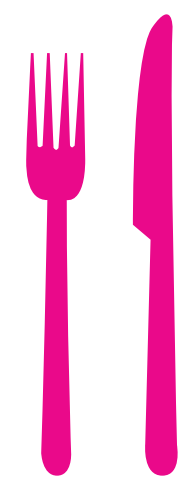


# CULINARY STAGE



THE  
NATIONAL  
WOMEN'S  
SHOW

## FRIDAY



### 10:30 AM

Building a healthy breakfast that will help you feel in control around food

Domenique Mastronardi  
The Happy Era

### 11:15 AM

Quick & Healthy Meals for Busy Moms  
Seema Sanghavi and Vidhi Dhiman

Cooks Who Feed

### 12:00 PM

Meal-Prep for Success with a Registered Dietitian: Learn how to streamline your mornings

Zoey Li  
Yumi Organics

### 12:45 PM

Customize Your Cookie: Tips to Creating a Uniquely Crafted Sugar Cookie

Aline Nasseh  
Aline Nasseh Chocolates & Confections1

### 1:30 PM

How to Make Jamaican Stuffed Plantain Boat with Chef D

Dwayne Logan  
DJL Kreative Kitchen

### 2:15 PM

Cannabis Beverages - The New Way to Cheers

Rebecca Griffin  
Molecule Inc.

### 3:45 PM

Is That Bourbon or Vanilla?

Aina Rabel  
Vanilla & Spice

### 4:30 PM

Rethinking drinking with easy, mouthwatering zero proof and non-alcoholic cocktails that taste like the real thing.

Sarah Kate  
Some Good Clean Fun

### 5:15 PM

Healthy & Delicious Snacks /Mom Food Hacks

Andrea Watson  
FreshWagon

## SATURDAY



### 10:30 AM

Coffee - The Great Unifier

Caron Morgan  
Birdy's Daughter

### 11:15 AM

Summer Sips & Dips  
Amanda Fowler Van Wyk

The Pampered Chef

### 12:00 PM

Not Your Grandmother's Scones

Stephanie Duffy  
Canada's Baking Box

### 12:45 PM

Cannabis Beverages - The New Way to Cheers

Rebecca Griffin  
Molecule Inc.

### 1:30 PM

Rethinking drinking with easy, mouthwatering zero proof and non-alcoholic cocktails that taste like the real thing

Sarah Kate  
Some Good Clean Fun

### 2:15 PM

Let's Nyam Vegan! A Jamaican Culinary Experience

Rebecca Griffin  
RicherEarth Vegan Eats

### 3:00 PM

Introduction to Dukkah

Julie Zambonelli  
Zambonelli Fine Foods

### 3:45 PM

Quick & Healthy Meals for Busy Mom's  
Seema Sanghavi and Vidhi Dhiman

Cooks Who Feed

### 4:30 PM

Save Time and Money: 4 System Kitchen Organization

Sarah Kate  
Tupperware Just Believe Inc.t

## SUNDAY



### 10:30 AM

Building a healthy breakfast that will help you feel in control around food

Domenique Mastronardi  
The Happy Era

### 11:15 AM

Summer Sips & Dips  
Amanda Fowler van Wyk

The Pampered Chef

### 12:00 PM

How to Make Jamaican Stuffed Plantain Boat with Chef D

Dwayne Logan  
DJL Kreative Kitchen

### 12:45 PM

Save Time and Money: 4 System Kitchen Organization

Sylvie Falardea  
Tupperware Just Believe Inc.

### 1:30 PM

Not Your Grandmother's Scones

Stephanie Duffy  
Canada's Baking Box

### 2:15 PM

The Art of French Rose

Chantal Fry  
L'Apero Sensuel

### 3:00 PM

Customize Your Cookie: Tips to Creating a Uniquely Crafted Sugar Cookie

Aline Nasseh  
Aline Nasseh Chocolates & Confections

### 3:45 PM

How to make Flank Steak Tacos with Corn Salsa

Paola Solorzano  
Santo Pecado