

COOKING CLASS BENEFITING A LOCAL NON-PROFIT

Feel inspired in this cooking class that gives back to the community. Through a partnership with the non-profit 18 Reasons, over 35% of your cost of the class goes into community outreach programs that teach low income families how to prepare balanced meals on tight budgets. For busy professionals, this class will help stretch your dollars and minutes while preparing delicious, nutritious meals.

Donation includes a chef, all cooking equipment, and food brought to your workplace. Participants spend 30 minutes cooking, then enjoy their meals while discussing health and nutrition goals. By the end of the class, your team will feel more confident at the grocery store and creative in the kitchen. Designed for approximately 30 attendees or less.

POPULAR CLASS THEMES:

- ☐ Basic Knife Skills - never cut yourself again!
- ☐ 100 Days of Summer Salads - quick and easy lunch ideas
- ☐ Weeknight Warrior - how to prep like a chef and get dinner on the table quickly
- ☐ Tis' the Season - Whichever season it may be, learn tips to simplify yet impress

