

Are you interested?



Family-Based Virtual Cooking Classes



- Meal Ideas!
- Menu planning tips!
- Budget, time, and nutrition friendly!

Are you eligible?

- At least 18 years old and are a Parent/Guardian of a child that is eligible for Bear Care Clinic services

Participation Requirements

- Access to a stove, standard utensils and equipment (pots, pans, kitchen knife and cutting board)
- Able to attend 3 sessions 10/23, 10/30 and 11/6 from 5:30-6:30pm
- Access to a computer with Zoom capabilities

Participant benefits

- Increased nutrition knowledge and culinary skills
- Enjoyable family meal-times

More information!



Virtual via Zoom Link provided upon registration

If you have additional questions or concerns, please email Breanna Glynn at bmglynn249@stkate.edu



**ST. CATHERINE
UNIVERSITY**

Nutrition and Dietetics