

WE LOVE FOOD! We love the endless possibilities of turning **FRESH** ingredients into easy meals that are delicious and healthy.

We love making good food and eating good food. **We believe THAT ANYONE CAN COOK.** ONCE YOU LEARN THE BASIC COOKING SKILLS,

THEY WILL benefit YOU for the REST OF YOUR life.

We believe that **YOU ARE WHAT YOU EAT.** When you *eat* well, you are healthy.

And when you are healthy, you are **HAPPY AND POSITIVE.**

And when you are *happy and positive*, **good things HAPPEN to YOU** – in your

RELATIONSHIPS, in your career, AND IN every other area *in your* **LIFE.**

13/09/2019

SHOW COOKING

Lo chef **ANTONINO SCALABRINO** preparerà una ricetta tratta dal menù della **Refezione Scolastica**

Verranno inoltre allestiti laboratori di educazione alimentare per bambini da 4 a 12 anni

Info e prenotazioni entro il 06/09/2019 s.carati@solaris.srl



**LABORATORI
di educazione
alimentare per
bambini 4-12 anni**

**PER VIVERE LA
MENSA DA
PROTAGONISTI**

**DALLE ORE 18,00
ALLE ORE 19,00**

**AL TERMINE
DELLA SERATA
APERITIVO
BIO E SANO**

**I CUOCHI
DI SOLARIS
VI ASPETTANO**

SOLARIS SRL
c/o cucina centralizzata
via Remo Tosi 7
Castel San Pietro Terme

www.solaris.srl

13/09/2019 dalle ore
18,00 alle ore 19,00