



COOKING SCHOOL

brought to you by:

Two Unique Caterers & Event Planners
and
pure food 2U



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www.purefood2u.Ocom



Kelli L. Lewton is the owner and executive chef for 2 Unique Caterers & Event Planner (2 Unique) and pure food 2 U in Royal Oak, Michigan. Chef Kelli's passion for fresh food and personal service led her to launch 2 Unique in the Fall of 1991. Chef Kelli's enthusiasm for "real" and "pure" food lead her to open pure food 2 U, an organic meal delivery service in the winter of 2008.

Chef Kelli started her culinary career by attending Schoolcraft College Culinary Arts. After graduating from Schoolcraft College she worked in a number of fine dining establishments throughout the Metro Detroit Area before the start of 2 Unique. Chef Kelli has continued her association with Schoolcraft by serving as an instructor in the Culinary Arts and CES programs since 1993.

Chef Kelli, has become a leader in her industry; she is a regular guest on Fox 2 News, writes and contribute to numerous publications, recipient of numerous culinary awards and medals and is proud to have been of service to two U.S. Presidents, numerous professional athletes, celebrities, CEOs and wonderful customers over southeast Michigan and beyond!.

Kelli is now living in her full passion with the new division of pure food 2 U; cooking with REAL local, organic and sustainable foods which, in turn brings life to amazing prepared organic meals which nourish the mind, body, soul. She believes that is important that as a wife, mother, chef and culinary educator that she stands up and advocates for eating REAL foods. Kelli teaches numerous culinary classes including a series of organic natural food classes. Kelli lives and works by the tenet that all finished food should be born from as close to the vine as possible. She is steadfast about using only the freshest ingredients and organic products from preferably local vendors. She has built her business on the principle of nourishing food, made with integrity, pleasing to the eye is memorable to the tongue and memory.



Chef Kelli Lewton in Partnership with Schoolcraft College and Henry Ford Hospital

Schoolcraft College is partnering with Henry Ford West Bloomfield Hospital to create a food culture like no other in health care. Enjoy the results of this relationship by taking healthy eating and cooking classes available for the community. For more information, call (734) 462-4448 or email continueed@schoolcraft.edu.



Holistic Health Counselor, Angelle Batten, and Holistic Pediatrician, Dr. Sue McCreddie, of NourishMD.com, are on a mission to educate parents about the importance of REAL Food for our children. Learn about which foods should be on your table and which foods should be left on the grocery store shelf. Also, find out how much sugar your child is consuming each day and how it is impacting him or her (and you!). You'll leave with a packet of information that will help you feed your family everyday for a lifetime of great health. REAL Food HeaLs!



Andrea McNinch, a graduate of Schoolcraft college's Culinary Arts Program – deemed one of the finest in the nation – fused her passion for food with her desire to write and went on to receive both a journalism and communication degree from Oakland University. Andrea is a local and national freelance journalist and food stylist whose belief that "food is our best medicine" has led to her nosh and work in world renowned raw restaurants such as Pure Food and Wine in NYC and Karyn's in Chicago. She is currently a culinary arts educator specializing in raw-vegan foods and is pursuing a Master's in Vegan/Live Food Nutrition through Gabriel Cousens, M.D., Human School of Living Arts and the University of Integrated Science California.

Raw Food: Reclaim Your Health While Enhancing Natural Beauty

Date: Thursday, February 26th
Time: 6:00-9:00 p.m.

Location: 4303 Delemere Court
Royal Oak

Instructor: Chef Andrea McNich

Cost: \$55 per person
Register by calling 248-549-5242
Ask for Lynn

Learn the many benefits of adding raw foods into your diet. The guest chef, Andrea McNinch, will demonstrate and discuss how unaltered food in its natural state can transform your overall health and appearance in amazing ways! Come ready to sample, and Andrea will share numerous recipes and tips to get you started on your individual path toward optimal well-being.

How About Brunch?

Date: Saturday, March 28th
Time: 9:00 a.m. – 1:00 p.m.

Location: Schoolcraft College
Livonia

Instructor: Chef Kelli Lewton
Chef Jackie White

Cost: \$105 per person
\$84 for seniors
Register by calling 734-462-4448

Hosting your next friend, family or holiday gathering? Do brunch! Brunch is a great food venue to share time, food and fun with the gang and it can be a cost effective and less stressful way to entertain. Learn to make dishes such as: heirloom tomato tarts, stuffed French toast, unbelievable egg creations, sausage strudels, pastries. Be ready for lots of sampling and a comprehensive recipe package to take home.

Healthy Organic Foods 101

Date: Tuesday, March 31st
Time: 6:00-9:00 p.m.

Location: Henry Ford Hospital
West Bloomfield

Instructor: Chef Kelli Lewton
Chef Jackie White

Cost: \$99 per person
\$79.20 for seniors
Register by calling 734-462-4448

Discover how to make delicious meals, snacks and design a winning food plan using natural whole foods. Learn what organic means, and why and how to maintain optimum health by incorporating these 'real' foods into your daily living. Class discussion will include: planning ahead for success, what is 'real' pure food and healthful cooking methods. Leave with a collection of recipes to make cooking pure part of your lifestyle.

Raw Finger Foods, Cocktails & Desserts

Date: Thursday, April 2nd
Time: 6:30-9:30 p.m.

Location: 4303 Delemere Court
Royal Oak

Instructor: Chef Andrea McNich

Cost: \$55 per person
Register by calling 248-549-5242
Ask for Lynn

Celebrities, former super models and media moguls such as Demi Moore, Carol Alt and Oprah are helping the raw food diet gain mainstream attention. Besides the undeniable positive effect eating raw has on overall health and beauty, this recent attention has curious people realizing raw food isn't just uncooked fruits and vegetables, but is culinarian, sexy and most importantly, tastes amazing! This class will show you how to prepare and enjoy an array of everyday as well as party orientated, snacks, desserts or even "adult" cocktails to go raw! Lots of sampling, recipe packet and cocktail tastings (w/or w/out alcohol).

Delicious Organic Meals You Can Do

Date: Tuesday, April 28th
Time: 6:00-9:00 p.m.

Location: Henry Ford Hospital
West Bloomfield

Instructor: Chef Kelli Lewton
Chef Jackie White

Cost: \$99 per person
\$79.20 for seniors
Register by calling 734-462-4448

Did you know that some organic vegetables contain more than ten times the nutrient levels of their conventional counter parts? Learn the skills to blend these flavorful organic foods into tasty meals that are good for you and your family. Find out how to shop for organic and healthy foods and to incorporate them in your everyday lifestyle. Gather recipes, enjoy some sampling and be inspired

Pure Food On The Go

Date: Thursday, May 7th
Time: 6:00-9:30 p.m.

Location: 4303 Delemere Court
Royal Oak

Instructor: Chef Kelli Lewton
Chef Jackie White

Cost: \$65 per person
Register by call 248-549-5242. Ask for Lynn

Please join us for a food plan survival class where Chefs Kelli and Jackie will join forces with Nourish MD, we will navigate you through innovative time saving steps to, shop, chop and eat. Look forward to interesting and healthy recipes that you can make on the fly that your entire family will enjoy including children's snack foods too! Recipe packets, as well as helpful information from Nourish MD to live a life where food can be a healing vibrant force in your family's everyday life. Come ready to enjoy lots of information and sampling of recipes. .