

Plant-Based Cooking Demo

Schedule an in-person group session for your team



Put some pep in your prep! Watch as our chef shows you how to prepare delicious, fun and easy plant-based meals. The demos are a great way to spend an hour learning, while having a healthy lunch.

What is plant-based cooking?

Plant-based cooking is centered around fruits, vegetables, whole grains, beans, legumes, nuts, and seeds with minimal or no animal-based foods like meat, fish, eggs, or dairy.

The lunchtime session will include:

- Live cooking demonstration
- Booklet of recipes
- Lunch for those attending
- Fun food facts about the ingredients

Where does it take place?

At your office. Equipment is provided by the chef.

What is the cost?

With BF&M health insurance, the session is covered by your nutritional benefit. There is a small fee for the cost of food.

Interested in attending?

Email livewell@bfm.bm for details.

What are the benefits of a plant-based diet?

- **It's good for your health**—consuming a diet comprised mostly of vegetables and fruits can lower your risk of type 2 diabetes, heart disease, inflammation, cancer and other chronic conditions.
- **Weight loss**—a plant-based diet will leave you feeling fuller on fewer calories, making it easier to maintain a healthy body weight.
- **It's good for the environment**—if you're looking to lower your impact on the environment, one way is to lower the amount of animal-based products you consume.
- **It saves you money**—there is a common misconception that a plant-based diet is expensive. In fact, whole grains and legumes such as beans, peas, and lentils are some of the cheapest foods you can buy.



The BF&M difference? Insurance the way it should be.

LiveWell is intended to complement rather than substitute for proper medical advice or treatment.

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