



CHEF GARY'S

# SUMMER FOOD FUN TOUR

GARY APPELSIES | YMCA OF CENTRAL FLORIDA'S DIRECTOR OF HEALTHY EATING

Summer is the season for eating watermelon, barbecuing on the pool deck and spending time with family. It's also a great time to think about trying some new recipes with all the fresh fruits and vegetables available here in Florida. Chef Gary recommends getting the entire family involved to combat weight gain and ensure that kids learn lifelong skills required to choose and prepare healthy meals. Join Chef Gary this summer and the pursuit for a healthier community for all!

## KEEP IT SAFE, COOK IT SAFE, PRACTICAL TIPS

Learn 4 core kitchen practices: Clean, separate, cook and chill. Pack a picnic lunch.

Recipe: Chicken with Pesto

**MONDAY | JULY 10**  
5:30 PM – 6:30 PM

**J. Douglas Williams YMCA**  
665 Longwood-Lake Mary Rd.  
Lake Mary, FL 32746  
407.321.8944

**WEDNESDAY | JULY 12**  
10:30 AM – 11:30 AM

**Winter Park YMCA**  
1201 North Lakemont Ave.  
Winter Park, FL 32792  
407.644.1509



## FUN WITH FOOD PREP

Learn how to have fun in the kitchen with your family while preparing a meal.

Recipe: Quinoa Crusted Chicken Fingers with Homemade Ranch

**THURSDAY | JULY 13**  
6:00 PM – 7:00 PM

**Titusville YMCA**  
2400 Harrison St.  
Titusville, FL 32780  
321.267.8924

**TUESDAY | JULY 18**  
5:30 PM – 6:30 PM

**Frank DeLuca YMCA**  
3200 S.E. 17th St.  
Ocala, FL 34471  
352.368.9622

**SATURDAY | JULY 15**  
10:00 AM – 11:00 AM

**Oviedo YMCA**  
7900 Red Bug Lake Rd.  
Oviedo, FL 32765  
407.359.3606

**WEDNESDAY | JULY 19**  
5:30 PM – 6:30 PM

**Dr. P. Phillips YMCA**  
7000 Dr. Phillips Blvd.  
Orlando, FL 32819  
407.351.9417

## USING WHAT YOU HAVE: THE STORY OF STONE SOUP

What should you always have handy in your fridge, freezer and pantry.

Recipe: Stone Soup

**WEDNESDAY | JULY 26**  
11:00 AM – 12:00 PM

**Roper YMCA**  
100 Windermere Rd.  
Winter Garden, FL 34787  
407.656.6430

**FRIDAY | JULY 28**  
4:30 PM – 5:30 PM

**Downtown Orlando YMCA**  
433 N. Mills Ave.  
Orlando, FL 32803  
407.896.6901

**THURSDAY | JULY 27**  
11:00 AM – 12:00 PM

**Osceola County YMCA**  
2117 W. Mabbette St.  
Kissimmee, FL 34741  
407.847.7413

**SATURDAY | JULY 29**  
11:00 AM – 12:00 PM

**Winter Park YMCA**  
1201 N. Lakemont Ave.  
Winter Park, FL 32792  
407.644.1509

## 30 MINUTE MEALS

Menu planning, shopping, and prepping for the week.

Recipe: Parmesan Pasta with White Beans

**TUESDAY | AUGUST 1**  
10:30 AM – 11:30 AM

**Frank DeLuca YMCA**  
3200 S.E. 17th St.  
Ocala, FL 34471  
352.368.9622

**FRIDAY | AUGUST 4**  
10:00 AM – 11:00 AM

**Golden Triangle YMCA**  
1465 David Walker Rd.  
Tavares, FL 32778  
352.343.1144

**THURSDAY | AUGUST 3**  
5:30 PM – 6:30 PM

**Dr. P. Phillips YMCA**  
7000 Dr. Phillips Blvd.  
Orlando, FL 32819  
407.351.9417



## THE SECRET TO BETTER OVERALL HEALTH

Beans, greens, grains and nuts.

Recipe: Hummus and Veggies

**MONDAY | AUGUST 7**  
11:00 AM – 12:00 PM

**Roper YMCA**  
100 Windermere Rd.  
Winter Garden, FL 34787  
407.656.6430

**SATURDAY | AUGUST 12**  
12:15 PM – 1:15 PM

**Downtown Orlando YMCA**  
433 N. Mills Ave.  
Orlando, FL 32803  
407.896.6901

**WEDNESDAY | AUGUST 9**  
10:00 AM – 11:00 AM

**Titusville YMCA**  
2400 Harrison St.  
Titusville, FL 32780  
321.267.8924



## ARE YOU ASKING YOUR SNACK THE RIGHT QUESTIONS?

When hunger strikes be ready to strike back. Learn what questions to ask your snacks to make sure they have your best interests at heart.

**MONDAY | AUGUST 14**  
5:30 PM – 6:30 PM

**J. Douglas Williams YMCA**  
665 Longwood-Lake Mary Rd.  
Lake Mary, FL 32746  
407.321.8944

**WEDNESDAY | AUGUST 16**  
11:00 AM – 12:00 PM

**Oviedo YMCA**  
7900 Red Bug Lake Rd.  
Oviedo, FL 32765  
407.359.3606

**TUESDAY | AUGUST 15**  
11:00 AM – 12:00 PM

**Osceola County YMCA**  
2117 W. Mabbette St.  
Kissimmee, FL 34741  
407.847.7413

**FRIDAY | AUGUST 18**  
10:00 AM – 11:00 AM

**Golden Triangle YMCA**  
1465 David Walker Rd.  
Tavares, FL 32778  
352.343.1144

Spaces are limited. Please call the host Y Family Center to RSVP or for more information. Y Membership is not required. [ymcafc.org](http://ymcafc.org) | For healthy eating suggestions: search "recipes" on our website.

@ymcacentralflorida @YCentralFlorida @ymcacentralflorida

