

*2012 Spice of Life Food & Fitness Fest*  
**CREATIVE COOKING STAGE SCHEDULE**

Kitchen furnished by Ferguson Enterprises

	<b>Saturday, March 17</b> 10:00am-6:00pm	<b>Sunday, March 18</b> 11:00am-5:00pm
<b>10:00</b>	Show opens at 10am	
<b>11:00</b>	<b>Farm Food vs. Factory Food</b> Shelf the "shelf food"-Healthy is not hard to make! Demonstrated by <i>Scene on 7's</i> Kimberly Kelly	Show opens at 11am
<b>NOON</b>	Center for Poultry presents <b>The Rich Tasting Experience of Heritage Poultry</b> Demonstrated by Jonathan Bostic	Swamp Rabbit Café and Grocery presents <b>Baking Fresh and Local</b> Demonstrated by Mary Walsh
<b>1:00</b>	BI-LO presents <b>Quick and Healthy Meals on a Budget</b> Demonstrated by Monica Amburn, RD, LD BI-LO's Registered Dietician	BI-LO presents <b>Quick and Healthy Meals on a Budget</b> Demonstrated by Monica Amburn, RD, LD BI-LO's Registered Dietician
<b>2:00</b>	Williams-Sonoma presents <b>Slow Juicing &amp; Other Healthy Food Techniques</b> Demonstrated by Elizabeth Brown	Gibson Farms presents <b>Cooking with Organic Grassfed Beef</b> Demonstrated by Leland Gibson
<b>3:00</b>	Cascades Verdae presents <b>Cooking for the Mind, Body &amp; Spirit</b> Demonstrated by Executive Chef Roger Campana	Cascades Verdae presents <b>Cooking for the Mind, Body &amp; Spirit</b> Demonstrated by Executive Chef Roger Campana
<b>4:00</b>	<b>Healthy, Natural &amp; Wholesome Cooking!</b> Demonstrated by Cynthia Williams	