



Evolve Expo – Live Cooking Stage Program April 30 and May 1, 2016

Live Cooking Stage Program April 30th:

Live Cooking Stage MC: Tryna Cooper, Journeys for Conscious Living

10:30 am: Welcome and Introduction with Tryna Cooper

10:40 am – 11:25 am: TBA

11:40 pm – 12:25 pm: Clara Wisner

12:40 pm – 1:25 pm: Caveman Chefs

1:40 pm – 2:40 pm: Organic, Non-GMO, Natural and Sustainable Foods; Are You Confused? Sprouts Nutritionist Janet Little CN will discuss the current standards and policies surrounding the National Organic Program, the Non-GMO Project and sustainable food programs. Learn how you can get healthy food on your plate.

2:55 pm – 3:55 pm: Jill Nussinow

4:10 pm – 4:55 pm: Mary's Chickens

5:10 pm – 5:55 pm: Kiva Center – Edible Weeds

6:00 pm: Evolve Expo Closing

Live Cooking Stage Sunday May 1st:

Live Cooking Stage MC: Tryna Cooper, Journeys for Conscious Living

10:30 am: Welcome and Introduction Guest Speaker

10:40 am – 11:25 am: Clara Wisner

11:40 pm – 12:25 pm: Alan Rottinger



12:40 pm – 1:25 pm: Organic, Non-GMO, Natural and Sustainable Foods; Are You Confused? Sprouts Nutritionist Janet Little CN will discuss the current standards and policies surrounding the National Organic Program, the Non-GMO Project and sustainable food programs. Learn how you can get healthy food on your plate.

1:40 pm – 2:25 pm: A Balanced Approach to Eating: Jennifer Workman, M.S., R.D., C.Y.T.

Confused about all the diet and nutrition info? With so many different philosophies on diets and nutrition, how can anyone be right for everyone? Learn how to create quick, easy, individualized eating, exercise, and supplement plan that will be specific to *your* sport, activity level, blood type, metabolic profile, body type, medical condition, cultural background, and Ayurvedic constitutional type in addition to supporting organic, globally conscious companies.

Let food and exercise help you lose body fat, maximize energy, health, and digestion, satisfy cravings, and manage stress, not create more! Please bring your questions.

2:40 pm – 3:25 pm: Caveman Chefs

4:00 pm: Evolve Expo Closing – See you in 2017!