

Healthy Cooking Classes

January - May



ADULT HEALTHY COOKING CLASSES: \$12 Members / \$20 Nonmembers Ages 15+

Profile Approved Meals | Subbing Veggies | Wednesday, January 15th from 6:00PM to 7:30PM | Sanford Profile is a great program for weight management but sometimes thinking of recipes can be challenging. This month's focus is creative ways to sub veggies in place of pasta or rice.

Ethnic Cooking: Thai Cuisine | Tuesday, January 21st from 6:00PM to 7:30PM | Thai cooking combines sweet, salty, spicy, and sour in perfect harmony. Learn about these concepts and more while combining new ingredients to make a few traditional Thai recipes.

Breakfast for Champions | Monday, February 17th from 6:00PM to 7:00PM | Are you struggling to find new ideas for breakfast? This class will introduce simple and nutritious recipes to help with those early morning rushes. Come spice up the most important meal of the day with us!

Ethnic Cooking: Indian Cuisine | Tuesday, February 18th from 6:00PM to 7:30PM | Add some spice to your cooking routine. Learn to make a fantastic Indian meal with the spices that make this cuisine so delicious.

Profile Approved Meals | Sweet Tooth | Wednesday, February 19th from 6:00PM to 7:30PM | Sanford Profile is a great program for weight management but sometimes thinking of recipes is challenging. This month's focus is satisfying a sweet tooth.

Profile Approved Meals | Herbs and Seasonings | Wednesday, March 18th from 6:00PM to 7:30PM | Sanford Profile is a great program for weight management but sometimes thinking of recipes can be challenging. This month's focus is using herbs and seasonings.

Profile Approved Meals | Seasonal Vegetables | Wednesday, April 15th from 6:00PM to 7:30PM | Sanford Profile is a great program for weight management but sometimes thinking of recipes is challenging. This month's focus is using seasonal vegetables.

Meal Prepping for Beginners Part 1 | Tuesday, April 21st from 6:00PM to 7:30PM | Meal prepping can be intimidating and time consuming. This class will go over efficient and cost effective recipes that will allow you to enjoy the awesome benefits of a home cooked meal for breakfast, lunch, and dinner!

Meal Prepping for Beginners Part 2 | Tuesday, April 28th from 6:00PM to 7:30PM | Meal Prepping 2 will be a continuation of the discussion from part 1. Join us and we will advance the conversation, offering more tips and tricks to efficient meal planning and prep!

Ethnic Cooking: Korean Cuisine | Tuesday, May 19th from 6:00PM to 7:30PM | Korean cuisine is healthy and delicious! It can also be quick and easy to prepare when you have some insight, tips and tricks! Join us!

Please register 48 hours in advance for cooking classes

FAMILY HEALTHY COOKING CLASS: Free for Members / Guest Pass for Nonmembers
This is part of your Enhanced Family Membership. All ages welcome. Registration required.

Family Fun Day Cooking Class | Sunday, February 23rd from 3:00PM to 4:00PM | Join as a family and create Sandwich on a Stick and Smoothie Bowls! Great ideas for the busy mornings and easy for the littles in your home to make! We'll show you how!

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KIDS HEALTHY COOKING CLASSES: \$12 Members / \$20 Nonmembers
Ages 5+, 5-7 needs to be accompanied by an adult. Up to 2 kids per adult.

Polar Bear Cupcakes | Tuesday, January 7th from 6:00PM to 7:00PM | Come embrace the chilly weather with this cool kid's recipe. We will learn how to mix, measure, and bake. Parents are always welcome to accompany children during the cooking session!

Build Your Own Bunny Sugar Cookie | Wednesday, March 11th from 6:00PM to 7:00PM | Spring is in the air! Join us for a creative and fun recipe to test your baking skills. Parents are always welcome to accompany children during the cooking session!

Please register 48 hours in advance for cooking classes

KIDS HEALTHY COOKING PROGRAMS

Edible Art and Play | Mondays, March 9th - March 30th from 5:30PM to 6:00PM | Join us in the kitchen to "Play with Your Food!" That's right! We are going to use all of our senses while we make a fun, artistic, healthy snack. This class would be ideal for preschool age children who may be thought of as "picky eaters." Eating incorporates all of the 5 senses and sometimes smaller children need more time (through play) to work through eating issues. That is exactly what we will do during this class...play and eat! This program is for both child & parent/caregiver. Ages 3-5 (program is for both child & parent/caregiver) \$39 Members/ \$59 Nonmembers

Kinder Chef | Mondays, March 9th - March 30th from 6:15PM to 7:00PM | These lessons will work on basic kitchen skills and introducing proper cooking technique. Ages 6-7 (adult attendance not required) \$50 Members/ \$90 Nonmembers

Junior Chef | Tuesdays, March 10th - March 31st from 5:30PM to 6:30PM | These lessons will advance the basics and present cooktop, oven, and small appliances. Ages 8-9 \$60 Members/ \$100 Nonmembers

Master Chef | Tuesdays, March 10th - March 31st from 6:45PM to 7:45PM | With basic skills and techniques in place, these lessons will challenge the child to finesse their skills and work towards independence. Knife skills will be advanced, independence at the cooktop highlighted and working with the oven and small appliances continue to be enforced. Ages 10-12 \$75 Members/ \$115 Nonmembers

KIDS HEALTHY COOKING COMPETITION

Healthy Kids Cooking Competition | Saturday, April 4th from 9:00AM to 12:00PM | All children in 4th or 5th grade who attend school in Cass or Clay Counties are eligible to participate by submitting a healthy and tasty original recipe and video of their creation online at familywellnessfargo.org/inspire-wellness/. Applications are accepted anytime between November 1st and February 28th with the live competition for finalists scheduled for Saturday, April 4th from 9:00AM to Noon. Selected finalists will be invited to a live healthy cooking competition at Concordia's Food Lab for a 1 hour match against other finalists on Saturday, April 4th from 9:00AM to 12:00PM. All participants will be provided a pantry of items to cook with and will need to incorporate mystery food items in their dish. Each participant will have expert mentors to help along the way. Dish creations will be judged by area chefs and community leaders. The winners will also be recognized at the Family Wellness Cooking for a Cause – Gourmet Gala on Thursday, April 30th. ALL APPLICATIONS MUST BE RECEIVED BY FEBRUARY 28TH AT familywellnessfargo.org/inspire-wellness/ TO QUALIFY.

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