

## > cooking and lifestyle centre

By Eva Cherneff, Thrifty Foods

Cooking and Lifestyle Centre Coordinator

# CHEF SPOTLIGHT: *Heidi Fink*

Chef Heidi Fink is a strong voice for local food and sustainable agriculture and an ambassador for ethnic cuisine — and Thrifty Foods is lucky to have someone like her offering classes at the Cooking and Lifestyle Centre. From her home city of Victoria, Chef Fink is helping to lead a food revolution and is a triple promoter of the cause as a writer, chef, and cooking instructor. She recently completed her Red Seal Certification and is in high demand now more than ever.

Before starting her own business teaching cooking classes, she was the Executive Chef at ReBar Modern Food in Victoria. With over 15 years of experience in Indian cuisine, Chef Fink is best known for these classes and is passionate about teaching others the skills and praise Indian food deserves.



*Chef Fink is helping to lead a food revolution*

By writing in local food publications on topics such as making your own lard from non-medicated pork, heritage recipes, and preserving the harvest, she is introducing food basics that have lost popularity or have become uncommon because of the focus on “pre-made” food. She also encourages people to use fresh, local, and seasonal foods. These are just a few of many reasons Chef Fink is a food leader and a great educator. Take a closer look or take a cooking class and you will have a whole new take on food.

For more information about Chef Heidi Fink, visit her website at [CHEFHIEDIFINK.COM](http://CHEFHIEDIFINK.COM).

For more information or to register for one of Chef Fink’s classes at the Thrifty Foods Cooking and Lifestyle Centre, visit [THRIFTYFOODS.COM/LIFESTYLE](http://THRIFTYFOODS.COM/LIFESTYLE).

