

Healthy Cooking Class Menu

Family Wellness Custom Group Cooking Classes are great for any type of event. Whether it's a business meeting, employee wellness event, group celebration or youth activity we are sure to have a class just for you!

What We Offer

- A beautiful demonstration kitchen with island seating
- Digital Cooking surface display capability, so everyone can see
- Experienced cooking instructors to lead your group and answer food and cooking questions
- A wide variety of recipes sure to satisfy your group
- A recipe handout with nutritional information at every class
- Can't come to us? We'll come to you! Contact us to plan a class at your business or location

Familywellness
A PARTNERSHIP BETWEEN SANFORD HEALTH

2960 Seter Parkway, Fargo ND 58104 | 701.234.2400
www.familywellnessfargo.org





Class Options

- We offer classes for 3 - 50 people. Class days and times can vary any day of the week, dependent on instructor availability
- Classes can be demonstration or interactive style
- We offer both adults and kids classes (kids ages 5-7 need to be accompanied by an adult - up to 2 kids per adult)
- We can cater to any special needs or allergies
- We have a wide variety of classes to choose from, however, if your group has specific needs we can explore ways to accommodate your group

Cost

- Base cost of a 1 hour cooking class is \$150 plus the cost of food (food cost depends on what recipe you choose along with the number of attendees in your group)
- Base cost of 1 hour of meeting space in the Wellness Education Room paired with a 1 hour cooking class is \$175 plus the cost of food (many times groups have a meeting before or after the class)
- Off-site classes are offered to Fargo, Moorhead, and West Fargo locations. An additional \$25 is added for travel

Kid Recipes	Entrée Price Per Person
Kid's Options	
Parmesan Fish Sticks	\$5.00
Chicken and Veggie Kabobs	\$5.00
POWER Ninja Bars	\$5.00
Rainbow or Pumpkin Waffles	\$5.00
Build Your Own Pizza	\$5.00
Monster Green Smoothie	\$2.00
Strawberry Banana Pop	\$2.00

Healthy Cooking Birthday Party!

Your birthday will be packed with fun, friends, and delicious food! This party includes an instructor lead hands on cooking class where each child gets to make an individual pizza and dessert smoothie! After we eat, the second hour can be used for presents, games, and more in the Wellness Education Room. Leave the prep, cooking, and clean up to us! Book your Healthy Cooking Birthday party at Family Wellness today!



Don't forget about the regularly scheduled healthy cooking classes at Family Wellness! Visit our website at www.familywellnessfargo.org/schedules. Contact Chloe at Chloe.Solum@sanfordhealth.org or 701-234-7001 to book your class today!

Adult Recipes	Sample Price Per Person (minimum 6 people)	Entrée Price Per Person (minimum 6 people)
Adult Entrées		
Tuscan Herb Stuffed Chicken - GF	\$4.25	\$8.50
Fish Street Tacos - GF	\$2.50	\$5.00
Veggie No-Meat Balls	\$2.50	\$5.00
Spinach Artichoke Spaghetti Squash Boats with Chicken	\$3.50	\$7.00
Avocado and Grilled Chicken Salad with Chipotle-Lime Dressing	\$4.25	\$8.50
Sides & Desserts		
Healthy Chocolate Cookies		\$1.50
Mini No Bake Fruit Pizza		\$2.00
Mini Fruit Cheesecake Bites		\$2.50
Sautéed Caramelized Brussel Sprouts		\$2.00
Baked Kale Chips		\$1.50
Grilled Bell Pepper Nachos		\$4.00