

Presented by **WITF** and Chef Donna Desfor

FOOD GLORIOUS FOOD: SATISFACTION WITHOUT ANY GUILT!



Wednesday, October 14, 2015

10:00 a.m. - 11:15 a.m.

Lecture and Q&A

Imagine being able to eat whatever you want, whenever you want, without any guilt. Impossible? Chef Donna Desfor says no!

Chef Donna's presentation will guide you into a new understanding of taste, and how taste is experienced. With a new understanding, you'll find eating becomes a more pleasurable experience and cooking can easily become a creative endeavor! And, once you know what you like to taste (and how you can create those taste sensations) Chef Donna will treat you to her "Three Bites to Being Full and Satisfied©" rules. The entire program will lead you toward an eating experience that is better, and more satisfying.

About the Presenter

CHEF DONNA DESFOR

Chef Donna Marie Desfor is owner of There's a Chef in My Kitchen, a culinary consulting business she started after completing her professional training in Contemporary French Cuisine in South Africa's Paarl Wine Valley. An expert on taste, she is a published food writer, recipe developer, and educator. Chef Donna is a frequent guest of the NPR affiliate WITF Smart Talk radio show, as well as host of WITF Cooks TV show. Often referred to as a "modern day Julia Child," Chef Donna teaches that delicious food can be created without expensive ingredients or fancy tools and equipment; it begins with an understanding of taste.



www.facebook.com/witfmindmatters



WITF is a valued source of educational, inspiring and creative content for adults and children in every community in Central Pennsylvania. WITF's programs and services reach nearly two million citizens in 19 counties throughout the region. WITF is comprised of public broadcasting stations WITF TV (PBS), WITF 89.5 & 93.3 (NPR), witf.org and regional magazine Central PA (published by The Patriot-News in an association with WITF).