

Introduction

Congratulations! You are about to begin a Natural Lifestyle Cooking school. **The rewards of helping others to a better lifestyle are enormous.** The joy of seeing people in your community adopt a more wholesome diet is truly satisfying. When some of your attendees show an interest in the spiritual dimension of life and choose to follow Jesus, you will experience an even greater reward.

It's very possible that you have wondered whether or not you have the talents to embark upon this new adventure. You may be a little nervous. At times you may wonder whether the program will succeed. Let me assure you that our Lord will be by your side as you do the very work He counsels us to do.

“Cooking-schools are to be established in many places. This work may begin in a humble way, but as intelligent cooks do their best to enlighten others, the Lord will give them skill and understanding” (*Gospel Workers*, p. 362).

COOKING SCHOOLS—A POPULAR HEALTH-EDUCATION PROGRAM

Cooking schools are one of the best-received health-education programs in the community. Most people around the world enjoy a good meal. They desire good health and longer, better-quality lives. In most instances their health will significantly improve by attending these practical and scientifically sound plant-based Natural Lifestyle Cooking nutrition classes. **We have seen hundreds of people all over the United States and Europe discover principles of better living through the Natural Lifestyle Cooking classes.** We have also seen God reward the efforts of those conducting these health-education programs by adding new members to the church.

Cooking schools are labor intensive; but if organized properly, the tasks can be distributed among a number of church members. The reward of selfless service for others is enormous. **You will certainly establish some lifelong friendships with people who will forever appreciate what you have done for them.** As you conduct Natural Lifestyle Cooking schools, you are following in the footsteps of Jesus, who showed an interest in the physical as well as the spiritual aspects of life.

Jesus really cared for people. He ministered to their needs and then invited them to follow Him. He healed them physically because He could not bear to see them suffer. We, too, can play a part in alleviating disease and suffering in our communities. The degenerative diseases killing Americans today are largely self-inflicted. Heart disease, cancer, diabetes, and other degenerative diseases are largely preventable. Diet is a major contributor in the leading killers in American society. **A wholesome diet of fruits, nuts, grains, and vegetables will significantly contribute to reducing the disease and premature death in our communities.**

You can cooperate with Jesus in instructing people to live in harmony with the laws of their being. Reducing the risk of lifestyle diseases, increasing life expectancy, and contributing to the happiness of others is extremely rewarding. Even if you feel a little anxious at times, remember that the Holy Spirit is by your side to instruct you. As you cooperate with Him, **your classes will be a success.**



Objectives of This Manual

The objectives of this manual are to give you step-by-step instructions on how to organize and successfully conduct Natural Lifestyle Cooking nutrition classes. In it you will find:

- Reasons for conducting Natural Lifestyle Cooking schools
- A complete organizational outline
- Job descriptions for your assistants
- A complete program schedule
- Advertising suggestions
- Follow-up suggestions and much, much more. Later, beginning on page 70 under the Demonstrator's Notes section, you will find practical suggestions on what to say while you are demonstrating the Natural Lifestyle Cooking dishes.

FIRST STEP

The first step in planning your seminar is to read completely through this manual. After you have finished it, counsel with your pastor and church board about scheduling a Natural Lifestyle Cooking school. Once it has been voted by the church board and dates have been chosen, select your personnel and order a sufficient number of cookbooks, workbooks, and advertising materials.

If you are **an experienced instructor** and you have conducted cooking schools previously, we hope this manual will **give you some new, fresh ideas**. If you are just getting started, **we encourage you to follow closely the instructions given** here. Once you have conducted a few classes, then you may desire to make some changes. **The principles suggested here work**. For the last forty-plus years, we have implemented them throughout the United States and Europe. As you follow these proven methods and prayerfully plan your Natural Lifestyle Cooking school, you can be assured of the Holy Spirit's presence and continued guidance.