals. Spectators welcome.*

*2nd Tuesday of every month. 4th Tuesday cancelled due to holiday.*

#### 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.*

## **Holiday Music** (12 pm – 3 pm) | **Sat Dec 22nd at Dunedin & Sun Dec 23rd at Clearwater**

**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 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 & 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 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 vegan 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!*

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*The advice & informational content of our seminars do not necessarily represent the views of Nature's Food Patch. The Patch recommends consulting your health professional for your personal medical condition.  
Clearwater location only. Come early. Seating is limited!*