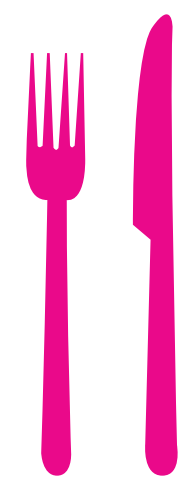


CULINARY STAGE



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 & Confections

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.

3:00 PM

Real Authentic South Asian Taste in 3 Easy Steps!
Shan Foods

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.

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

Naan Pizza ... The Shana Way!
Shana Foods

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