

# Veggiecation Programming Options

## One Time Events

### 30 – 45 mins Class

- Display and discussion of the Balanced MyPlate
- 1 recipe demonstrated with full audience participation
- Samples provided for audience
- Maximum 30 participants suggested

### 1 hour class

- Display and discussion of the Balanced MyPlate
- 2 recipes demonstrated with full audience participation
- Samples provided for audience
- Maximum 30 participants suggested

### Student Assembly – 1 hour

- Detailed discussion of Balanced MyPlate, Portion Size, Macronutrients and Hydration
- 1 recipe demonstrated with select audience participation
- Suitable for large groups

### On Stage or Live Event Demonstration – 45 min to 1 hour

- Display and discussion of the Balanced MyPlate
- 1 – 2 recipes demonstrated with select audience participation
- Suitable for large groups



To find an instructor near you visit:  
[www.veggiecation.com](http://www.veggiecation.com)  
and click Locate A Veggiecator Educator

