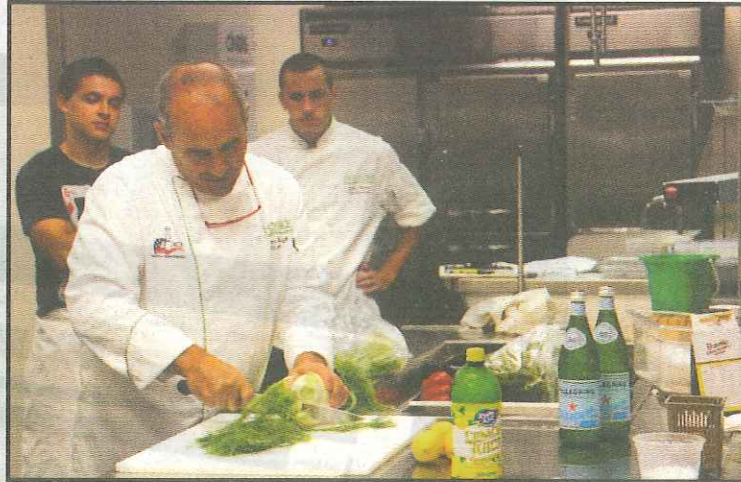


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Cooking for Life

More than a dozen city of Holyoke employees and their spouses recently took part in a two-part class on preparing healthy meals, presented by Training and Workforce



Options and hosted by the HCC MGM Culinary Arts Institute. Warren Leigh, chairman of the Hospitality Management and Culinary Arts programs at HCC, developed the two-part, hands-on class, which focused on the Mediterranean diet, which is abundant in fruits, vegetables, and olive oil. The class introduced participants to knife skills, food choices, portion control, gluten-free food, and cooking styles. Trainees cooked with locally grown produce and learned about sustainability. Pictured at left: Leigh demonstrates a technique for chopping greens. At right: Enrique Melendez (left) of the Holyoke DPW and Jim Crowley of Holyoke Gas & Electric slice onions.