Local Registered Dietitian Business Joins with Local Cooking School to Provide Mediterranean Style Nutrition Skills Boot Camp!

For immediate release
Contact: Cindy Silver (cindy@marketbasketnutrition.com) or 336-712-5239

Beginning this month, there will be a new local option for making New Year's Resolutions and achieving lifelong better health. Since diets don't work and delicious, thoughtful eating does, local registered dietitian, Cindy Silver, is joining with The Stocked Pot Cooking School to offer her Mediterranean Style Nutrition Skills Boot Camp. Classes will take place at The Stocked Pot Cooking School, 381 Jonestown Road, Winston-Salem, NC 27104. Learning that begins at the cooking school will merge with an additional, fun learning option. A local grocery store becomes Cindy's extended nutrition classroom as she will offer her Mediterranean Style Foods Grocery Store Tour to the Boot Camp graduates. Cindy's business, Market Basket Nutrition, is a local nutrition education business that offers individualized nutritional counseling, fun group nutrition sessions, and exceptional grocery store tours. Learn more at www.marketbasketnutrition.com.

The fun, 2-hour Mediterranean Style Nutrition Skills Boot Camp will include historical information about the Mediterranean style of eating, with its origins in Greece, the delicious array of ingredients, and the Mediterranean Food Pyramid. The health benefits of Mediterranean style eating will also be presented. Scientific research, for example, clearly shows that by eating consistently in the traditional style of the Mediterranean, there's a strong likelihood for improvements to heart health, diabetes, obesity, high cholesterol, and more. Live cooking demos with tasty sampling, a recipe exchange and a strong meal planning component will bring valuable life skills learning to Boot Camp participants as well. The best part, however, is that there are no drug prescriptions involved and success is simply a matter of cooking and eating some of the most delicious foods and recipes in the world!

"There are so many potential benefits in the Mediterranean Style Nutrition Skills Boot Camp,' Silver states. "It will help participants invest in their personal health, initiate sustainable weight loss if this is their goal, and gain confidence for meal planning and fun cooking in their own kitchen." Chef Don McMillan of The Stocked Pot adds, "Our fun-themed cooking school puts an emphasis on skill-building for delicious results so we feel it is a perfect fit for Cindy's nutrition classes. We anticipate adding more topics to be presented by Cindy and her team in 2016."

For more information, dates, times and registration for one of the January, February, or March Mediterranean Style Nutrition Skills Boot Camps, please visit the website of Market Basket Nutrition at **www.marketbasketnutrition.com/medboot**. Dates/times currently offered are: Jan. 30, 11 am – 1 pm; Feb. 6; 4-6 pm; Feb. 13, 2-4 pm; March 5, 5-7 pm; and March 12, 3-5 pm. Registrations will be on a first come first served basis and class size will be limited to 15 to enhance participant success. The cost of the Mediterranean Style Nutrition Skills Boot Camp is $125 per person (BCBSNC members may qualify for discounts.) Included are take-home information, resources, live cooking demos, sampling, recipes and ongoing interaction with trusted nutrition professionals.

Cindy Silver is a registered, licensed dietitian and an in-network provider for Blue Cross and Blue Shield of North Carolina. Blue Cross and Blue Shield of North Carolina is an independent licensee of the Blue Cross and Blue Shield Association.

##########