

# Beyond the Fish Fry: Helping Consumers Incorporate Seafood Into a Healthy Lifestyle

with Chef Brian Moran

## Saturday, January 28, 2012

10:30 – 11:00 Sign-in      11:00 – 12:30 Presentation      12:30 – 1:00+ Lunch served, networking

**Milwaukee Public Market – Madame Kuony’s Kitchen (2<sup>nd</sup> floor)  
400 N Water Street    Milwaukee, WI 53202**

Chef Brian Moran is a Certified Culinary Instructor at Milwaukee Area Technical College and has also worked as an instructor for UW-Extension and Waukesha County Technical College. He has worked as a professional chef and cooking class instructor since 2004 and served as VP-Chef of St. Paul Fish Company at the Milwaukee Public Market from 2005-2010. He was a contributing chef for the show “[Wisconsin Foodie](#)” from 2007-2011.

### Educational Objectives (2 CEUs approved):

1. Identify reasons for choosing fresh fish; understand options and health benefits for consumers.
2. Learn to teach a variety of cooking methods – poaching, baking, broiling or sautéing fish.
3. Identify strategies for fitting fish into a limited budget and making sustainable choices.

**Cost:** MDA & MDDA members and students - \$35    Nonmembers - \$55  
Includes fish lunch – beverages (wine, beer, soda) sold separately. **FREE PARKING** ([click for map](#))

### \*Pre-registration required by January 18 – limited space!

Please complete and return the registration form below with your check or money order (no cash please) payable to **Milwaukee Dietetic Association**. Mail to: Larry Johansen, MS, RD, CD, MDA Treasurer, W137N6915 Manor Hills Blvd, Menomonee Falls, WI 53051-5272.  
Send inquiries to Aaron Feest, MS, RD, CD, [aaronfeest@gmail.com](mailto:aaronfeest@gmail.com)

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### Registration Form for Beyond the Fish Fry on January 28, 2012

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| <input type="checkbox"/> I am a current MDA Member or MDDA Member | <input type="checkbox"/> I am a full time student (bring student ID) |
| <input type="checkbox"/> I am bringing a non-CPE guest            | <input type="checkbox"/> I am not an MDA Member                      |

Name: \_\_\_\_\_ ADA Number: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_ Telephone: \_\_\_\_\_

Amount Enclosed: \$ \_\_\_\_\_